

# Horsforth Communities Newsletter



Autumn 2022



**Welcome** back to the **Autumn** edition of the MHA Communities, Horsforth, Newsletter. It's been a great few months here at Horsforth and we've particularly had a wonderful time hosting the Platinum Jubilee Celebrations and seeing you all have such a good time

We've got plenty more activities and events taking place during the Autumn months which we hope you will all enjoy. So look out for The Idle Guits, Beetle Drive, Gingerbread Man Treasure Hunt and trips to Whitley Bay and Tynemouth, Whitby and Chester. We would like to see you all coming along and joining in the fun.

There will be a change this Autumn in the office as Judith Colley is leaving. Judith has been a great manager and we thank her for her support, patience, kindness and encouragement to staff and members alike. A warm welcome to Lainey Mullan, the new Horsforth manager.

With best wishes from Team Horsforth:  
Judith, Debbie, Liz, Nicki and Jane xx

Thanks to Liz for the photo of Lindley Wood, with the trees just starting to turn.

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## Activities and Services

### Monday

**Indoor Bowls/Bat 'n' Chat**  
Bowls (2<sup>nd</sup> & 4<sup>th</sup>) Bat 'n' Chat (1<sup>st</sup> & 3<sup>rd</sup>)

10.00 – 11.30

£2.00

**Arts & Craft/ Mens Group**  
Craft (1<sup>st</sup> & 3<sup>rd</sup>) Mens 2<sup>nd</sup> & 4<sup>th</sup>)

1.30 – 3.00

£2.00

**Book Club**

Last Monday of each month

1.30 – 3.30

£2.00

### Tuesday

**Bacon Butties**

10.30 – 12.00

£3.00

**Dancing**

Alternate Tuesdays

1.15 – 3.00

£4.00

## Activities and Services

### Wednesday

#### Shopping on the Minibus

9.30 onwards

£5.00

#### Love to Move (1<sup>st</sup> & 3<sup>rd</sup>)

10.00 – 11.00

£2.00

#### Chairobics Followed by refreshments

11.45 – 12.30

£4.00

#### ReminiSing (2<sup>nd</sup> Wed)

10.00 – 11.30

£2.00

#### Smile Café (4<sup>th</sup> Wed)

10.00 – 11.30

£2.00

### Thursday

#### Lunch Club

10.30 – 12.30

Full meal £4.00

# Activities and Services

## Thursday

### 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

9.50 – 11.30

£2.00

### Befriending – face to face

This service matches our members with a volunteer who will visit the member in their own home once a week. All our volunteers are DBS checked

### Befriending – telephone

The aim of telephone befriending is to reduce social isolation, particularly for people who have few visitors or find it difficult to get out. This service matches our members with a volunteer who will ring them once a week.

### Digital support

One to one

Call the office to make an appointment

## Day Trips: booking date Tue 23<sup>rd</sup> August, 10.00am

### Trenchers at Spanish City, Whitley Bay for Fish and Chips and then on to Tynemouth

Wed 14<sup>th</sup> September

First we will visit Trenchers at the stylish Spanish City in Whitley Bay for Fish and Chips. Spanish City has been recently renovated and we will be able to see the dome in all its glory and view the incredible coastline and St Mary's Island through the full height windows.

After lunch we will travel to Tynemouth, a village steeped in history with the dramatic Tynemouth Priory dominating the headland. Front Street and Percy Park Road both have a mix of shops well worth browsing as well as pubs and cafés.

The cost of this trip will be **£18.00** and includes lunch. A pre bookable menu will be handed out with the trip booking forms for you to fill in.

### Whitby

Mon 10<sup>th</sup> October

Once again we are making a return visit to the ever popular Whitby, a much loved seaside resort famous for fish, chips and ice cream, bracing sea air, vampires and goths and the steps up to the Benedictine Abbey and St Mary's Church where there are stunning views from the top. For the historians among you there is the connection to Captain Cook and the role that Whitby played in the whaling and jet industries.

There will be plenty of opportunity to buy a meal in Whitby, alternatively you may bring a packed lunch.

The cost of this trip will be **£10.00**.

## Chester

Tue 22<sup>nd</sup> November

We are starting our Christmas celebrations with a shopping expedition to Chester. The unique Rows, which are comprised of 700 year old two-tiered shopping galleries, are a pleasant way to shop and are home to delightful shops, bars and restaurants. Next to Chester Cathedral the atmospheric Christmas stalls will be scattered around the magnificent Christmas tree, selling Christmas gifts, stocking fillers as well as arts and crafts and edible goodies, all designed to get us into the Christmas spirit. For the history buffs there are plentiful Roman ruins in Chester and the Cathedral is always a place of calm away from the hustle and bustle.

The cost of this trip will be **£10.00**.

Our thanks go to **LNER** for sponsoring these trips.



