



Wise

Wetherby in Support of the Elderly

March 2019

Mon	Tues	Wed	Thurs	Fri
				1 Chairobics 10.30am – 11.15am Aerobics 11.15am – 12.15pm
4 Wise Meet up Monday Memory Café 1pm – 3pm 01937 588994	5	6 Dementia Awareness session 10.30	7 Line Dancing 10.30am – 12pm Knitting 1.30pm – 3pm	8 Chairobics 10.30am – 11.15am Aerobics 11.15am – 12.15pm
11 Wise Meet up Monday Memory Café 1pm – 3pm 01937 588994	12 The Nightingales 10.30am – 12pm	13 Rockin Robins 1.30pm – 3pm	14 Line Dancing 10.30am – 12pm Knitting 1.30pm – 3pm Poetry 2pm – 3pm	15 Chairobics 10.30am – 11.15am Aerobics 11.15am – 12.15pm
18 Wise Meet up Monday Memory Café 1pm – 3pm 01937 588994	19 Chatter and Batter 11.15pm – 1pm	20 The Elderberries 1.30pm – 3.30pm	21 Line Dancing 10.30am – 12pm	22 Chairobics 10.30am – 11.15am Aerobics 11.15am – 12.15pm
25 Wise Meet up Monday Memory Café 1pm – 3pm 01937 588994	26 Rockin Robins 1.30pm – 3pm	27 Friendchips 12.30pm – 2pm	28 Line Dancing 10.30am – 12pm Knitting 1.30pm – 3pm Poetry 2pm – 3pm	29 Chairobics 10.30am – 11.15am Aerobics 11.15am – 12.15pm



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All Wise events (with the exception of Meet up Mondays) are open to everyone whilst still being Dementia Friendly

If you would like to meet new people, stay active and have fun, come along to our **Chairobics and Aerobics** class every Friday at Wetherby Social Club from 10.30 – 11.15, or aerobics from 11.15am – 12.15pm £2 for each class, or £3 to do both classes.

Our very popular **Line Dancing** class takes place every Thursday from 10.30am – 12.00pm at Wetherby Social Club. £3 incl refreshments. Come and join in – it'll warm you up!!!

Due to the popularity of Rockin Robins at Boston Spa we have replicated the group in Wetherby!! **The Nightingales** is a very informal relaxed singing group led by Nigel Rae. On Tuesday 12th March at 10.30am – 12noon at The Methodist Church, Bank Street, Wetherby. No talent required just a liking for some good old songs and a good time! £3 incl refreshments.

The Elderberries Wed 20th March 1.30pm – 3.30pm with fantastic, lively, musical entertainment with the legend that is Jim Wright. £3 including refreshments

Knit One PurlWise is on every Thursday from 1.30pm – 3.00pm in the Village Hall at Boston Spa. So, if you fancy a natter while you knit, please join us!! **Please note that this will not take place on Thursday 21 March** £2 including refreshments.

Poetry is a very friendly informal group of people reciting poetry either their own or from other poets. We have a topic every session and you are very welcome to join us!! Every other Thursday at Boston Spa Village Hall on Thursday 14th and 28th March from 2pm – 3pm. £2 including refreshments

Chatter and Batter is our fish and chip lunch club at Wetherby Social Club from 11.15am to 1pm on Tuesday 19th March. £5 including fish and chips, refreshments and a quiz!!

Friendchips is our new fish and chip lunch club at Collingham from 12.30pm to 2pm pm on Wednesday 27th March at Collingham Memorial Hall. £5 including fish and chips, refreshments and a quiz!!

Last but not least our very popular singing group, **The Rockin' Robins**, are on Wednesday 13th March with Eric and Mort and Tuesday 26th March at 1.30pm – 3pm with Eddie. If you enjoy singing along to some great songs from the past, please come and join us at Boston Spa Village Hall. £3 inc refreshments

Wise Meet Up Monday Memory Café

Every Monday afternoon 1.00pm-3.00pm the **Wise Meet up Monday Memory Café** at **St Joseph's RC Church Hall 20 Westgate Wetherby LS22 6LL**
Please call Wise on 01937 588994 for more information



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Met Office information states - Older people, those with heart and lung conditions, dementia or Alzheimers, are at increased risk in **colder weather**.



