

Neighbourhood Network Schemes

for older people



July 2008

**Voluntary Organisations
supported by Adult Social Care**

This booklet has details about all the Neighbourhood Network Schemes in North West Leeds. Each one of the schemes has information about other services that are available locally and elsewhere in the city.

Neighbourhood Network Schemes provide a range of services and activities for older people across Leeds. The schemes are supported by Adult Social Care and other funding, and are managed by local people who decide what they want from their scheme.

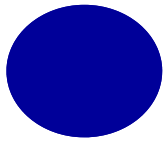
More information There is also a basic list of city wide organisations on Page 22.

There are four other neighbourhood network booklets covering the rest of Leeds.

You can see the latest updated copies of all of these booklets on www.leeds.gov.uk

You can get more information about voluntary services in Leeds by visiting: www.val.org.uk

For more copies, other formats (such as large print) and keeping up-to-date, see page 23.



Aireborough Voluntary Services to the Elderly with Disabilities (A.V.S.E.D.)

**Suffolk Court
Silver Lane
Yeadon
Leeds
LS19 7JN**

Tel: 250 1702

Email: avsed@btconnect.com

Co-ordinator: Tessa Holmes

Areas covered: LS19 and LS20

Advice and information services

**Energy, fuel and insulation advice
Holidays
Medical**

Around the home

**DIY and odd jobs
Home security devices
Smoke alarm batteries and carbon monoxide detectors
(while stocks last)
Supply of door chains**

Healthy living

Gentle exercise

Leisure and recreation

Access to internet - laptop for use in clients homes

Friendship and social groups

Large print and audio library service, books and Cd's

Outings and trips

Theatre / cinema club

Support

Advocacy and letter writing

Befriending

Bereavement

Form completion

Frozen meals

Referrals to other services

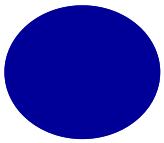
Support for carers

Support visits in the home

Telephone links

Transport

We own 2 minibuses and have trained people to offer and assist with transport and wheelchair handling.



Caring Together in Woodhouse and Little London

**Woodhouse Community Centre
197 Woodhouse Street
Leeds
LS6 2NY**

Tel: 243 0298

Fax: 244 3926

Email: caring.together@dial.pipex.com

Co-ordinator: Cherril Cliff

**Areas covered: Woodhouse, Little
London and part of university area**

Advice and information services

Around the home

**Decorating
Form filling
Help with benefits
Help with small DIY jobs
Letter writing**

Healthy living

**Dance
Exercise
Swimming
Walking**

Leisure and recreation

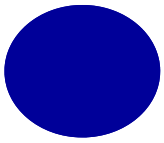
- Craft group**
- Day trips**
- Inter-generational projects in conjunction with local schools**
- Parties**
- Theatre trips**

Support

- A pilot shopping scheme**
- Befriending**
- Home visits**

Transport

We have trained people to offer and assist with transport and wheel chair handling.



Hawksworth Older People's Support (H.O.P.S.)

**The Annex
6 Broadway
Hawksworth Wood
Leeds
LS5 3PR**

Tel: 228 5552

Fax: 244 3926

Email: hops.2001@yahoo.co.uk

Manager: Martin Newton

**Areas covered: Hawksworth Wood
including Abbeydales and Vespers**

Advice and information services

**Information days
Newsletter**

Around the home

**Decorating
DIY and odd jobs
Fire and carbon monoxide detectors
Gardening
Risk assessment
Security and smoke alarms**

Healthy living

- Gentle exercise**
- Indoor bowls**
- Line dancing**
- Swimming**
- Walking**

Leisure and recreation

- Arts and crafts**
- Coffee mornings**
- Friendship and social groups**
- Holidays**
- Luncheon clubs**
- Outings and trips**

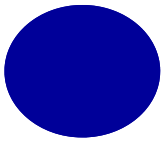
Support

- Advocacy and letter writing**
- Prescription collecting**
- Support visits in the home**

Transport

We have trained people to offer and assist with transport and wheel chair handling for:

