

December 2023 Newsletter



Message from our Director

Hello to you all. The nights have drawn in and I'm welcoming some cosy nights, wrapping presents and spending some time with much loved family and friends on the run up to Christmas. We'll be putting our office Christmas tree up in time for our Christmas drop in, where we'll be welcoming customers and our colleagues, to our office, for a cosy catch up, festive music and and some delicious food and drink. See page 2 for more your official invitation to this.

We've had an absolutely fantastic success during this year's care sector awards season. In September, I was honoured to receive a national award for the outstanding quality of our business, awarded by our franchisor at the annual national Bluebird Care conference and awards event. We were also delighted with our wins at the Great British Care Awards held in November, where we were awarded the Home Care Employer of the Year Award and one of our Area Managers won the Frontline Leader award.



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As a Bluebird Care brand, we are moving towards renaming Care Assistants as "Care Experts". You may notice this change in language throughout our publications from now on. This is a conscious move to value the roles that our employees make and the skills they have to be able to support individuals in a person centred way, in their own homes. We also have a new and exciting training and development programme to roll out to support our newer members of our team to confidently act as Care Experts.

Look out for Christmas treats delivered by your Bluebirds throughout December, just a little thank you for your continued custom, from us to you..

I do hope you enjoy this edition of our newsletter and I wish you all a warm, cosy and safe festive period and a Happy new Year.

Best Wishes

This issue features.....

- Multi-award success
- Christmas Drop In
- Christmas biscuits recipe
- Keeping safe in Winter
- Combat loneliness
- Spotlight on a Bluebird

Bluebird Care Tel No: 0113 2589677
Email: leedsnorth@bluebirdcare.co.uk





Come and visit us for a Christmas get together!

Thursday 14th December 2023
12:00 noon until 3:00pm

Join us for a relaxed Christmas get together, we can share a drink and some festive nibbles and listen to music. You can meet and chat with our Bluebird Care customers and our care team.

Feel free to bring along a family member or friend.
You can pop in any time between 12:00 noon and 3pm.
We'll be delighted to see you



*Jingle
AND
Mingle*

Bluebird Care Leeds North win the Home Care Employer of the Year Award and two more exciting accolades!



Picture above - left to right - Sophie Bellwood (Registered Manager), Oona-Mai Sharp (Area Manager), Chloe Clarke (Care Assistant).

Two Care Experts at Bluebird Care Leeds North have been honoured at the Yorkshire & Humber Great British Care Awards. Sheree Jenman, Owner and Director of the business won the coveted Home Care Employer Award. Oona-Mai Sharp took home the regional Front-Line Leader Award, and Chloe Clarke was Highly Commended for the Home Care Worker Award.

There are 21 award categories that recognise individuals who exhibit excellence in their line of work at the Great British Care Awards. This year, Bluebird Care Leeds North had five team members make it to the list of finalists, out of thousands of nominations across the region.

These three awards are prestigious accolades, recognising different achievements and features of leading care providers in the sector. The Home Care Employer Award recognises a home care provider's commitment to high quality care and celebrates how this is achieved through being a forward thinking, supportive and inclusive employer.

The Frontline Leader Award, is given to a person who is a team leader or a first-time manager and has shown clear commitment to improving the delivery of care and support within their team through leading by example.

The Home Care Worker Award recognises the significant role of the Home Care Worker in consistently providing a high-quality standard, for people living in their own homes. Evidence of dedication to customers, colleagues and career development through training are important elements for the judges.

Bluebird Care Leeds North were celebrated by the judges for cultivating "high standards and a positive culture right from the start, with a great approach to quality assurance, reactivity to new training requirements and a continuous improvement culture".

Pictured to the right - Sophie Bellwood (Registered Manager), being presented with the Home Care Employer Award on behalf of Bluebird Care Leeds North. Sheree was unable to attend the award so Sophie collected this award.





Pictured above - Oona-Mai Sharp (Area Manager) being presented with the Frontline Leader Award

Oona-Mai was celebrated for "clearly going above and beyond on a regular basis".

Chloe received her High Commendation for being, according to the judges, "the type of home care worker you would want on your team".

