



Seacroft Friends & Neighbours

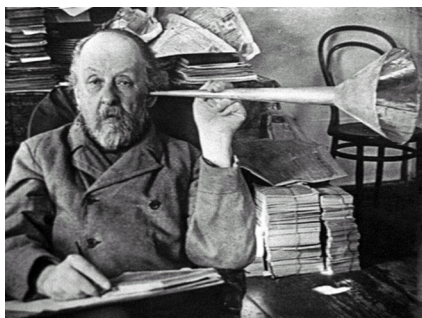
Autumn 2021

Seacroftfriends.org.uk

0113 2323662

0113 2734979

Hearing Aid Clinics



If you have a NHS hearing aid you can book a slot at any of our sessions, we can clean tubes and supply you with new batteries. Sessions are split across both sites, please call the office to book a slot 0113 232 3662 or 0113 273 4979.

Chapel FM (Methodist Hall)

Kentmere Community Centre

Thurs 9th Dec 11.00 -13.00

Fri 15th Oct 11:30 – 13.00

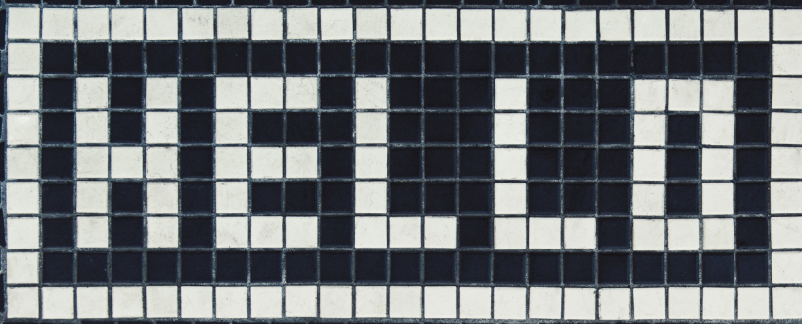
Fri 21st Jan '22 11:30 – 13.00



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.

We are always looking for ways to make our newsletter better. If you have a suggestion for a feature, we welcome all ideas. Please do call the office or email kenn.sfn@outlook.com - we'd love to hear from you!

Suggestions & Feedback Welcome!



Hello friends,

Well, what a busy time to have taken over the role of coordinator for Seacroft Friends and Neighbours! Kate has left a strong organisation and I hope I can continue to provide high quality services through our dedicated staff and volunteer team to older people within the Seacroft area.

We are recruiting two new team members, if you know someone who could complement our staff team, point them in the direction of our website (full details available on here).

As many of you know, now we have reintroduced activities focussing on lunch clubs and chair-based exercise. Activities in the main are based within Kentmere community centre, simply because we have an amazing kitchen and huge hall which we can access on a daily basis. Our base within Chapel FM will continue to be used for smaller activities such as craft groups, chair-based exercise and inter-generational works. We still have offices in both centres. Both offices are manned Monday to Thursday and Kentmere on Fridays also. We can support with any problems you might be having, if we can't help we can put you in touch with someone who can. So please do give us a call, even if it's just for a chat! Kentmere office can be reached on 0113 2323662 and Chapel FM office 0113 2734979.

Do stay safe and well, remember Covid is still circulating so continue to do your best to protect yourself and others. I hope you had a good summer and hopefully I will see many of you in the near future.

Carol



Move It!

We know it's been a tough year for all of us, for all sorts of reasons. Keeping fit and active has been particularly difficult and we know many of us have lost confidence, our mobility has decreased and we have seen loss of muscle strength. Our strength isn't something we think about a lot but you use it every day - when we reach for a tin out of the cupboard, stand up out of our chair or walk up stairs.

Seacroft Friends and Neighbours are running two chair-based exercise classes a week. Not only is this a beneficial way to rebuild that muscle strength but a fun and interactive way to meet new friends. This is a warm and welcoming environment so please come along and join in!

Chair Based Exercise at Chapel FM
Wednesdays 10.30 - 11.30

Chair Based Exercise at Kentmere Community Centre -
Mondays 10.30 - 11.30. Transport available.

Please call the office to register your interest or if you have any questions!
0113 2323662 or 0113 2734979

If you can't wait until our next CBE class or you're unable to attend, here are a few tips from AgeUK to help you get moving at home.

Being more active isn't about working up a sweat.
It's just about moving more each day in whatever way works for you. Below are some activities that could help.

Regular standing

If you sit down a lot during the day, try to get up once an hour. If that's not possible, moving your arms and legs for a few minutes will help.

Walking between rooms

Walk from one room to another and back if you're steady on your feet, and time how long it takes. Try to beat your time each day

Standing without help

Work towards pushing up from sitting in a chair to a standing position without using a walker or leaning on someone else.

- Sit on a chair without arm rests, with your arms across your chest.
- Lean forward.
- Put your weight on your feet while leaning forward.
- Stand up by straightening your knees. Sit down again.
- Repeat this as many times as you feel able.
- Try to do this exercise 3 to 5 times a day.

Gentle stretches

Try some gentle stretches in bed or a chair every day to keep supple.

- While sitting or lying, bring your toes towards your shin and then point them toward the floor. Repeat for both feet.
- Sitting on a chair, lift your leg up off the seat, keeping your knee bent. Return to starting position and repeat.
- Sitting on a chair, pull your toes up, tighten your thigh muscle and straighten your knee. Hold for about 5 seconds, if you can, and then slowly relax your leg. Repeat for both legs.



The joy of Chair Based Exercise is it can be done at home or in a community setting. All you need is a comfortable, safe, secure chair to sit on. Sessions involve a warm up and end with a cool down , which can involve gentle movement and stretching from head to toe! Gentle exercise can give a huge boost to your wellbeing, helping you strengthen and tone and maintain physical independence and give you a lovely feel good factor!

