

MHA Communities, Horsforth  
Spring 2022

# Newsletter



A little flower that blooms  
in May  
A lovely sunset at the end  
of the day  
Someone helping a stranger  
along the way  
That ' s **heaven** to me  
Sam Cooke

Welcome to the Spring edition of the MHA Communities Horsforth newsletter. We hope you have managed to keep healthy and in good spirits throughout the winter months. The team, as always, have had great fun planning events for Spring 2022, we have day trips, a holiday to Llandudno, a Big Bash for the Queen's Platinum Jubilee, concerts and workshops, all of which will run alongside our regular activities, hopefully there will be something for everyone to join in with. If you are struggling to shake off the Winter blues then come into the scheme where you can always be assured of a warm and friendly welcome. Now turn the page and let the planning begin.....

With best wishes from.....

**Team Horsforth: Judith, Debbie, Liz, Nicki and Jane x**

We will continue to send you the MHA Communities, Horsforth, 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, call or email via the contact details at the end of the newsletter. For further information on how we keep your data secure, please contact us for a copy of our Privacy Notice

## Events calendar: Non-weekly activities

March			
Date	Event Name	Time	Price
Tue 01 Mar	Trip & Holiday Booking	10.00	
Thu 03 Mar	Reflection with Rev Mark Godfrey	12.45 – 1.15	
Mon 07 Mar	Meet & eat at The Horsforth	11.30	Booking required
Wed 09 Mar	ReminiSing	10.00 – 11.30	£2.00
Wed 09 Mar	Living with Loss Matters at The Stables	2.00 – 3.30	
Tue 15 Mar	Idle Guits at Central	1.30 – 3.00	£2.00
Wed 23 Mar	Trip to Todmorden & Hebden	First pick-up 9.00	£16.00
Wed 23 Mar	Smile Café	10.00 – 11.30	£2.00

April			
Date	Event Name	Time	Price
Thu 07 Apr	Reflection with Rev Brian Lipscombe	12.45 – 1.15	
Wed 13 April	ReminiSing	10.00 – 11.30	£2.00
Tue 26 Apr	Musical Moments	1.30 – 3.00	£2.00
Wed 27 Apr	Day trip to Northallerton	First pick-up 9.00	£16.00
Wed 27 Apr	Smile Café	10.00 – 11.30	£2.00

## May

Date	Event Name	Time	Price
Thu 05 May	Reflection	12.45 – 1.15	
Wed 11 May	ReminiSing	10.00 – 11.30	£2.00
Tue 17 May	Dementia Friends with Phil Maud: a talk at Central	1.30 – 3.00	£2.00
Mon 24 May	Day trip to Morecambe	First pick-up 9.00	£16.00
Wed 25 May	Smile Café	10.00 – 11.30	£2.00
Tue 31 May	Queen's Platinum Jubilee Tea Party	1.00 – 3.00	£6.00

## Regular Activities

Monday:	Arts & Craft (1 <sup>st</sup> & 3 <sup>rd</sup> Mon)	1.30 – 3.00	£2.00
	Men's (2 <sup>nd</sup> & 4 <sup>th</sup> Mon)	1.30 – 3.00	£2.00
	Bat & Chat (1 <sup>st</sup> & 3 <sup>rd</sup> Mon)	10.00 – 11.30	£2.00
	Indoor Bowling (2 <sup>nd</sup> & 4 <sup>th</sup> Mon)	10.00 – 11.30	£2.00
	Book Club (monthly)	1.30 – 3.00	£2.00
Tuesday:	Bacon Butties	10.30 – 12.00	
	Dancing (alternate Tues)	1.15 – 3.00	£4.00
	Tuesday Talks (monthly)	2.00 – 3.30	£2.00
Wednesday:	Chairobics	11.45 – 12.30	£4.00
	Love to Move (1 <sup>st</sup> & 3 <sup>rd</sup> Wed)	10.00 – 11.00	£2.00
	Shopping on the minibus	am	£4.00
Thursday:	Lunch Club	10.30 – 12.30	
Walking Group	(2 <sup>nd</sup> & 4 <sup>th</sup> Thu)	10.00 – 12.00	£3.00
	Dance Fit	2.00 – 3.00	£4.00
Friday:	Walk & Talk & a cuppa	10.00 at Park	£2.00

## Useful Information

We regularly receive phone calls in the office asking for information. Here are a few phone numbers which may be helpful. If you need current information we are only a phone call away. MHA Communities office telephone number is 0113 2591511.

