

The background of the entire image is a close-up, slightly blurred photograph of autumn leaves. The leaves are in various shades of orange, yellow, and brown, with some showing prominent veins. They are scattered across the frame, creating a warm, seasonal atmosphere.

Seacroft Friends & Neighbours

Registered Charity No. 1183406

Autumn Newsletter 2020

www.seacroftfriends.org.uk

0113 2323 662

0113 2734 979



Dear Friends,

It has been a challenging, busy few months!

During these extraordinary times we have delivered out over 30 pairs of slippers (as part of falls prevention) . We also loan out resources to enhance personal recreation time, this has included jigsaws (all subjects and sizes), books including Mysteries, Thrillers and Autobiographies. Our DVD library is also here for people to access – just give us a call and we will update you on what is available!

It is more important than ever that we stay safe in our homes. One way to do this is to use CO2 Detectors, we do have a few of these in the office. Do give us a call if you do not have one and would like one, both us and the fire service highly recommend every home having one!

Whilst we are talking of aids to help you in the home, as part of our dementia work we have date and time clocks which can be really helpful as we all have much less routine in our lives, again give us a call if you would like to be considered for one.

We have a small pot of funding for Key Safes. This is a strong, discreet metal box which stores a spare key within it. This is a safe and convenient way for your authorised visitors to have access to your home, in cases such as illness or emergencies, if you think you would benefit from having one do call us to discuss further. This in combination with telecare (the pendant or wrist band press button alert) can be crucial in the event of a fall.

Talking of funding, we are delighted to have extra funding from the Single Ladies Benevolent Society. This has been earmarked to fund technology for those who would like to try and access the internet. We are always on the look- out for volunteers to support this so if you are good with technology and have some time on your hands do get in touch, alternatively if you would like to try to use a tablet to connect with friends and family again please contact us.

Keeping in touch is so important whilst we are in such uncertain times, to encourage this we are starting a letter writing project and are in partnership with other groups in Seacroft to bring services around the community. We are in talks with Carers Leeds to set up a support group and we continue with our Hearing aid clinics.

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Staying well this winter is an important message that Public Health England and the NHS are keen for us to support - do see our guide in this issue. In our plan for the winter months we aim to reach out to as many older people through our newsletter as we can. We will identify and focus on those most in need from both our existing client base and new referrals. Staff and volunteers will support with winter wellbeing checks, support with with nutrition, healthy homes and mental health. This can be through utilising internal services and those of our partners out in the community.

Many of you have asked about the refurbishment of the Methodist Hall. I am pleased to say we are nearing completion!

We are also supporting a third community defibrillator at the shops on South Parkway with Keepmoat happily funding the unit.

A huge thank you to staff and volunteers who have been working tirelessly throughout the pandemic, everyone has gone above and beyond to keep our Seacroft Seniors Smiling! Finally, we are always on the look-out for good news stories, do give us a call or drop us a line if you have an idea or some news to share!

Kate, Carol and all the team

0113 2734979 or 0113 2323662



Our charity is supported by **Leeds City Council** and generous donations from **Leeds Benevolent Society for Single Ladies**. Our thanks to all our funders and supporters, including all donations we receive from organisations and individuals.

Let's All Drink To Lockdown

by Jan Beaumont

I'm normally a social girl
I love to meet my mates
But lately with the virus here
We can't go out the gates.

You see, we are the 'oldies' now
We need to stay inside
If they haven't seen us for a while
They'll think we've upped and died.

They'll never know the things we did
Before we got this old
There wasn't any Facebook
So not everything was told.

We may seem sweet old ladies
Who would never be uncouth
But we grew up in the 60s –
If you only knew the truth!

There was sex and drugs and rock 'n roll
The pill and miniskirts
We smoked, we drank, we partied
And were quite outrageous flirts.

Then we settled down, got married
And turned into someone's mum,
Somebody's wife, then nana,
Who on earth did we become?

We didn't mind the change of pace
Because our lives were full
But to bury us before we're dead
Is like red rag to a bull!

So here you find me stuck inside
For 4 weeks, maybe more
I finally found myself again
Then I had to close the door!

It didn't really bother me
I'd while away the hour
I'd bake for all the family
But I've got no bloody flour!

Now Netflix is just wonderful
I like a gutsy thriller
I'm swooning over Idris
Or some random sexy killer.

At least I've got a stash of booze
For when I'm being idle
There's wine and whiskey, even gin
If I'm feeling suicidal!

So let's all drink to lockdown
To recovery and health
And hope this bloody virus
Doesn't decimate our wealth.

We'll all get through the crisis
And be back to join our mates
Just hoping I'm not far too wide
To fit through the flaming gates!

Doreen Prideaux 1930 - 2020

It is with a heavy heart we share that Doreen, passed away peacefully at her home.

Doreen was the former Chairperson of North Seacroft Good Neighbours, and the current Joint Vice Chair of Seacroft Friends and Neighbours.

Doreen was a formidable lady who had lived a full and happy Life. She always put others before herself, this was evident in her involvement with North Seacroft Good Neighbours. For many



years she supported staff and clients alike, Doreen was the voice on the phone, the money lady and font of all knowledge when it came to booking and planning the scheme holidays!

Doreen was instrumental in ensuring her vision for North Seacroft Good Neighbours was carried forward into the merged organisation. She was the voice of the clients, she ensured they were always at the forefront of any plans. Since Covid 19 has curtailed many activities and Doreen was unable to attend the Kentmere centre daily she took to daily telephone conversations to ensure her vision was continuing!