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Employers in the Home Care Employer Award category had to demonstrate considerable acumen and entrepreneurial flair whilst at the same time having a sustained track record of delivering exceptional quality care services.

As regional winners, Sheree and Oona-Mai will automatically advance to the nationals taking place in spring of next year, where ten regional winners will compete for the title of National Home Care Employer and National Front-Line Leader.

Sophie Bellwood, Registered Manager at Bluebird Care North, who accepted the Home Care Employer Award on behalf of the company, stated:

“It's a great honour to accept this award on behalf of our Owner and Director, Sheree, who could not attend the event tonight. This recognition spotlights the unwavering commitment that Sheree and our management team dedicate to making Bluebird Care Leeds North a great place to work, nurturing career pathways in social care and maintaining premium quality care standards.”

Reacting to her win, Oona-Mai Sharp, Area Manager for Bluebird Care North & East Leeds, expressed,

“I'm very flattered to have won this award. It's lovely to be recognised for my hard work and commitment to the Care Experts that I manage and provide day to day support and guidance too. I manage a wonderful team of Care Experts and I enjoy seeing them develop in their careers with Bluebird Care Leeds North. As my team become more skilled and experienced at supporting our customers, the service we provide continues to uphold our mission to provide outstanding care consistently.”





Christmas Biscuits Recipe



Ingredients

- 100g/3½oz unsalted butter, softened at room temperature
- 100g/3½oz caster sugar
- 1 free-range egg, lightly beaten
- 1 tsp vanilla extract
- 275g/10oz plain flour
- **To decorate**
- 400g/14oz icing sugar
- 3-4 tbsp water
- 2-3 drops food colourings
- Edible glitter

Method

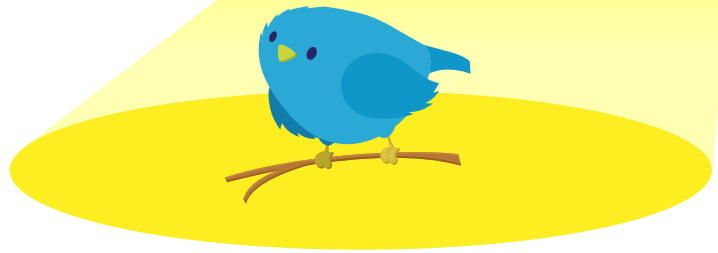
- Preheat the oven to 190C/375F/Gas 5. Line a baking tray with greaseproof paper.
- Cream the butter and sugar together in a bowl until pale, light and fluffy.
- Beat in the egg and vanilla extract, a little at a time, until well combined.
- Stir in the flour until the mixture comes together as a dough.
- Roll the dough out on a lightly floured work surface to a thickness of 1cm/½in.
- Using biscuit cutters or a glass, cut biscuits out of the dough and carefully place onto the baking tray. To make into Christmas tree decorations, carefully make a hole in the top of the biscuit using a straw.
- Bake the biscuits for 8-10 minutes, or until pale golden-brown.
- Set aside to harden for 5 minutes, then cool on a wire rack.
- For the icing, sift the icing sugar into a large mixing bowl and stir in enough water to create a smooth mixture.
- Stir in the food colouring.
- Carefully spread the icing onto the biscuits using a knife and sprinkle over the glitter. Set aside until the icing hardens.

Spotlight on a Bluebird...

There are lots of interesting Care Experts who work in our team. We'll tell you a bit more about one of us in each newsletter.



Brandon Smith Care Assistant



- I WORK IN CARE BECAUSE...** I want a job that lets me feel like i've helped someone every day.
- OTHER JOBS I'VE HAD...** Lab Technician, Teacher
- IN MY SPARE TIME I ENJOY...** Playing guitar, watching football and tabletop games.
- I LIKE TO WATCH...** Star Wars and Games of Thrones
- MY FAVOURITE FILM IS...** Love, Actually.
- ONE OF MY FAVOURITE PLACES TO VISIT IS...** Middlesborough
- WHEN I READ I LIKE...** Thriller or true crime books
- AN INTERESTING FACT ABOUT ME IS...** I play in a band called Finished 52.