### Northern Power Grid

Support for vulnerable people during power cuts. If you store your medication in the fridge or use an air mattress for medical reasons this would be really useful for you. Either way this is perfect for those who feel they are vulnerable.

Tel: 0800 011 3332

[generalenquiries@northernpowergrid.com](mailto:generalenquiries@northernpowergrid.com)

### The Herbert Protocol Missing Person Incident Form

There is nothing more frightening than when a loved one, friend or neighbour fails to return when they should. For people living with someone with dementia, this could be quite common and The Herbert Protocol should give you some peace of mind.

The Herbert Protocol is a national scheme, introduced by West Yorkshire Police and other agencies which encourages carers to compile useful information which could be used in the event of a vulnerable person going missing.

The Herbert Protocol will put systems in place to allow for early intervention when vulnerable people go missing. The idea is to complete a form recording all vital details such as medication required, mobile numbers, places previously located, a photograph etc. in the event when your family member or friend does go missing the form can be easily sent or handed to the police to reduce the time taken in gathering this information.

People still need their independence and The Herbert Protocol can help to reassure their family and friends that if their loved one does go missing they can quickly pass relevant information to the Police. Download the form and find out more at: [www.westyorkshire.police.uk/dementia](http://www.westyorkshire.police.uk/dementia).

### Silverline

The Silverline is a free confidential helpline providing information, friendship and support to older people, open 24 hours a day, every day of the year.

Tel: 0800 470 8090.

Their specially trained helpline team can:

Offer immediate friendship and comfort to lonely, isolated callers.  
Help with information on all issues faced by older people.

Refer older callers to other sources of support, such as regular weekly calls with a trained volunteer.

Sign post callers to appropriate support services they may find in their area.

Support older callers who may be suffering from abuse and neglect.

### **Leeds Directory**

The Leeds Directory is a service where you can find people and companies across Leeds who can help with things like DIY around the home, personal care and advice and support.

Tel: 0113 378 4610 weekdays 9.00am – 5.00pm.

Email: [leedsdirectory@leeds.gov.uk](mailto:leedsdirectory@leeds.gov.uk)

### **West Yorkshire Fire Services**

Do you have working smoke alarms? Do you test them at least once a week? If you have any concerns contact WYFS.

Tel: 0800 587 4536

Email [information@westyorkshire.gov.uk](mailto:information@westyorkshire.gov.uk)

### **Key Safe**

You can get an out-of-doors wall mounted key box that is kept locked and opened using a code. This means your family and emergency services can have access to your house without having to have a key with them.

Professional, Friendly, Local, Supply and Fit Key Safe Service

Police Accredited and Insurance Approved Supra C500

Tel: 07817 109310 / 0113 275 9339

Email: [besafekeysafes@gmail.com](mailto:besafekeysafes@gmail.com)

### **William Merritt Disabled Living Centre and Mobility Service**

This charity offers impartial information, advice and assessment on equipment and practical aspects of daily living for disabled people of all ages, their carers, professionals and older people. In their disabled living centre they offer free assessments by occupational therapists. They are based at Aire House, 100 Town Street, Rodley, LS13 1HP. Information packs are available from the office, please ask.

Tel: 0113 350 8989

Email: [info@wmdlc.org](mailto:info@wmdlc.org)

### **AccessBus: Helping People in Leeds to get Out and About**

AccessBus is a flexible dial-a-ride service providing door-to-door local transport aimed at people who are unable to use conventional bus services. The bus serves certain areas on set days, allocating customers to travel on the day when the bus is in their area.