- Shopping trips**



Horsforth Live at Home Scheme

**The Central Methodist Church
Town Street
Horsforth
Leeds
LS18 4AH**

Tel: 259 1511

Fax: 259 1511

Email: mail@horsforthliveathome.org.uk

Manager: Barbara McLaren

Areas covered: LS18

Advice and information services

**Information days
Newsletter**

Around the home

**DIY and odd jobs
Risk assessment**

Healthy living

- Dancing**
- Gentle exercise**
- Indoor bowls**

Leisure and recreation

- Coffee mornings**
- Friendship and social groups**
- Holidays**
- Luncheon clubs**
- Outings and trips**

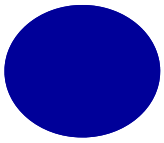
Support

- Advocacy and letter writing**
- Befriending**
- Focus Group for those with short-term memory problems and their carers**
- Prescription collecting**
- Support for carers**
- Support visits in the home**
- Telephone links**

Transport

We have our own minibus and trained people to offer and assist with transport and wheel chair Handling for:

- Shopping trips**



Meanwood Elders Neighbourhood Action (M.E.N.A)

**Meanwood Community Centre
Stainbeck Avenue
Leeds
LS7 2QU**

Tel: 230 6545

Fax: 278 0978

Email: royable@meanwoodelders.fsnet.co.uk

Co-ordinator: Roy Able

Areas covered: Meanwood (parts of LS7, LS17 and LS6)

Advice and information

**Energy, fuel and insulation advice
Information days
Newsletter**

Around the home

**Fire and carbon monoxide detectors
Gardening project
Security and smoke alarms**

Healthy living

- Gentle exercise**
- Stroke club**

Leisure and recreation

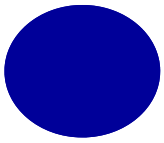
- Access to internet**
- Arts and crafts**
- Friendship and social groups**
- Holidays (annually)**
- Luncheon clubs**
- Outings and trips (monthly)**

Support

- Advocacy and letter writing**
- Bereavement**
- Support for carers**
- Support visits in the home**

Transport

We have trained people to offer and assist with transport and wheel chair handling.



Older Active People

**The Cardigan Centre
145-149 Cardigan Road
Leeds
LS6 1LJ**

Tel: 274 9154

Fax: 274 4759

Email: info@olderactivepeople.org.uk

Co-ordinator: Lee Ingham

Website: www.olderactivepeople.org.uk

Areas covered: "Burley, Headingley, Hyde Park, Little Woodhouse and parts of Kirkstall."

Advice and information services

**Newsletter
Signposting to services**

Around the home

**Access to decorating
Access to DIY and odd jobs
Access to gardening**

Healthy living

Walking activities
Weekly exercises groups

Leisure and recreation

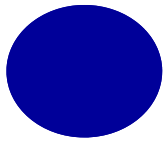
Bollywood screenings (monthly)
Friendship and social groups
Inter-generational activities
Luncheon clubs
Outings and trips
Theatre group

Support

Advocacy and letter writing
Befriending
Support visits in the home

Transport

Provides transport for the scheme's own activities



Older People's Action in the Locality (O.P.A.L.)

**Unit 10
Holt Park District Centre
Leeds
LS16 7SR**

Tel: 261 9103

Fax: 267 6023

Email: admin@opal-project.org.uk

Co-ordinator: Ailsa Rhodes

Areas covered: LS16 outside the Ring Road

Advice and information services

**Drop in centre
Information days
Newsletters
Referral for benefit checks**

Around the home

**DIY and odd jobs
Referrals for security checks and fire safety checks
Referral for falls assessment**

Healthy living

- Chair based exercise class**
- Exercise class**
- Massage**
- Reiki**
- Tai Chi classes**
- Yoga**

Leisure and recreation

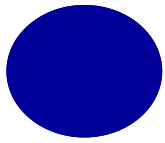
- Craft sessions**
- Computer lessons**
- Intergenerational activities**
- Topic sessions**

Support

- Advocacy and letter writing**
- Befriending**
- Help with form filling**
- Home visits**
- Support for carers**
- Supported shopping**
- Telephone links**