Customer Satisfaction Survey

Tell us what you think about our service to you.

We will shortly be sending out our annual Customer Survey. Your feedback means everything to us so we would love it if you could complete it and return it using the prepaid envelope. We will analyse the results early in the new year and communicate any improvements or changes we make to the way we operate as a result of your feedback.

Alternatively you can ask your Care Assistant to photograph your survey and they can email it to us which will save you having to post it back. Your Bluebird Care Expert can also post this for you once the envelope is sealed if that's easier for you.

Thank you so much for your continued support.



Bluebird Care Awards



On 27th October, we held our very first in house Bluebird Care Leeds North Awards. We thought it important to celebrate the wonderful Care Experts that support you in your home, who go above and beyond for our customers and their colleagues day in, day out. It was a really positive and uplifting afternoon with our full team.

We acknowledge not only the remarkable achievements of our winners but also their outstanding character. These individuals truly live our Bluebird Care values which put dignity, respect and kindness at the heart of everything we do.

These awards are a token of our gratitude of our Care Experts' dedication to you and our team and testament to our belief in their potential at Bluebird Care.



Here are our winners...



Immaculate Attendance Award

Julie was the winner of our 'Immaculate Attendance' Award. Julie consistently shows up, rain or shine and her attendance has fostered a sense of reliability and trust amongst our colleagues and customers.

Julie has demonstrated a level of commitment that is truly commendable and has contributed significantly to our success and continuity of care for our customers.



Little Miss Sunshine Award

Abby was the winner of our 'Little Miss Sunshine' Award. Abby consistently brightens our workplace and customers' days with her positivity, happy disposition and optimism.

This award is a tribute to Abby's infectious positivity and the invaluable contribution she makes to our team and customer's morale and wellbeing.

Lifetime Achievement in Care Award

Christine was the winner of our 'Lifetime Achievement in Care' Award.

We acknowledge the legacy of compassion and kindness that Christine leaves and the lasting impact her support has had on our customers, our team and our community.

Christine is someone we can all take inspiration from, and we can only hope for many more Care Experts to follow in her footsteps,



We saw Christine retire from Bluebird Care last month after 10 wonderful years of service. We wish Christine all the very best for her retirement and hope she gets to put her feet up and take time for herself and her family.

We gave Christine a lovely final send off at the awards ceremony and there was not a dry eye in the house when we showed her the video our customers and staff had put together for her.



Manager of the Year Award



Oona (pictured above on the right with Sophie Bellwood on the left) was the winner of our 'Manager of the Year' Award. Oona is an Area Manager providing excellent customer service and support for customers and colleagues living in North and East Leeds. Oona shows that there appears to be no limit to her potential in social care. She is positive, full of energy, solution focused and committed to our values and mission to remain the home care provider and employer of choice in Leeds.

Superhero Award



Jaine was the winner of our 'Superhero' Award

Jaine works a full-time day job in a busy role and by night and on a weekend, she dons her Bluebird cape and becomes a Care Expert.

Jaine is kind, caring and thoughtful with our customers, often making sure they have flowers and cake on special occasions.



Care Newcomer Award

Brandon was the winner of our 'Newcomer' Award. Brandon shows a real willingness and determination to take up opportunities to learn and he received two compliments from customers on his first day in the role. Brandon has enthusiasm, ambition and is passionate excellent quality care about what a career with Bluebird Care can provide.



Putting People First Award

Sarah won our 'Putting People First' Award. This award recognises individuals that empower customers to retain as much control as possible over their own lives and support their independence in every way possible. Sarah has put her own personal plans aside recently, to make sure she can work to support a specific customer with their memory clinic appointments. This provided comfort to the customer who feels reassured when Sarah is with her at health appointments.



Putting People First Award

Ellie was the second winner of our 'Putting People First' Award. This award recognises individuals that empower customers to retain as much control as possible over their own lives and support their independence in every way possible. Ellie maintains excellent communication with our office team and shares concerns for customers promptly to help these be actioned as quickly as possible, which means that customers get access to very prompt assessment and treatment if they become unwell.