Tel: 0113 348 1903

Or visit the AccessBus pages on Metro's website



### Smile: a poem by Jez Alborough

Smiling is infectious, you catch it like the flu,  
When someone smiled at me today. I started smiling too.  
I passed around the corner, and someone saw my grin.  
When he smiled I realized I'd passed it on to him.

I thought about that smile, then I realized its worth.  
A single smile, just like mine could travel round the earth.  
So, if you feel a smile begin, don't leave it undetected.  
Let's start an epidemic quick, and get the world infected!

Jez says "Apparently the best protection against viruses is to be happy, so feel free to share my poem, and you never know, it may help people's immunity".

## Hello from Horsforth!



Red and yellow and pink and green, purple and orange and blue, I can sing a rainbow, sing a rainbow, sing a rainbow true.

Thank you Jane for this beautiful double rainbow photo taken at the top of Broadgate Lane. It certainly cheered up a dismal Tuesday morning

## Day Trips

### Todmorden Market and Hebden Wednesday 23rd March 2022

Nestled deep in the Calder Valley, Todmorden is often thought of as part Yorkshire and part Lancashire and it offers a wholly unique experience. Whether you are in town for the traditional cobbled streets, dotted with independent shops and cafes or the market (which will be on today) there is much for you to enjoy here.

We will then move onto Hebden where you can feel the influence of the many writers and artists who live here. From artisan shops and inspiring galleries to pavement cafes and period picture houses, there is much to pique our interest in these two market towns. The cost of this trip is **£16.00**.

### Northallerton Wednesday 27 April 2022

Nestled between the Yorkshire Dales National Park and the North Yorkshire National Park, Northallerton is a thriving market town bustling with life and character. The town is awash with history, there is Barker's the department store with a history stretching back to the 1880's and a shopping experience that's hard to find nowadays and the interesting medieval church of All Saints alongside numerous independent shops, cafés and pubs. Wednesday is market day!

The cost of the trip will be **£16.00**.

### Morecambe Monday 23rd May 2022

Morecambe offers all the pleasures of the seaside, whether it's ice-cream, fish and chips, quirky independent shops or taking a stroll along the award winning promenade, Morecambe has it all. Don't forget to visit the Eric Morecambe statue for a photo opportunity or visit the 1930's Midland Hotel, an art deco masterpiece, for afternoon tea and a panoramic view of the Bay. And there is an Eric Bartholemew pub for all you Wetherspoons aficionados. Oh, we really do like to be bedside the seaside!!! The Cost of the trip will be **£16.00**.

**We will be having a Trip Booking Day on Tuesday 1<sup>st</sup> March at 10.00am**

## Dates for your Diary



### **The Queen's Platinum Jubilee Tea Party** Tuesday 31<sup>st</sup> May 2022

We will be holding a **Big 1950's Bash** for the Queen between 1.00pm and 3.00pm at Central Methodist. Numbers for this event are limited, tickets will be available on trip booking day at a cost of £6.00, on a first come, first served basis.

### **Living with Loss Matters** Wednesday 9<sup>th</sup> March 2022, 2.00pm – 3.30pm



LEEDS  
BEREAVEMENT  
FORUM

We are holding another event giving people a chance to have conversations relating to bereavement, loss and grief, which will be held upstairs at The Stables. We aim to provide a safe and supportive space with others who are going through similar experiences. We invite anyone who

feels the need for support to come along for a quiet, comfortable session of chat, remembrance and new friendships.

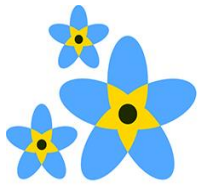
### **Idle Guits** Tuesday 15<sup>th</sup> March 2022, 1.30pm – 3.00pm £2.00

**The Idle Guits**, who, for the sake of clarity, are a guitar group from Idle! Are coming to entertain us with guitar music, singing and merry repartee. Everyone who comes to ReminiSing knows Richard and knows what a good entertainer he is, so do come along and join us for what promises to be a brilliant afternoon. No booking required.



Deborah Pennington will be coming into the scheme on Tuesday 26<sup>th</sup> April, 1.30pm – 3.00pm to lead a **Musical Moments** session. This is a unique activity that combines live music, safe exercise, sensory activities, reminiscence and relaxation. Do come along and give it a try, it is said to help improve your happiness...what's not to like?





