



WELCOME!

To the October / November 2018 Newsletter
Can't believe autumn is here already!



Follow the tips on keeping warm in this edition. As always let us know if you have any suggestions or comments about the scheme .

Take Care & Stay Warm
Jayne, Nicola, Jayne, Sara, Julie Debbie & Joanne

Depuy Synthes

As one of Depuy' Synthes designated charities we feel very privileged to have their support and help, Kerry and her team work tirelessly for us all year round. Over the last year they have helped towards the cost of the Chinese Event which was a great day. Depuy Synthes regularly send staff to volunteer at the lunch club at St Andrew's on a Thursday and twice a year will pay for the lunches Fish & Chips which is a favorite. They regularly support us on our allotment when a large push is need on our larger projects.

Depuy Synthes sponser the Beeston Festival and we are lucky as they always pay for our pitch as well as donating products to sell which massively helps our fundraising.

We always look forward to the Christmas Lunch they provide this on their site at St Anthony's Road Beeston. Last year they accommodated 100 of our members where the Depuy Synthes staff served us a lovely Christmas Lunch which was followed by Christmas Carols sang by the children from Hugh Gaitskell Primary School. We have been lucky enough to be invited again this year (Details to follow).

So just left to say a

Massive Thank you To Kerry & Your Team and all at Depuy Synthes

We are so grateful for the help we receive from yourselves.



South Leeds Live at Home

Supporting Older People within the Communities of Beeston, Cottingley & Hunslet.

Telephone 0113 2716201

Email southleeds.liveathome@mha.org.uk

UPCOMING EVENTS

Tuesday 30th October 2018

Rivington Hall Barn

Join us for a 2 Course Meal

Followed by Entertainment

In the Setting Of

Rivington Country Park

£33.00

Pickup Hunslet 9.30 Beeston 9.45

Cottingley 10.00



WILD WEST NIGHT

COME ALONG & JOIN US FOR A YEE HAA NIGHT
OF

MUSIC & DANCING

SATURDAY 10TH NOVEMBER 2018

19.00-22.00

BEESTON PARISH CENTRE

(ST MARY'S)

£5.00

INCLUDES PIE & PEA SUPPER



Why Not Start Your Christmas Shopping !!!

Many Thanks To
Evans Property Group

for sponsoring this newsletter and
its distribution.



With a trip to

Boundry Mills & Meadowhall

Wednesday 21st November 2018

£15.00

Pickup

Cottingley Hall 9.30, Beeston 9.45, Hunslet 10.00

Grand Summer Draw 2018

1st prize £350 High Street Vouchers

Ticket 15593 Ken Viveash (Swindon)

2nd prize £200 High Street Vouchers

Ticket 14371 Mark Coffey (South Leeds)

3rd prize £100 High Street Vouchers

Ticket 08569 Audrey Raine (Middlesbrough)



Memory Lane



Concert Group

Will be Performing



Wednesday 14th November 2018

12.30-15.30

St Andrew's Community Centre

Cardinal Road

Leeds 11

£5.00

Ticket includes Refreshments

and

Pie & Peas

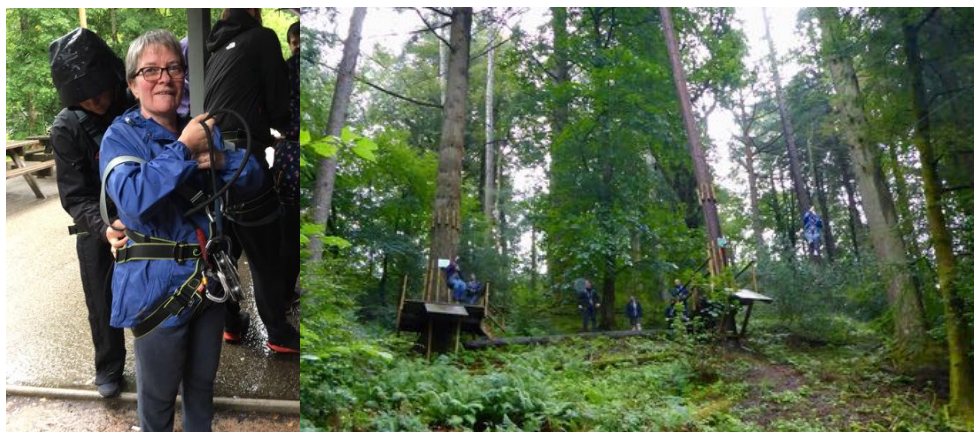
ZIP WIRE

SUNDAY 29TH JULY SAW 9 VOLUNTEERS AND STAFF TAKE PART IN THE ZIP WIRE TREKING CHALLENGE, WHAT A DAY !!!!

POURING RAIN BUT LOTS OF LAUGHS.

THANKS TO EVERYONE !!!!

WE RAISED A MASSIVE £1211 !!!



Scheme Holiday to Morecambe

Saw 23 of us board a coach on

Monday 3rd September

Weather Wonderful, Great Company,
Lovely Hotel. What a week !

With Trips, Glorious Views !

We ended the Days with Great
Entertainment Dancing the Night Away.



Allotment



Another successful Summer on our allotment we were able to put our grant money from Tesco's to good use. Members of the allotment committee have been a great support helping of the building of the greenhouse. Mark Burton (Allotment Secretary) has been a invaluable mentor of our volunteers Richard, Sean, Robert and Billy. A special mention to Richard for going everyday to water. We will soon be haversting on our plot so look out at our activities for our produce. We ask for a donation which goes towards seeds for next year. If you are interested and would like to get involved with our allotment please do not hestite to call the office 0113 2716201

STAYING WARM IN THE COLDER MONTHS

The low temperatures present in Autumn and Winter can cause a number of health problems for older people. Below are our practical tips to help you stay warm and comfortable this winter.

- If your home is cold, ensure you have plenty of warm, comfortable clothing. Wear multiple layers if necessary. Wool fabrics are great to wear as it can help maintain warmth.
- Wool duvets will keep you warm as it keeps body heat in and the cold out.
- Ensure your home is properly insulated to keep your home warmer for longer.
- Make sure you avail yourself of the free flu jab. Flu can lead to serious illnesses, such as pneumonia or bronchitis. You can get a free jab from the age of 65. Contact your GP for details.
- Eating properly will help keep your energy levels up during winter and fight infection.
- Consume plenty of hot food and drinks.
- Keep your diet as varied as possible.
- Stock up on tinned and frozen foods, so that you don't have to go out too much when it's cold or icy.
- By controlling the temperature in your home, you can keep your home warm and lower your bills. Your main living room should be around 21°C, the bedroom 18°C and the rest of the house 16°C. To ensure the home is adequately heated set the heating to come on just before you get up and switch off once you're asleep.
- Close curtains and shut doors to keep heat in.
- Draw your curtains at dusk to help keep the heat inside the rooms
- Keep radiators clear of obstructions.
- The winter fuel payment of £200-300 is available to older people to help with fuel costs.

By following these tips you can stay warm in the cooler months.

We will continue to send you the South Leeds Live at Home Scheme newsletters ensuring that you are always kept up to date with what's happening in the scheme. Should you decide that you would no longer like to receive this newsletter, you can unsubscribe at any time. To do this just write to us at

**South Leeds Live at Home
St Andrew's Community Centre
Old Lane
Leeds LS11 8AG or**

Call us on

0113 2716201.

For further information on how we keep your data secure please just contact us for a copy of our Privacy Notice.