



**Seacroft Friends
& Neighbours
Summer 2020 Newsletter**

0113 232 3662

0113 273 4979

Registered Charity 1183406



Do you need batteries for your hearing aid?

If you got your hearing aid from the NHS, batteries can be posted directly to you, please call 0113 288 5750. Alternatively, you can contact the Hearing & Sight Loss Service on 0113 288 5750, they can also supply batteries to NHS patients.

If you are a private customer with Specsavers, please speak to your local branch, their branches are now open.

Hearing Aid Servicing

Our volunteer Simon is fully trained by the Hearing & Sight Loss Service to service and carry out maintenance on hearing aids. Please call the office to arrange 0113 2323 662

Our charity is supported by

& Our thanks to our core funders:



And generous donations from
Leeds Benevolent Society for Single Ladies.

Plus all donations we receive from organisations
and individuals.



Hello all,

This has been a difficult 3 months with Coronavirus disrupting all our lives. Our work has changed completely, we have many new referrals and are offering lots of support.

For anyone housebound or shielding, we are still picking up prescriptions and supporting people with their shopping during the current Covid-19 situation. For ongoing shopping we will help people, where possible, to move to shopping deliveries. Our telephone befrienders are offering weekly phone calls to keep in contact and they enjoy chatting to such lovely people. We have been delivering Time To Shine magazines, activity packs with craft and fun items to help pass the time. We have books, dvds and jigsaws we are happy to loan out too, give us a ring!

In this Newsletter we are covering some of our services in more detail; we are loaning technology and sharing useful digital sites, Sue our Wellbeing Co-ordinator has some information on our one to one work. We are grateful for many people supporting our work and we enclose a thank you to them.

Our staff and volunteers are amazing, we have been working throughout the pandemic, with staff going the extra mile. Often supporting people with health, housing and day to day issues that have become more complex due to shielding. Wherever possible having a chat, reassuring them and raising a smile. It was lovely to see our work recognised by Leeds Civic Trust who awarded us an online Blue Plaque.

Stay well and we are happy to hear from you all!

Best wishes all at Friends & Neighbours

Technology Service



Seacroft Friends & Neighbours have already provided support to its members with technology for some time now and during these difficult times technology is as important as ever. Coronavirus has shown that digital exclusion is a public emergency and we need to step up support so that more people can be connected and supported during lockdown, shielding and poor mobility.

Recently we have linked in with 100% Digital who have provided a number of devices, connectivity, and local support during this pandemic. We have also received a donation of technology from Business in the Community. To both organisations, we would like to convey our gratitude. This has already enabled a number of our members to stay in contact with family via video calling. Allowed access to digital games, books and music and even online shopping.

If fact, it has proved so successful that we have made an investment in a number of our own tablets with the funds donated by the Single Ladies Benevolent Society. This means we are now in a position to offer these on loan, with support, so please contact us to register an interest.

Other Technology Events and News

Our volunteer befrienders have coped fantastically with the increase in demand for people requesting regular telephone calls during the lockdown restrictions. Some of them now meet regularly to support each other on Zoom, which is a video meeting place.

Our dance teacher Tanya is offering a half hour “Boogie with Tan” on a Monday via Facebook. Dance On have some you tube videos you can follow and Leeds City Council have exercise sessions online. There are lots of activities online that we can give you details of, just get in touch!



END OF LIFE PLANNING

This is often put off until another day! However to have some plans in place for the end of life is a real help to those left behind.

Some suggestions to help:

An up to date **Will** written by a solicitor ensures your wishes are respected. It also avoids difficult decisions and legal complications for your loved ones. **Free Wills Month** allows you to provide for family and friends and leave a gift to your chosen charities too, the next free wills month is October.

Putting aside funds for a funeral or a funeral plan will help – writing down your wishes such as a service you may like, a funeral or cremation, what songs or reading you may like.

Power of Attorney (LPA) for financial decisions. This can be used when you no longer wish to make decisions regarding your property and finances, or if you lose the capacity to make and communicate your decisions. It gives the person you nominate control of your finances. It is also worth looking at an attorney for medical wishes ensuring the appointed person knows your wishes on treatment and care.

We can provide you with a guide to look more closely at planning, AGE UK have a printed booklet and an online version, do take a look or give us a ring.

This planning is particularly important for those of you with no direct next of kin, and it is good to think about who the person is closest to you and discuss your wishes with them.



SEACROFT FRIENDS & NEIGHBOURS

Bringing people together is what SF&N do, from social events, to activities run by and for older people. The current restrictions have bought out the very best in the staff and volunteers as they have adapted to maintain contact by telephone, keep in touch and sharing information.

#LOCALLEGEND

We were recently awarded a blue plaque by Leeds Civic Trust, who are awarding them to organisations during the pandemic.

We are grateful to receive this and wish to thank all our volunteers and staff for giving so much during this uncertain time.

During the pandemic we have worked closely with our partners in the community: our councillors, LS14 Trust, Seacroft Community On Top, Fall Into Place, Chapel FM & Leeds Community Spaces. This has brought huge benefits to the help offered during the ongoing Covid 19 situation and we are keen to work as a collective to offer ongoing support.

Have you thought about getting a Keysafe?



A Keysafe is an incredibly useful, secure container in which you can store a spare set of keys. Access can then be granted to friends or family in the case of an emergency. It eliminates the need to leave keys under doormats or issue multiple sets to different people.

If you feel you would benefit from a Keysafe, please get in touch with the office, we can recommend a trustworthy company to supply and fit one for you. We are able to support with cost if this is an issue.

Health & Wellbeing

Do you have one or more ongoing health conditions, feel a loss of independence and confidence?

Do you experience feelings of loneliness and social isolation?

Do you have a limited support network?

Our well-being co-ordinator, Sue Oglesby is working as part of a citywide project to help improve physical and mental wellbeing and reduce loneliness and social isolation.

If you feel like you would benefit from a chat with Sue please contact us. All information provided is confidential and would only be shared with other agencies with your consent.



USEFUL CONTACTS

Seacroft Friends & Neighbours
0113 2734979 or 0113 2323662

Leeds City Council Helpline: 0113 378 1877
Benefits: 0113 2224404

Births Death Registrations: 0113 2224408

Council Housing: 0800 188 4000

Adult Social Care: 0113 222 4401 (Monday to Friday)

Adult Social Care (Out of Hours): 0113 378 0644

Emergency Services: 999

Advice About Coronavirus Symptoms: 111

Supporting Wellbeing Independence Frailty Team (SWIFT):
0113 389 3001 or 0113 389 3011 or 07928436197

Covid Support Line—support for the families of anyone
critically ill or recently bereaved due to Corona virus.

Trained staff at:

St Gemmas 0113 218 5544



Leeds Directory can support you to live well by connecting
you to checked and vetted local services and tradespeople as
well as local activities and events

To speak to the Leeds Directory team call us on 0113 378
4610, weekdays 9am to 5pm

T: 0113 378 4610

E: leedsdirectory@leeds.gov.uk

W: www.leedsdirectory.org

 **LEEDS**
DIRECTORY
SUPPORTING YOU TO LIVE WELL