Working to become  
**Dementia  
Friendly**

**Become a Dementia Friend.** Phil Maud will deliver the Alzheimer's Society Dementia Friends Information session at Central Chapel, on Tuesday 17<sup>th</sup> May at 1.30pm. It contains a basic introduction to dementia

and there are lots of positive ideas, all suggested and approved by those "living with dementia". There are approximately 900,000 people over the age of 65 with dementia in the UK, and there are over 3 million Dementia Friends. Come along and get your "forget-me-not" badge.

**Leeds  
Community  
Foundation**

Our thanks go to **Leeds Community Foundation** for their very generous winter wellbeing grant. This enabled us to treat all of our members to a lidded vacuum beaker, an information leaflet on how to stay well during the winter months and other goodies. If you haven't yet

received your beaker please be patient...it's on its way. Thanks to all our hardworking volunteers for their help in delivering the beakers, your support is much appreciated.

## **Raffle Prizes Christmas 2021**

Thank you to all who donated gifts and money to make our Christmas raffle so special. We raised the grand amount of **£255.00** for MHA Communities, Horsforth

Annabelle Favelle Potter: £55.00 to make up hampers Anne Hird: Heroes Auriole: Toiletry hamper Chris Cosavella: Celebrations Classy Crafts: Christmas tea light holder Costa: Voucher for 2 drinks and 2 cakes Eden Flowers: Peace lily Emily's: £20.00 voucher Excel Dry Cleaners: £15.00 to make up hampers Il Forno: Two course meal with bottle of house wine for two Jean Wharton: £5.00 Morrison Voucher Little Monk: Chocolate quad ale Marples: 3 bars of Christmas chocolate Morrison's: Two £12.00 vouchers for afternoon tea Regent Fisheries : Two £10.00 gift vouchers Truly Scrummy: £10.00 gift voucher Yoga Café: Sleepy head pillow spray

## **Holiday to Llandudno** Friday 23<sup>rd</sup> – Tuesday 27<sup>th</sup> September 2022

In September the scheme is running a much needed holiday to **The Somerset Hotel** in Llandudno. The Somerset Hotel enjoys a sea-front location in the heart of Llandudno and offers stunning views across the bay. Llandudno town centre is just a 10 minute stroll from the hotel and offers a wide range of shops and tea rooms. The holiday will include dinner, bed and breakfast, evening entertainment and 2 trips. For further information and a booking form please contact the office, a £50.00 deposit will secure your place. The cost of the holiday will be £280.00 for a double/twin.

## Members, volunteers and family members – we need your help!

We are working with a research company called the Social Value Lab to help us show the value of the services we provide as MHA Communities across the West Yorkshire area. The information from this will be really important to us as it will help us improve the services we provide to you and to secure more funding in the future.

In late February and early March we will have brief surveys available to complete, and we would be really grateful if you would take a few minutes to help us by filling one in. It should only take a few minutes of your time.

We'll have surveys available in groups, but can also post or email one out to you if you don't attend any of our group sessions. To request a survey please email [jacqui.hodgkinson@mha.org.uk](mailto:jacqui.hodgkinson@mha.org.uk) or text your address and whether you are a member, volunteer or family member to 07711 486 324

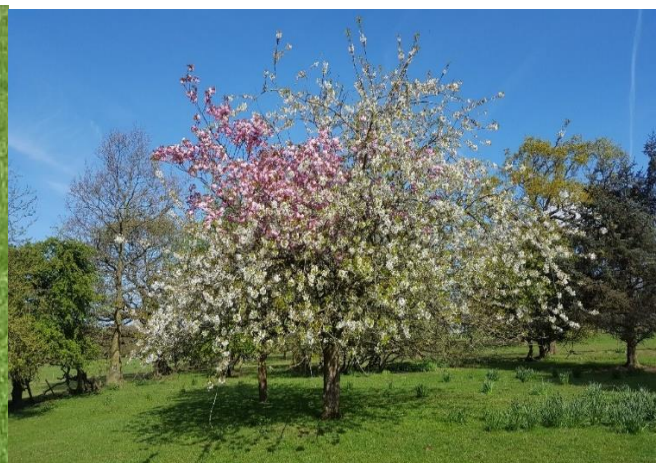
Thank you!