“



“Bring me Sunshine  
 In your smile  
 Bring me laughter  
 All the while  
 In this world where we live  
 There should be more happiness  
 So much more you can give  
 To each brand new bright  
 tomorrow”

Sung by Morecambe & Wise

## Dementia Café

In association with MHA Communities Horsforth, Home Instead, Alzheimer's Society and Morrison's Horsforth, on the second Tuesday of the month, between 2pm and 4pm join us at Morrison's Café. Come along for refreshments in a safe space, with a Memory Support Worker in attendance and socialise with others from the community.

For more information, please call the MHA Communities, Horsforth, office on 0113 259 1511 or the Home Instead office on 01937 220510.



## Living with Loss Matters

Wednesday 2<sup>nd</sup> November

We are holding another meeting to give people a chance to have conversations relating to bereavement, loss and grief, which will be held upstairs at The Stables, 1.00 – 2.30. Join us to remember loved ones, say their names, chat and listen. Refreshments, care and kindness will be provided. Why not come along and spend some time with others who understand. We aim to help to raise awareness about grief and loss and to provide signposting to other organisations for support if required.



## Woolly Request

Does anyone have any ends of **DK** wool which they feel able to donate into the scheme? Our volunteers are busy knitting all sorts of Christmas themed gifts and decorations and we have run out of wool! All colours gratefully accepted.



## Thank you



Thank you to all our home bakers and volunteers who helped make our two Platinum Jubilee celebrations so special, we keep on saying it and it remains true, we couldn't run these events without our brilliant volunteers.

Thanks to George for growing us orchid cactus plants which raised £24.00 for the scheme.

Thanks to TPP for donating £5,000.00

Thanks to the Older People Commissioning Team of Leeds City Council for their continuing support.

Thanks to Horsforth Churches Together for the financial support which we receive, for their prayers and for the Ministers who come into the scheme to lead our Reflection Service.

Thanks to Anna Lindley at Horsforth Library for her support of the Book Group, Platinum Jubilee events and the upcoming Gingerbread man Treasure Hunt which will be held in the library.

Thanks to LNER for subsidising our day trips



## High Farm Public House

The landlord of the High Farm Public House in Holt Park has started an over 55's lunch club and has invited members of our scheme to go along. The club is every Wednesday and includes a traditional meal with dessert and different kinds of entertainment. On the first Wednesday of the month they have a singer and on the other Wednesdays there are different styles of Bingo and quizzes. It's a great couple of hours, if you are interested it costs £5.00 per and will need to be pre-booked. (Simon, 07400 263 248 / s\_ord1@sky.com) You will have to make your own way to the pub, which is situated at the back of the precinct, behind ASDA.

## Idle Guits

The best guitar group to ever come out of Idle will once again be gracing us with their presence

On: Tuesday 4<sup>th</sup> October

At: 1.30pm - 3.30pm

Cost: £4.00 refreshments included

This is guaranteed to be a rollicking good fun afternoon. All welcome, no booking required, be prepared to be wowed!

## Lose yourself in an audio-book

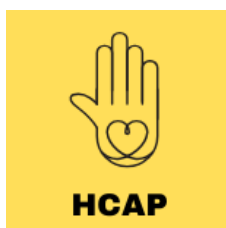
We have had a number of audio-books donated into the scheme which our members are welcome to borrow. There is a great selection of titles, all we ask is that after you have listened to the story you return the disc so that everyone can have a chance to enjoy them. Just speak to a member of staff.

## Lunch Club Vouchers

Horsforth Community Aid Project have kindly given us funding through Leeds Community Anchor Network and the Household Support Fund to help prevent food poverty. We will be using this funding for the benefit of our members between July and September. We aim to provide vouchers to enable our members to buy a meal in one of the two lunch clubs on a Tuesday or a Thursday.

If cost is a barrier to you buying food in our lunch clubs or if you don't come into lunch club because of cost then please speak to a member of staff. You may nominate yourself or a friend. We have plenty of vouchers to give away, 100 vouchers for £3.00 for a bacon butty and a drink and 100 vouchers for £4.00 for a main meal at lunch club and a drink.

The vouchers will be limited to one per person so that as many of our members as possible are able to benefit from the offer.



## Joke Time

Today a man knocked on my door and asked for a small donation towards the local swimming pool.....I gave him a glass of water.

I couldn't quite remember how to throw a boomerang, but eventually it came back to me.

## And it's farewell from me.....

Some of you may now be aware that my final day with MHA Communities, fondly Horsforth Live at Home, is Wednesday 31<sup>st</sup> August. Personally, this is the end of a nearly 10 year journey, starting as a volunteer and somehow ending up as manager and numerous fulfilling roles in-between. It's been an honour to be among you and get to know so many of you, I have learnt a great deal and it's been a real career highlight.