I love to use music and different equipment in my sessions from scarves, poms, parachute, weights and balls! It's also a great way to socialise and meet new friends locally!

I teach various classes across Leeds for community groups and organisations.



Susan is the instructor for our Chair Based Exercise class at Chapel FM on Wednesdays 10.30 am. Please give us a call if you'd like to try it!



Taking care of yourself after lockdown and restrictions end.

Now that most restrictions have been lifted and the ongoing vaccination program has reached a large proportion of the population, Covid-19 remains a risk that we must learn to live with.

Rates of Covid-19 amongst the over 60s are rising again in Leeds. Despite the success of the vaccines, your age remains a significant risk factor. This article aims to outline some ways in which you can reduce risk and still remain socially connected to others.

One of the most important things you can do to protect yourself is to get vaccinated, if you have any concerns about vaccines - speak to your GP or seek information from reputable sources.

Since the 19th of July it is no longer the law to wear a mask, however it is advisable to continue wearing one in indoor and crowded settings. Keep one in your pocket or handbag.

Keep a bottle of hand sanitiser around and remember to wash your hands for 30 seconds or longer.

Avoid busy indoor spaces where possible, take advantage of the milder weather and meet up outdoors instead. If you have to socialise indoors, try and maintain social distance of at least a meter (3.5ft) and make sure doors and windows are open to ensure good ventilation.

Lateral flow tests are widely available from most chemists, whilst these tests aren't as accurate as PCR tests, they can give you added peace of mind if you're planning to meet up with vulnerable friends or family. Please give the office a call if you need support in sourcing these tests - 0113 2323662.

VOLUNTEERS NEEDED!

We are currently looking to recruit volunteers to support us with our key activities.

Current vacancies include:
Minibus drivers and bus buddies
Meeters and greeters
Befrienders
General support with lunch clubs

We are in a position to reimburse expenses and offer training opportunities as they arise.

If you have some spare time and would like to get involved please give us a call on

0113 2323 662
0113 2734 979

LUNCH CLUB!



Have a gap in your diary?

Looking to make some new friends, enjoy good food and maybe a few games of bingo?

We have some capacity for our popular luncheon clubs which run on Mondays, Tuesdays and Wednesdays at Kentmere Community Centre. We offer a door to door transport service, 2 courses, tea and coffee and some bingo afterwards. Attendees need to be able to self mobilise and attend to their own personal care.

Spaces are limited!

Please call the office to reserve your place 0113 2323 662



Time For New Slippers?

It's that time of year again where it starts to get a little colder and that means you'll be needing your slippers! Although they may seem innocuous, your footwear choice is a matter of safety *and* comfort! We recommend a fitted slipper, with a back (no mule style slippers!) and a velcro fastening so they fit securely.

Wearing properly fitting slippers can greatly reduce the risk of falls in the home. Each year 1/3 of people over 65 will fall in the home, a study done in both the UK and USA found that the vast majority of these falls were due to inappropriate footwear being worn. We can support you in ordering new slippers or you could ask a family member or friend to help.

Pension Credit

(again!)



Regular readers will already be aware of Pension Credit, we've featured it many times before in previous issues. This entitlement is not claimed by many older people who are entitled to it in Leeds.

You may have recently received a letter about claiming pension credit - This is part of a targeted campaign in Leeds.

If you are in receipt of state pension, you could be eligible to get a top up to your weekly income by claiming Pension Credit.

The average pension credit claim in Leeds is almost £60 per week, with the exact amount depending on factors such as the money you already have.

You might be entitled to pension credit, even if you have savings, a private pension or own your home.

Claiming Pension Credit can also mean you can get extra help with; dental costs, council tax, housing and heating costs and your TV licence if you're over 75. You can make a claim online, by phone or you can also request a paper claim form.

Pension Credit claim line: 0800 99 1234

If you need help to apply, need more information or would like to talk to someone about claiming Pension Credit, you can contact us below.

Welfare Rights at Leeds City Council - 0113 3760452

To help make the application as easy as possible please have ready:

- your National Insurance number
- information about your income, savings and investments
- your bank account details, if you're applying by phone or by post

As ever, you're more than welcome to call us in either office if you want some advice or help!

Staying safe at home with Telecare.

Telecare is a personal alarm system that you wear as a pendant and can be pressed if you fall or need help. When pressed the pendant sends an alert to a monitoring system, which is monitored day and night - then will then call you to check you're ok. They can also alert a family member, friend or the emergency services if needed.

We often recommend Telecare to our clients, we think it's a valuable safety measure for those who live alone. The alarm itself is free with a small weekly cost for the monitoring of the alarm. We can help you fill out a self referral if you are interested.



Do you like jigsaw puzzles?

Did you know we loan out puzzles? If you or your partner likes jigsaws then please call the office as we have a vast array of different puzzles we can lend out to you. Featuring a variety of designs, from the complex to the simple. Many of our clients love jigsaws, they can be very calming and get the brain working too. Give the office a call and we'll give you a run down of what we have and drop them round to you if needed!

0113 2323 662



Fearnville Crown Green Bowling Club



Are you looking for a new activity?
Would you like to make new friends?

**Join us for some social bowling
at Fearnville Bowling Club.**

**Everyone welcome.
Free tuition for beginners.**

We have Summer and Winter bowling greens so we can be open throughout the whole year.

Call Stuart on 07813391852

Or look out for us on the green at Fearnville Leisure Centre
Oakwood Lane, LS8 3LF

Would you like to advertise your community activity here?
Please get in touch with Kenn in the office on 0113 2323 662 or
kenn.sfn@outlook.com

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

Police Non Emergency: 101

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

 **LEEDS**
DIRECTORY
SUPPORTING YOU TO LIVE WELL