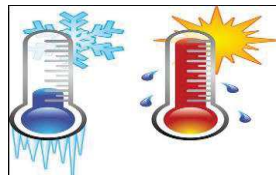
Cold increases the risks of respiratory infections, heart attacks and strokes. **Cold** weather also affects mental health, worsens arthritis and increases accidents at home (associated with loss of strength and dexterity in the hands). Not to mention physical injuries from slips, trips and falls. As we get older it becomes harder for our bodies to detect how cold we are, and it takes longer to **warm** up. Met Office website information suggests

•Remember that several thin layers of clothing will keep you warmer than one thick layer, as the layers trap warm air.



•Wear warm clothes in bed. When very cold, wear thermal underwear, bed socks and even a hat - a lot of heat is lost through your head.

•Prepare for cold weather - listen to the forecast and make sure you have everything you need before the weather turns cold or icy. Make sure your home is warm enough Age UK advise the ideal room temperature you should be aiming for is about 21 degrees in your living room, and about 18 degrees in your bedroom.



It's important that you eat enough in winter. Hot meals and drinks will help to keep you warm. Try to eat at least one hot meal each day and have hot drinks during the day. •If you're worried about a poor appetite, speak to your GP. You could also Tel. Leeds Malnutrition helpline for help and advice on eating and drinking 0113 843 0905.





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Information and Advice

We offer a confidential advice and information service covering a variety of issues e.g. sign posting to services, and help if you are struggling with forms etc. For more information contact Nicola on 01937 588994 or email nicola@w-ise.org.uk

In the UK clocks go forward 1 hour at 1am on the last Sunday in March
So don't forget to change yours
31 March 2019

To find **trusted service providers** have a look in the **Leeds Directory** as provided by **Care and Repair**. Care & Repair Leeds is the Home Improvement Agency for Leeds with charitable status providing services across the Leeds Metropolitan District. Their **Leeds Directory** enables customers to **search on line** for trades people, home care providers etc. <https://leedsdirectory.org/>

Customers can also **ring their help-line** Tel. 0113 391 8333 and they will do the search for you. The tradespeople in the Leeds Directory are **Green Tick** checked & vetted services.

Please refer to the Care and repair disclaimer on their website for further information.

www.care-repair-leeds.org.uk

Home Plus (Leeds)

Making Homes Safe, Suitable and Warm

Home Plus (Leeds) is a New Service Provided in Partnership with **Care and Repair, Age UK Leeds and Groundwork**

Home Plus (Leeds) is aimed at enabling and maintaining independent living through **improving health at home, helping to prevent falls and cold related health conditions.**

Home Plus is for those:

- Who maybe at serious risk of falling
- Who are **struggling to heat their home** or **pay heating bills**
- Who need help with **repairs that are causing a hazard** in their home
- Who need information and **advice to maintain independence.**

If you know someone who may benefit from these services, please contact Care and Repair customer Services team Tel: 0113 240 6009. Address: 323 Roundhay Road, Leeds, LS8 4HT

Email: homeplus@care-repair-leeds.org.uk or visit the website www.care-repair-leeds.org.uk. The leaflet can be seen via the link – or call us and we can post one to you.
<https://care-repair-leeds.org.uk/wp-content/uploads/2018/11/Home-Plus-leaflet-v2.pdf>



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Transport



We will take you to the shops, doctors, social events, or to visit friends and family.

Give us a call whenever you need to get out and about.

Our friendly volunteer driver service operates Monday to Friday and it doesn't cost much to get you to where you want to go.