Whilst the trustees meetings became virtual and technology was not Doreen's 'thing' she continued to have an input through Kate and Carol. Doreen leaves Seacroft Friends and Neighbours in a good position, with clear instructions that when Covid is over and done and services can commence again a client party should be planned and Uptown Girl by Billy Joel should be played, all her friends should have a good old Knees up (Her words not ours).

Sleep tight Doreen it's been a privilege!

Bereavement affects us all at some point or another. During the last few months Seacroft Friends and Neighbours have lost many friends, some due to longstanding health conditions and others simply through old age! The staff and volunteers within Seacroft Friends and Neighbours continue to be available, be it for advice or simply a good old chinwag, please do give us a call on 0113 2734979 or 0113 2323662 if we can help we will.

**During the pandemic,
Seacroft Friends and
Neighbours has contacted
over 700 of our clients.**



**Supported 55 clients with
their hearing aids.**



**Staff and volunteers
have shopped over 500
times for our clients.**



**Delivered over 500
meals since June.**



International Older Person Day 2020



International Older Person Day was established in 1991, to try and raise awareness around issues affecting the elderly.

To celebrate IDOP this year we delivered 100 goodie bags containing afternoon tea, puzzle books, Yorkshire Tea and fun craft items to our clients. We hope you enjoyed them as much as we enjoyed delivering them! Thanks to the Older Peoples Forum for making this possible.



Stay Well This Winter



Now the nights have drawn in and the leaves have begun to fall, it's important we take responsibility for keeping ourselves well this winter. Here are a few key points you should keep in mind!

1. Get your free flu vaccination!

This is probably the easiest and most important step you can take this winter. If you haven't had your flu vaccination yet, please contact your local GP surgery.

2. Check your medications!

You should have a medication review every year, this is to ensure you're taking the right medication and taking it properly. If you haven't had a review recently, call your GP to make arrangements. Please remember to account for closures during the winter holidays.

3. Keeping your home warm!

Another important step you can take is to keep your home warm and comfortable, somewhere between 18 - 21 degrees is ideal. Wear extra layers and keeping active can really help too. We have some handy thermometer cards in the office - if you'd like one, give us a call on 0113 2323662.

4. Get help if you're struggling with fuel costs!

Home Plus Leeds can help with emergency heating repairs, finding the cheapest energy deal, free energy saving equipment and advice - call them on 0113 378 4160.

If you want to check what benefits you're entitled to, call the Welfare Rights Advice line 0113 376 0452





5. Keep Active!

Regular physical activity strengthen muscles and improves balance. Any sort of activity from gardening to housework, chair based exercise to walking is beneficial. If you're worried about falls, contact Care & Repair Leeds (see article towards the back of this issue) - they can install grab rails in your home. We have a useful leaflet available called Keeping Well At Home, it has lots of useful advice on exercise, preventing falls and healthy eating - please let us know if you'd like one.

6. Have hot food, drinks and snacks!

Make sure you eat plenty of hot, nutritious food and drink plenty of fluids. If you need support in getting food because you're self isolating call please give us a call, we will help you.

7. Ask for help if you need it!

We are always here to help, if we can't help you ourselves we will have a good idea of who can help you. We're always at the other end of the phone to offer advice - **0113 2734979 or 0113 2323662.**

8. Connect to your local community!

Social isolation can have a big impact on your overall health and wellbeing, if you're feeling lonely please do give the office a call, we are here to help. We can offer telephone befriending and we can also support you in using technology to keep in touch with family and friends.

9. Be prepared!

Winter will soon be here, try and be prepared for the colder weather. Wrap up warm, keep an eye on the weather forecasts and plan accordingly. Make sure you've got your gloves, hats, scarves and thermal longjohns at the ready!



Researching your Family Tree

Researching your family history can be a rewarding and interesting activity, it's probably easier than you think using the internet!

Speak to your family, do they have any documents from your relatives - birth, marriage or death certificates?

Start with yourself and work backwards, your parents, their siblings and so on. There are several websites you can use, free of charge, to help with more distant relatives - this is especially helpful if you have a less common surname. You can also use census records, these are taken every 10 years, starting in 1841! They are made public 100 years after they were taken, next year the 1921 census will be available. If you'd like support in researching your family tree please contact the office.



Slippers

As part of our falls prevention work, using a grant from a Wellbeing Fund, we supplied over 30 pairs of slippers to our clients. We had some great feedback from our clients, one client liked them so much she bought a second pair as they fitted her so well.

As part of the slipper delivery we check on the individual's falls risk and look at any actions. Two people were referred on for OT/ aids. One for grab rails to the stairs and one for chair risers to help get in and out of the chair.

Properly fitting slippers can play a huge role in preventing trips and falls at home, in addition to keeping your feet cosy and warm during the winter. If you need help or advice sourcing fitted slippers, give the office a call.





Care & Repair

Do you need grab rails installing at your home?

Would other adaptations make your life easier and allow you to live more independently?

Care and Repair Leeds provide information, advice and support to help you make informed choices about independent living. They can arrange quotes and ensure you get trustworthy contractors at a fair price. They can also check whether there is help available towards the cost of the work.

Kitchens and bathrooms often need adaptations to allow people to manage day to day tasks more easily. Small aids may help you use your kitchen or bathroom more safely and comfortably, some of this equipment is free of charge.

Additional stair rails, grab rails or bed rails could make getting in and out of bed easier.

Should you need or prefer larger changes, there may be some funding available for this, C&R can advise you further. They provide their advice free of charge but if you choose to proceed with the work, a fee will be applied.

Care and Repair Leeds can be contacted on 0113 240 6009 and enquiries@care-repair-leeds.org.uk

USEFUL CONTACTS

Seacroft Friends & Neighbours
0113 2734979 or 0113 2323662
www.seacroftfriends.org.uk

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

Wheatfields 0113 203 3369



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

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