The awards event was a great success and a joyful afternoon celebrating the examples of outstanding practice in our team. We hope to plan another event next year and we are very grateful to our customers who were involved in this event by filming congratulatory messages for each winner. These messages of support and congratulations from our customers made the event extra special for our winners.



The top 4 risks in Winter and how to stay safe and well.

As we age, our health needs and vulnerabilities change, making us more susceptible to certain risks. For older people, staying safe involves recognising and addressing these potential dangers. In this article, we will explore the top four risks as we age and provide practical strategies to help maintain positive well-being.



1. Falls



One of the most significant risks for older adults is the increased likelihood of falls. Aging can bring changes in balance, coordination, and muscle strength, making individuals more prone to accidents.

How to prevent falls

- Regular exercise to improve strength and balance. Simple chair exercises each day can really go a long way to improving mobility.
- Home modifications, such as installing handrails and removing tripping hazards. Contact us if you need signposting to a DBS vetted, trustworthy handyman.
- Regular eye check-ups to promote good vision.
- Keep your home free from hazards on the floor. Your Bluebird Care Experts can help by checking this during your visits and moving aside anything that could be a trip hazard.

2. Loneliness

Loneliness and social isolation can have severe consequences on our mental and physical health. As friends and family members may move away or contact with them becomes less frequent perhaps due to mobility challenges, older people can find themselves at risk of isolation.

How to prevent loneliness

- There are plenty of local groups and clubs to help you stay as socially active as you would like. Talk to your Bluebird Care Expert about this. We would be happy to arrange additional visits to accompany you to these and provide transport.
- Embrace technology for virtual connections. Video calls mean that you can keep in touch with anyone around the world and they are very simple to set up. If you would like to learn how to make video calls but don't know how, ask your Bluebird Care Expert to help you or contact our office.
- We can provide companionship visits where you can spend the time with a Bluebird doing what ever makes your heart happy. This could be going out for fish & chips, visiting a local park, a club or staying at home and watching a film together, playing cards or doing a jigsaw. Call us if you would like to book a little more time and we will happily indulge in social activities with you.



3. Financial Scams



Older adults can be targeted by scammers due to perceived vulnerabilities. Financial scams, such as fraudulent phone calls, emails, or door-to-door schemes, can result in significant financial losses. Some of these scams are very convincing and you mustn't feel embarrassed if you feel you have been scammed, it can happen to anyone. However, it is important to tell someone you trust as soon as possible so you can get help and prevent it from happening again.

How to stay safe from scams

- Be cautious about sharing personal information.
- Verify the legitimacy of unsolicited communications.
- Verify the identity of anyone who knocks on your door. All of our Bluebird Care Experts wear an ID badge and you wish to verify the identity of any of our team, you call our office number on 01132589677 and check this with a member of our management team.
- Consult with a trusted family member or financial advisor before making significant financial decisions.
- You know best about what's best for your finances, trust your instinct.

4. Health Decline

The aging process can present an increased risk of health issues. Chronic conditions, cognitive decline, and a weakened immune system can contribute to a decline in overall health. However, getting older doesn't necessarily mean you won't feel as well and feeling unwell shouldn't be assumed to be a normal part of aging.



How to stay healthy

- Attend regular health check-ups and screenings. If you find it difficult to get out of the house, many health professionals can visit you in their own home. Where this is not possible, our team of Bluebirds are happy to help where we can with transportation and accompanying you to health appointments.
- Enjoy a healthy diet, rich in nutrients, to support the immune system. If you need assistance with preparing nutritious meals, you can consider Bluebird Care preparing this for you. Many meals on wheels type services offer nutritionally complete meals, delivered at your convenience.
- Enjoy mental stimulation activities to maintain cognitive function. Doing a puzzle such as crossword, a spot of sudoku really helps keep the mind active. If you don't enjoy puzzles, how about creative writing, constructing a poem or a spot of drawing or colouring in.

Later life should be a fulfilling as other stages of life and no health issues are to be expected as a normal part of aging. Following these tips, can help to maintain your mental and physical wellbeing.

If you have any great tips for how you stay mentally and physically well, please write to us or contact us by phone or email and we would be happy to share your tips with our customers and team.