Lots of thank-yous – I'd like to thank all of my inspiring line managers, past and present, who committed to helping me to this position, our supportive committee members for their local knowledge and expertise and all our helpful friends from Central Methodist Church. A special mention to all the hard working volunteers, without whom the scheme wouldn't be able to offer so much, who rise to the many challenges, always with a smile.

A massive thank you to Debbie, Liz, Nicki and Jane who have been a special team to work with, we've shared a lot together, highs and lows, and I know I leave you in more than capable hands.

Finally, it's been a privilege and pleasure to work with you all, I will cherish the unforgettable memories and I wish you all the very best, as I move on to a new challenge.

Take care, Judith x



### Joke Time

I named my dog 6 miles so I can tell people that I walk 6 miles every single day.

If you run in front of a car you'll get tired, but if you run behind a car you'll get exhausted.

## Autumn 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 8<sup>th</sup> September**      A gentle meander down Calverley Lane through the new houses down to the river for a ramble then catching the bus back to Horsforth.

**Thursday 22<sup>nd</sup> September**      Walking down Featherbank Lane and the Bridle Path along Rein Road, an uphill walk to the main Road where we will cross into Hawkesworth Woods which has a short uphill pull and then a level path. Catching the 50 bus back from Butcher Hill.

**Thursday 20<sup>th</sup> October**      Rodley Nature Reserve walking down Hall Lane, then Bar Lane and Calverley Lane to the canal. It is a flat walk along the canal with lots to see. After the visit to the Nature Reserve into Rodley to catch the bus back to Horsforth.

**Thursday 10<sup>th</sup> November**      A ramble up the Roman Road past Leeds Trinity University, a stroll round Southway and then back via the gentle paths through Hunger Hills.

**Thursday 24<sup>th</sup> November**      a walk around Cragg Woods, accessed by crossing the Ring Road, walking down Wood Lane and into the woods finishing at Butcher Hill for the bus back. This walk is uneven in places and can be muddy following heavy rain.

# If

If you think you are beaten you are  
If you think you dare not, you don't  
If you'd like to win, but think you can't  
It's almost certain you won't.  
If you think you'll lose, you've lost  
For out of the world we find  
Success begins with a fellow's will -  
It's all in the state of mind.  
If you think you're outclassed, you are  
You've got to think high to rise  
You've got to be sure of yourself before  
You ever can win a prize.  
Life's battles don't always go  
To the stronger or faster man  
But sooner or later the man who wins  
Is the one who Thinks he can

Anonymous

As read out by Joan in ReminiSing

## Gingerbread Treasure Hunt

### Wanted

ESCAPED from the oven!  
 Has been seen wearing this disguise.

A sweet REWARD awaits his capture.



Grandchildren bring your grandparents along and follow the storybook characters through the library to help us to find the rascal. A free fun event for all ages with a prize for completing the treasure hunt.

**At Horsforth Library on Wednesday 24<sup>th</sup> August,  
 between 12.00 - 3.00**

The Gingerbread man treasure hunt has been organised by MHA Communities, Horsforth with Horsforth Library and funded by the Haribo Happiness Fund and Leeds Community Foundation. Thanks to Horsforth shed for making the gingerbread men and for the members and children who have decorated them as storybook characters.



Haribo  
 Happiness  
 Fund

Leeds  
 Community  
 Foundation

**HARIBO**





## Contact Details

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)

## Message from Head Office

### Join us and make a difference

We are starting an exciting programme of research exploring charitable support and fundraising for MHA and are looking to speak with MHA Communities members and also your family and friends.

The research is being coordinated by our trusted research partners – Mustard – and is scheduled to take place in July and August this year. All the research is being conducted online or via the phone so it is easy to take part and would last around 50 minutes. All those involved will be rewarded for giving up their time.

If you are interested in taking part, please visit <https://survey.euro.confirm.it.com/wix/9/p366633041119.aspx> and please do encourage your family and friends to get involved too.

By taking part you will be playing an important role in shaping the future of MHA's Fundraising approach, so thank you in advance.

### Autumn Covid and Flu booster campaign

We have received confirmation from the government that they will be providing another round of Covid-19 boosters in the autumn, as well as the annual flu vaccination.

The Covid booster will be available to people aged 50 and over, residents and staff in care homes for older adults, frontline health and social care workers, unpaid carers, individuals aged five to 49 in clinical risk groups and household contacts of those who are immunosuppressed.

The free flu vaccination will be available to everyone aged 50 and over, primary school children and secondary school pupils in years 7, 8 and 9, as well as people in clinical risk groups, unpaid carers and household contacts of those who are immunosuppressed.

At this point, we know how devastating flu and Covid-19 can be for older people, so we encourage you all to take the opportunity to protect yourself friends and relatives.