To book a trip :please give us at least 48 hours' notice

Please call Wise Transport Booking Line Monday-Thursday during our new opening hours between 10 am and 3 pm

On 01937 222066

01937 222066 or emailtransport@w-ise.org.uk



Wetherby Walking for Health

Join us for a walk and a chat



When: Wednesdays at 10.00am

Where: outside the Methodist Church – Bank Street

Who: The walks are designed for people who are maybe recovering from an illness or an operation or who just need to start exercising again.

Every Wednesday we will be walking for 30 – 60 minutes.

- If you have problems with your health, walking could help you feel great again!
- Find out just how easy it is to get out and about start walking for both fun and exercise.

Now also every 4th Tuesday of the month **Walking for Health Boston Spa** at 10am starting and finishing at Boston Spa Methodist Church

Walking for Health website - www.walkingforhealth.org.uk



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The Laptop Loungers

The laptop loungers meet every **Wednesday** from **12.30pm to 2.30pm** at **Wetherby Social Club**.

Go along and join them. It's £3 and that includes a biscuit and tea or coffee

Susan and Michael will be there to help you settle in and answer any questions

Contact Sue: 07194073572



the WiSE owl

Café for the community

Did you know?

We're open at Boston Spa Village Hall, High St. LS23 6AA

9.00am until 3.00pm Tuesday to Thursday

Delicious breakfast / brunch choices

Take-out lunch deals, healthy fresh soups, plus all your usual favourites - homemade cakes, bakes and fresh daily scones.

We use local butchers and suppliers for our produce

Our roasted coffee beans are freshly ground serving all your favourite drinks, sales of which support the Baraka Foundation, Garforth

The café has free parking at the rear of the village hall and

FREE WIFI inside

Everyone is welcome to come to our café – our regulars, young mums with their children, cyclists and well behaved dogs. We have plenty of space for pushchairs and wheelchairs

Our friendly staff and volunteers look forward to welcoming you
ADDITIONAL VOLUNTEERS ALWAYS WELCOME, POP IN



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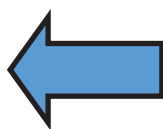
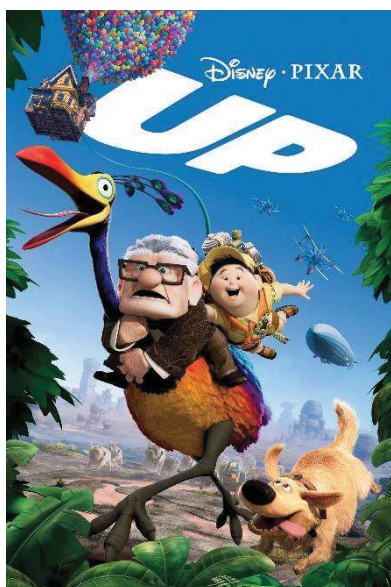
Wetherby in Support of the Elderly

Mason House Film Club Friday

Movies start at 2pm on the first Friday Monthly

Any enquiries please contact Chris Keedy

on 07891 279971



Friday 1st March 2018
Up!



Are you feeling, stressed, lonely, anxious, or just want to be more active and/or meet new people? Maybe you need advice on issues such as finances or housing? If yes, Connect Well is the right service for you.

Wellbeing Coordinators are based within GP practices and provide 1-2-1 support over the phone and face to face. If appropriate they can also provide community visits.

How to access the service?

Self-referrals are accepted or you can be referred by a GP/other professional.

Please call **0113 336 7612** or Download the form from website:

www.commlinks.co.uk/connectwell and email to connectwell@commlinks.co.uk

The service is available to individuals aged 18 and over; who are registered with a GP in the North Leeds CCG area. If you are not registered with a GP advice on how to register can be provided.



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Dementia Awareness Session



A Dementia Friends session gives people a better understanding of dementia and a small things you can do to make a difference.

Please join us for this FREE session

on

Wednesday 6th March

at

WiSE Office, Westgate, Wetherby

For further information contact karen@w-ise.co.uk



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Tel. 01937 588994

www.w-ise.org.uk

One Stop Centre, Westgate, Wetherby LS22 6NL

Registered Charity No: 1163698 CIO (Foundation)