We're here for you this Christmas...



Our Bluebirds are looking forward to supporting you all throughout the festive period. Remember, our team work around the clock 365 days a year so we won't let you down at Christmas. We're still here for you and love spreading a little Christmas cheer at your visits, dressing up in our festive clothing and accessories.

If you do need to cancel any visits over the Christmas and New Year period, please let us know as soon as you are able to by contact our office, or you can let your Bluebird Care Expert know during their visit and they can call the office for you to make any cancellations.

Thank you to those of you who have sent in any advance cancellations over Christmas. Any cancellations received now will be charged in line with our cancellation policy.

You can find this in your terms and conditions in your Bluebird Care folder at home.



If you need to make any changes to your usual care requirements over the festive period then please call us at the office on 0113 258 9677. Our office Christmas opening times are on page 20.



Christmas Gifts Policy

We just wanted to mention that should you want to buy a member of our team a Christmas gift we are only authorised to accept gifts up to the value of £10 in line with our Professional Boundaries Policy. Our Care Assistants are not authorised to accept cash gifts under any circumstances.

Whilst we do appreciate that you may wish to provide a seasonal gift to your carers, please keep in mind the £10 limit and do not feel obliged to provide any gift at all. This policy is in place to safeguard our customers from feeling that they need to provide gifts or additional payment to our colleagues. It also protects the professional integrity of our Bluebirds.

Please do not feel obliged to buy any of us a gift, it's not expected and there is honestly no greater gift than spending time with our lovely customers each day.

Combat Loneliness

Find out what you can become involved with in your community!

Loneliness is something that touches everyone at some point in their lives. Feeling lonely is not a sign of weakness or failure but rather a natural part of being human. It's important to normalise these feelings and understand that there are many ways to feel better connected socially again, if you feel this way.

Loneliness doesn't discriminate. People from all walks of life, regardless of age, gender, or social status, can experience feelings of loneliness. It's not an indication of a lack of friends or family but can be a result of various factors such as life changes, transitions, or personal challenges.



Loneliness should not be confused with solitude. Solitude is a chosen state of spending time alone and appreciating the value of spending time with ourselves to explore our interests and thoughts. However, connecting with others on some level is essential for everyone's positive wellbeing.

Building and maintaining a support system and reaching out to friends, family, or professionals is another vital aspect of preventing loneliness. Sharing our feelings with others can strengthen connections and foster understanding.

If you would like to feel more connected to others and become involved with something that peaks your interest, we have provided a lot of information on the following pages on social activities happening in your community. If you would like to attend these and would need some moral or practical support to attend, please speak to us and request some additional support, we would be delighted to accompany you to a one off or regular activity in your area.



Social Resources by Area

City Wide



Move Mates is a team of volunteers who offer to go 1:1 on a local walk with people who would otherwise be unable to manage this. There is not always a volunteer available in each area but it is a very good service to help people keep moving. It can be someone with mobility issues wanting to re-build their exercise tolerance or someone with social issues anxious to go out for fresh air without support.

Tel: 0113 873 0327

Email: leeds@movemates.org.uk



Age UK offer a rich timetable of a variety of activities for people to get involved with. A timetable of their activities in Leeds can be found below. Friendly Wellbeing Activity Coordinators will start by asking you some questions to find out about you and your needs and interests. They will then work with you to identify some activities you might want to try in order to feel healthier and happier.

Address: Age UK Leeds, Bradbury Building, Mark Lane, Leeds, West Yorkshire, LS2 8JA

Tel: 0113 3893009

Email: W2W@ageukleeds.org.uk

Website: www.ageuk.org.uk/leeds

Ways to Wellbeing: What's on?