Transport

- Arranged for events only**



Otley Action for Older People

**Room 3
Otley Civic Centre
Cross Green
Otley
Leeds
LS21 1HD**

Tel: 01943 463965

Fax: 01943 467106

Email: info@otleyactionforolderpeople.org.uk

Co-ordinator: Peter Barrett

**Areas covered: Otley, Poole and
Arthington**

Advice and information services

**Information leaflets and brochures
Newsletter**

Around the home

**Access to responsible home service providers
Fire and carbon monoxide detectors**

Healthy living

Chair based exercise group

Leisure and recreation

Access to internet

Friendship and social groups

Hi-days activities and interests

Luncheon clubs

Opportunity for volunteering

Shopping trips

Tea dances

Trips and outings

Support

Advocacy and letter writing

Befriending

Help with shopping

Home visits

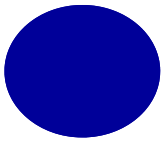
Support for carers

Transport

We have trained people to offer and assist with transport and wheel chair handling for:

Car scheme

Minibus



S.T.E.P. (Supporting The Elderly People)

**St Andrews Church
Butcher Hill
West Park
Leeds
LS16 5BG**

Tel: 0113 275 7988

E-mail: step.2.step@btconnect.com

Co-ordinator: Wendy Moore

**Areas to be covered: West Park, Far Headingley,
parts of Meanwood and Kirkstall.**

Advice and information services

**Brochures
Information leaflets
Newsletters**

Around the home

Healthy living

Gentle exercise class

Leisure and recreation

Day trips/outings
Drop-in group

Support

Help completing forms
Home Visits
Referrals to other services

Transport

City Wide Organisations

Working across the whole of Leeds

City Wide Older People's Organisations

Age Concern (Leeds)	Tel: 389 3004
Alzheimers Society	Tel: 231 1727
Care and Repair (Leeds)	Tel: 240 6009
Carers Leeds	Tel: 246 8338
Leeds Older People's Forum	Tel: 276 0999

Black and Minority Ethnic specialist organisations

Association of Blind Asians	Tel: 214 4538
Leeds Chinese Community Association	Tel: 234 6019
Leeds Black Elders Association	Tel: 237 4332
Leeds Irish Health and Homes	Tel: 262 5614
Leeds Islamic Centre	Tel: 262 1300
Leeds Jewish Welfare Board	Tel: 268 4211
Sikh Elders services (being developed for 2007 for further information please contact Alison Lowe at Touchstone)	Tel: 271 8277

More copies of this booklet, other formats (such as large print) and keeping up to date: please contact Vicky Johnson Communications Officer Social Care on 0113 247 8709.

Keeping the booklets up to date: Please email any changes to: vicky.a.johnson@leeds.gov.uk

If you have access to the internet you can see the most recent version of the booklets at www.leeds.gov.uk

Open to everyone

The Neighbourhood Network Schemes and Ault Social Care are committed to policies and action which ensure that the people they serve are not discriminated against on the basis of disability, race, colour, ethnic origin, religion, age, sexuality or gender.

Keeping House...a new way of providing services

Keeping House is a new partnership designed to support and help new domestic services to develop. These services will be run by people who know what is needed in their area. They will be run as 'social enterprises' – charging for work done but putting any profit back into the business for the benefit of the community and those using the service. Adult Social Care is supporting this partnership.

Social enterprises supported by Keeping House will be offering domestic support including help with things like cleaning, shopping and gardening. Some of them will be working closely with the neighbourhood network schemes listed in this booklet.

To find out more about Keeping House, Tel. 0113 247 7095.

There is also a Keeping House website: www.keepinghouse.org.uk

Other services and more information

This booklet focuses on local help and the neighbourhood network schemes. There are also other sources of information such as the "New A-Z of Services for older and disabled people". The neighbourhood network schemes should have copies, or you can get one from one of the Leeds City Councils One Stop Centres.

Notes

Notes

**This booklet was designed and produced by
Adult Social Care Communications**

The older people of Leeds are important

Người già của Leeds rất quan trọng.

Ludzie w starszym wieku mieszkający w Leeds są dla nas ważni

लीडज़ के वृद्ध लोग महत्वपूर्ण हैं।

利茲市的老人家是很重要的

લીડ્ઝના વૃદ્ધ લોકો અગત્યના છે.

लीड्सের বয়স্ক লোকরা গুরুত্বপূর্ণ

لیڈز کے بوڑھے لوگ اہم ہیں۔

ਲੀਡਜ਼ ਦੇ ਬਜ਼ੁਰਗ ਲੋਕ ਮਹੱਤਵਪੂਰਣ ਹਨ ।

This booklet is also available in large print and on audio tape. Information can be translated into other languages. if you know someone who needs this, please contact us (see page 23).



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