## A Spring in your Step

All the answers are words or phrases that have 'spring' in them.

1. Needed for a comfortable night's sleep.
2. Sons and daughters.
3. Sea movement just after a new or full moon.
4. Simple gymnastic move.
5. Thorough washing and dusting of the house.
6. Californian City.
7. Type of spaniel.
8. Young person.
9. Medium-sized antelope native to South Africa.
10. Diving platform.

Answers on the back page



## Spring Walks

Here is a list of Lyn's upcoming walks, we hope that having an itinerary will encourage a few more walkers to lace up their boots and venture forth.

**Thursday 24<sup>th</sup> February** Along Featherbank Lane, down to the river and crossing over at Pollards Bridge. Following the Hunter's Greave track to Kirkstall Forge Station, with an opportunity for a coffee stop in the café there. This walk is downhill all the way then a gentle walk up to the A65 for the 33 bus OR we may extend the walk with a gentle stroll through Hawkesworth Woods to get the 50 at the Bridge Inn.

**Thursday 10<sup>th</sup> March** The ginnels of Horsforth, an intriguing walk through little known places in Horsforth. We will go down Town Street to Horsforth Park, then following a little track through the woods and back by the school.

**Thursday 24<sup>th</sup> March** A walk down Calverley Lane to the river, it's downhill all the way. We will then walk along the riverside, be aware there will be some muddy tracks. We will catch the 30 bus back from the bottom of Calverley Lane.

**Thursday 14<sup>th</sup> April** A walk along the bottom path of Hunger Hills, along West End Lane and through the park.

**Thursday 28<sup>th</sup> April** Along Featherbank Lane, down to the river, crossing over at Pollard's Bridge. Following the canal towpath to Kirkstall and the retail park. Then walking along the goit to the Abbey. We will then catch the 33 bus from here OR walk gently up the hill for the 50.

**Thursday 12<sup>th</sup> May** A walk around Hunger Hills woods to see the bluebells.

**Thursday 26<sup>th</sup> May** A walk down Calverley Lane to the river, it's downhill all the way. We will then walk along the riverside, be aware there will be some muddy tracks. We will catch the 30 bus back from the bottom of Calverley Lane.

In general the walks on the 2<sup>nd</sup> Thursday of the month will be shorter, the walk on the 4<sup>th</sup> Thursday will be longer with **bus passes** needed to get back, tracks will be a little more uneven.

**Walking sticks** are recommended for both walks and **good walking boots or shoes**.

## Answers to a Spring in your Step

1.Bedspring 2.Offspring 3.Spring tide 4.Handspring 5.Spring clean 6.Palm Springs  
7.Springer 8.Spring chicken 9.Springbok 10. Springbok

## Dementia Training for Family & Friends

At MHA Communities, we know that dementia training can be incredibly powerful with improving wellbeing for our members and their relatives. Because of this we are now offering a unique learning opportunity for friends & families of those living with dementia to join and gain a further understanding. By working together we can educate one another and work with family, friends or members with dementia to make a real difference.

### What will the session cover?

The training will help families and friends to:

Develop an understanding of dementia and the different types of dementia

Identify different ways of supporting a family or friend with dementia

Look for sources of support for themselves

### Dates of sessions:

**Thursday 24<sup>th</sup> March: 6.30pm – 8pm**

**Wednesday 18<sup>th</sup> May: 2.30pm – 4pm**

If you or a loved one would like to take part in the Dementia Training, please email [Sue.Meehan@mha.org.uk](mailto:Sue.Meehan@mha.org.uk)

MHA Communities, Horsforth, Central Methodist Church, Town Street, Horsforth, LS18 4AP. Tel: 0113 259 1511. Email: [horsforth@mha.org.uk](mailto:horsforth@mha.org.uk)