Day/Time	Venue	Description
Monday 2:30pm to 4:30pm	Box Tree Court, Boston Spa, Wetherby	Digital for Seniors Fun, interactive group sessions to help build digital skills and confidence. Free of charge to all 50+
Tuesday 10.30am-12.00pm	Age UK Leeds Community Hub, Bradbury Building, Mark Lane	Enjoy Digital Fun, interactive group sessions to help build digital skills and confidence. Free of charge to all 50+
Tuesday 12:30-2:30pm	Age UK Leeds Community Hub, Bradbury Building, Mark Lane	Social Over Soup A warm place to drop in and have a natter over a bowl of warm soup and a roll, have a cup of tea, or coffee, use our Wi-Fi, or simply relax. Free of charge all 50+
Wednesday 12pm-12.45pm	Age UK Leeds Community Hub, Bradbury Building, Mark Lane	Moving with Confidence Weekly gentle exercise sessions for those with reduced mobility or who want to build confidence to get out and about. Free of charge to all 50+
Wednesday 1:30-pm-3.30pm	Age UK Leeds Community Hub, Bradbury Building, Mark Lane	Diary Local history and photography, visits to museums, telling stories about the past and present. FoC to all 50+
Thursday 11am-1pm	Age UK Leeds Community Hub, Bradbury Building, Mark Lane	Get Creative! A relaxed setting to try new creative things, such as painting, spoken word, drawing and etc. Free of charge to all 50+, so come along and have a go!

All activities run in 6 week blocks, with booking required before attending. New attendees welcome at any point.

Please contact the Ways to Wellbeing Team for more information: **0113 389 3009** or **W2W@ageukleeds.org.uk**

Social Resources by Area..continued

North West Leeds

Chapel Allerton Good Neighbours



CAGN (Chapel Allerton Good Neighbours): Covering Chapel Allerton and Brackenwood, Chapel Allerton Good Neighbours supports older people and those living with dementia. They are part of the Royal Voluntary Service (RVS) and offer companionship visits, lunch clubs, community transport and home library services. Why not try one of their seated exercise classes or other groups? They even offer Cognitive Stimulation Therapy for those with mild to moderate dementia.

Address: 1st Floor, Shoulder Of Mutton, LS7 3LW

Email: chapelallertonhhl@royalvoluntaryservice.org.uk

Tel: 0113 887 3596

Areas covered: Chapel Allerton

Client Group: Older People

Meanwood Elders Neighbourhood Action



MENA (Meanwood Elder's Neighbourhood Action): Part of the Royal Voluntary Service, MENA support older people and those living with dementia in Meanwood and some parts of Adel and Alwoodley. On weekdays, they offer activities such as lunch clubs, chair-based exercise classes, singing, arts and crafts groups. As with CAGN, they also offer Cognitive Stimulation Therapy for those with mild to moderate dementia.

Area covered: Meanwood, parts of LS17 and LS16

Address: 45 Potternewton Lane, Chapel Allerton, Leeds, UK

Tel: 0113 887 3596

Email: meanwoodhhl@royalvoluntaryservice.org.uk

Website: www.royalvoluntaryservice.org.uk/hubs/1420-leeds-and-york

Moor Allerton Elderly Care



Moor Allerton Elderly Care (MAE Care) covers Meanwood. This services offers a varied timetable of activities They provide support with digital inclusion, helping you get set up or problem solve with IT devices. They run a weekly drop in group called "Wednesday Welcome" 1.:30 pm – 3:30 pm, where tech support is available and you can bring along your device e.g. phone, ipad, laptop.

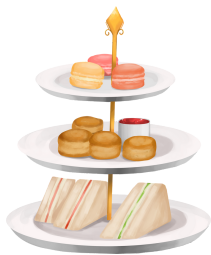
The Wednesday Welcome is supported by students from The Grammar School at Leeds.

Address: Moortown Methodist church Centre, 19 Alderton Rise, LS17 5LHE

Tel: 0113 2660371

Email: info@maecare.org.uk

STEP - Supporting the Older People



STEP is based in Headingley and aims to prevent isolation and loneliness in the over 60's, STEP support people in Far Headingley and West Park. They provide activities including exercise to music, afternoon tea with bingo, Tai Chi, weekly roast lunch, breakfast club, Zumba Gold and group bingo sessions.

Address: 244 Queenswood Drive, Kirkstall, Leeds LS6 3ND.

Tel: 0113 275 7988

Email: step.2.step@btconnect.com

Website: www.stepleeds.co.uk

OPAL

OLDER PEOPLE'S
ACTION IN THE LOCALITY

OPAL (Older People's Action in the Locality) supports over 60's living in LS16, including Cookridge, Tinshill, Ireland Wood, Holt Park, Adel and Bramhope, OPAL is a lively and well organised community group providing a range of services and information from their hub in Tinshill.

They offer volunteer transport to help with appointments and social activities as well as organising social trips using wheelchair friendly vehicles. Their services also include lunch clubs and a variety of different exercise classes including Tai Chi, yoga and seated exercise.

They also have a dementia project to provide support to those living with dementia and provide information to their families. Their community café is open Wednesday to Friday and provides delicious homemade food including sandwiches, soup, loaded jacket potatoes and other seasonal specials along with amazing cakes.

The OPAL office is open Monday-Friday 10am – 1pm

Address: Welcome In Community Centre, 55 Bedford Drive Leeds, LS16 6DJ.

Tel: 0113 261 9103

admin@opal-project.org.uk

Website: www.opal-project.org.uk/





OWLS provide a wide range of activities to help older people of North West Leeds to remain fit, healthy and independent. Whether it's a trip to the seaside, a day out shopping or an exercise class; they have an activity for you.



Address: 52 North Lane, Headingley, Leeds , LS6 3HU

Tel: 0113 369 707

Email Address: infoowls@gmail.com

Website: www.owlsleeds.org/activities-and-services



Providing opportunities for older people in Bramley, Swinnow and parts of Stanningley. They offer weekly activities, day trips, a befriending scheme, help using technology and general information and advice. If you live in Bramley, Swinnow and parts of Stanningley and want to take part in BEA activities, meet new friends for lunch or go on a trip. Joining BEA is straightforward and free.

Address: Bramley Community Centre, Waterloo Lane, Bramley, LS13 2JB

Tel: 0113 236 1644

Email: info@bramleyea.org.uk

Website: www.bramleyea.org.uk/activities-timetable

North East Leeds & Wetherby



WiSE

Wetherby in Support of the Elderly

Supporting Over 60s in Wetherby and the surrounding villages, WiSE provide a range of services to help older people including befriending to prevent loneliness, transport to get people to activities or events locally and grass cutting.

They have an extensive activities programme taking place throughout the area, including line dancing and knitting groups. In addition to their activities programme, they also run a monthly companionship café, Elderberries, which provides entertainment and refreshments. They also have a community café in Boston Spa which runs Tuesday to Thursday from 9am to 3pm in the village hall which is organised and run by volunteers.

Address: Wetherby in Support of the Elderly, The One Stop Centre, Westgate, Wetherby, LS22 6NL

Tel: 01937588994

Email: info@w-ise.org.uk

CARE - Community Action for Roundhay Elderly



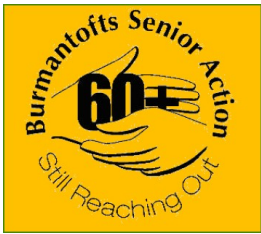
Supporting people over 60 in Roundhay, Oakwood and Moortown with befriending visits to support those who are unable to get to their groups as well as community transportation, gardening, home library services, help with hospital appointments and day trips. They also have lunch clubs, a Book Club and coffee morning alongside knitting groups, Carer's drop-in sessions, and CAREConnect social club held on Thursday afternoons.

Address: 45 Potternewton Lane, Chapel Allerton, Leeds LS7 3DH, UK

Tel: 01138873595

Email: roundhayhhl@royalvoluntaryservice.org.uk

Website: www.royalvoluntaryservice.org.uk/hubs/1420-leeds-and-york



Offers a lunch group, line dancing, mens only group and can support with access to IT.

Address: Burmantofts Senior Action, Lower Ground Floor, 75a Stoney Rock Lane, Leeds, LS9 7TB.

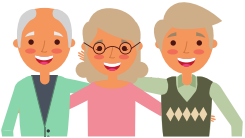
Tel: 0113 2489191 (10am - 2pm Monday to Friday)

Email: info@bsaleeds.org.uk

Website: www.bsaleeds.org.uk



AGE - Action for Gipton Elderly



Chapelton and Seacroft (Gipton & Harehills). Action for Gipton Elderly (AGE) put on activities and services to help older people in Gipton live independently, They also provide help and support to people who may be vulnerable, lonely or isolated.

Area covered: Gipton, Harehills

Address: 5-11 Oak Tree Drive, Leeds LS8 3LJ, UK

Tel: 0113 240 9784

Email: age.gipton@talktalk.net



Crossgates & District Good Neighbours – Seacroft, has a range of community groups with the aim of helping people to:

- Reduce loneliness and isolation
- Support independence
- Promote healthy lifestyles
- Try new things

Address: Station Road, Cross Gates, Leeds LS15 7JY

Tel: 0113 2606565

Email: admin@crossgatesgns.org.uk

Would you take a minute to leave us a 5 star review on  [homecare.co.uk](https://www.homecare.co.uk)



You may have noticed that our Care Experts have left you a free-post review card in your home. We would be really grateful if you could take a couple of minutes to complete this card, seal it and post it. If you would like your Care Assistant to post this for you, once you have sealed it, they will be happy to do so. If you use the internet and have an email address, you could leave your review on www.homecare.co.uk/submitreview Thank you in advance!

You can scan this code with the camera on your phone to leave us a review.



Companionship Visits

Would you like to get out of the house more and see the beautiful Yorkshire countryside or somewhere further afield?

If the answer is yes, then please let us know as our Care Experts are happy to accompany you on walks or car journeys during your visits and we're happy to plan longer visits with you to go somewhere special to you.

We just love this photo of our one of our customers enjoying the great outdoors. If you are interested in getting out and about, we can also support you if you have mobility requirements. Please call us at our office to have a chat about getting it organised on 01132589677.



We're sponsoring children's grass roots football.

We're proud to continue being the official sponsors of **Stanningley Albion Juniors Football Club**, a local community football club offering football coaching from age 4 through to senior age.

Bluebird Care Leeds North funds the players kits as it can be difficult for some parents to afford the kits for their children, which can sometimes lead to barriers to children getting involved in team sports.

Many of you will have fond memories of being part of a sports team or club and may still enjoy friendships formed from these types of activities. Being part of a sports team helps children learn important life skills such as team work and resilience as well as football being lots of fun and keeping them fit. We wish Stanningley Albion Juniors FC the very best of luck this season and look forward to hearing all about their progress.



A poem to remember people we love at this time of year....



I can't give you a gift
So I will send you signs
To show you that I'm here with you
Those white feathers were mine
I gathered them together
Sent them floating down to you
To remind you that I'm present
In everything you do.
The stars that you see twinkle
I made them extra bright.
To show that I will guide you,
When you're lost in a dark night.
I can't sit down beside you
But you can save a seat,
And raise a glass there for me
When you all sit down to eat.
Remember me this Christmas
But know that I'm still here,
In every robin, every star, every feather
I will always be near.



Poem authored by Kerri Cunningham, an artist and writer from Preston in Lancashire. She has been drawing her whole life and now spreads joy online with her social media platform, Murphy's Sketches, sharing simple sketches and poems about the special moments in day-to-day life.



Office Christmas Opening Hours

- Mon 25th Dec - Office Closed
- Tues 26th Dec - Office Closed
- Wed 27th Dec - Office open 8:30 am - 5:00 pm
- Thurs 28th Dec - Office open 8:30 am - 5:00 pm
- Fri 29th Dec - Office open 8:30 am - 5:00 pm
- Sat 30th Dec - Office Closed
- Sun 31st Dec - Office Closed
- Mon 1st Jan - Office Closed
- Tues 2nd Jan - Office open as usual from here on (Mon to Fri 8:30 am - 5:00 pm)

Our care services are provided round the clock 365 days a year, so if you normally have a visit on a bank holiday and you haven't cancelled it, you will still receive your visit as usual.

If you need to speak to us in an emergency situation you can call the office telephone number on 01132589677 and the emergency on call manager will answer your call. Remember, we are not an emergency service, if you are in danger, please call 999 before calling us.