

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 South 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 24.

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 25



Belle Isle Elderly Winter Aid

**Low Grange House
6-8 Low Grange Crescent
Belle Isle
Leeds
LS10 3EA**

Tel: 277 8208

Fax: 08700 685443

Email: info@belleisle.org.uk

Co-ordinator: Ian Campbell-McLean

Areas covered: Belle Isle

Advice and information services

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

Around the home

**Fire and carbon monoxide detectors
Gardening
Handy person service
Security and smoke alarms**

Healthy living

- Dancing**
- Gentle exercise**
- Healthy eating**
- Massage courses**
- Swimming**
- Weight management**

Leisure and recreation

- Access to the internet and basic computer education**
- Coffee mornings**
- Craft group**
- Friendship and social groups**
- Holidays**
- Library service - books (large print)**
- Lunch clubs**
- Outings and trips**

Support

- Advocacy and letter writing**
- Bathing scheme**
- Befriending**
- Personal shopping**
- Support visits in the home**
- Winter warmth - heaters, kettles, and clothing**

Transport

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

- Day trips**
- Shopping trips**
- Transport to social centre**



Belle Isle Over 55 Club

**Nesfield Road
Belle Isle
Leeds
LS10 3LG**

Tel: 270 3935

Fax: 270 3652

Email: Lynda@over55.wanadoo.co.uk

Co-ordinator: Lynda Williamson

Areas covered: LS10

Advice and information services

Around the home

Meals on wheels service

Healthy living

**Dancing
Gentle exercise**

Leisure and recreation

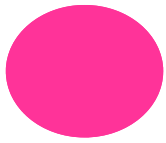
Arts and crafts
Computer courses
Day trips
Holidays

Support

Someone to talk to if you have a problem

Transport

**Minibus available for people with mobility
Problems.**



Dewsbury Road Over 55 Club

**Oakley View
Dewsbury Road
Leeds
LS11 5HR**

Tel: 270 7458

Email: Lynda@over55.wanadoo.co.uk

Co-ordinator: Sylvia Gaugham

Areas covered: LS11

Advice and information services

Around the home

Meals on wheels service

Healthy living

Dancing

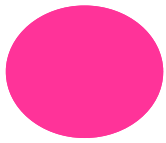
Leisure and recreation

Arts and crafts
Computer courses
Day trips
Holidays

Support

Transport

We have trained people to offer and assist with transport and wheel chair handling for people within the designated area.



Hamara Healthy Living Centre

**Tempest Road
Leeds
LS11 6RD**

Tel: 277 3330

Email: info@hamara.co.uk

Manager: Aris Iqbal

Areas covered: Beeston and Holbeck

Advice and information services

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

Around the home

**Energy saving light bulbs
Security and smoke alarms**

Healthy living

**Bollywood aerobics
Gentle exercise
Healthy eating
Pilates
Sauna
Swimming
Tai Chi
Walking group**

Leisure and recreation

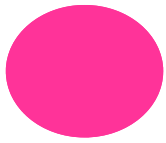
- Friendship and social groups**
- Luncheon club**
- Outings and trips**

Support

- Advocacy and letter writing**
- Access to ESOL classes**
- Befriending**
- Learn direct**
- IT classes**
- Police surgery**
- Refugee drop in**
- Support for carers**
- Welfare benefits advice**

Transport

Transport is arranged for activities and events that take place away from the centre.



Holbeck Elderly Aid

**123 Holbeck Towers
Holbeck
Leeds
LS11 9NR**

Tel: 245 5553

Email: info@holbeckelderlyaid.org.uk

Website: www.holbeckelderlyaid.org.uk

Manager: Sonny Garewal

Area covered: Holbeck

Advice and information services

**Advice clinics
Energy, fuel, and insulation advice
Quarterly newsletter**

Around the home

**Gardening scheme
Home security
Referrals for decorating
Security lighting scheme
Smoke alarms**

Healthy living

Healthy eating cookery group
Movement and mobility classes

Leisure and recreation

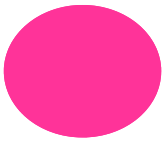
Craft classes
Friendship and social groups
Inter-generational activities
IT classes
Luncheon clubs
Outings and trips
Social events

Support

Advocacy
Befriending
Form filling
Support visits in the home
Winter warmth

Transport

We have trained people to offer and assist with transport and wheel chair handling for people within the designated area.



Middleton Elderly Aid

**18 Middleton Park Road
Middleton
Leeds
LS10 3ST**

Tel: 272 1050

Email: julia.kearney@btconnect.com

Co-ordinator: Julia Kearney

Area covered: Middleton LS10

Advice and information service

To promote safe and independent living at home amongst the over 60s.

Around the home

**Fire safety support
Gardening service
Home safety advice
Home security support**

Healthy living

Gentle exercise class
Swimming sessions

Leisure and recreation

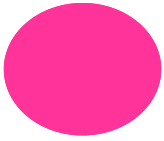
Coffee mornings
Luncheon club
Trips and outings

Support

Health support and advice
Project worker home visits
Support for carers

Transport

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



Morley Elderly Action

**Wesley House
32 Wesley Street
Morley
Leeds
LS27 9ED**

Tel: 253 4484

Fax: 253 4253

Email: info@morleyelderlyaction.org.uk

Web site: www.morleyelderlyaction.org.uk

Co-ordinator: Neil Lennox

Area covered: Greater Morley

Advice and information services

**Advice drop in sessions - week days 10:00am - 2:00pm
Newsletter
Sign posting
Trades list (a guide to local trades and services)**

Around the home

**DIY and odd jobs
Gardening
Security and smoke alarms**

Healthy living

**Strollers group
Walking**

Leisure and recreation

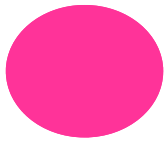
**Coffee mornings
Community tea room weekdays 10:00am - 2:00pm
Craft group
Friendship and social groups
Intergenerational activities
Luncheon clubs
Morley Musers Men's group
Membership scheme
Outings and trips**

Support

**Advocacy and letter writing
Befriending
Support to carers
Support visits at home
Telephone links
Welfare Benefit Information
Winter warmth - thermal underwear**

Transport

**Car scheme
Morley wheels - transport service by
volunteers.**



Rothwell and District Live at Home Scheme

**Rothwell Baptist Hall
Wood Lane
Rothwell
Leeds
LS26 0PG**

Tel: 288 0887

Fax: 288 0887

Email: rothwell.liveathome@virgin.net

Manager: Lesley Tweed

Areas covered: Rothwell, Carlton, Thorpe, Robin Hood, Lofthouse, Woodlesford, Oulton, Methley

Advice and information services

**Leaflets
Newsletter bi-monthly
Signposting**

Around the home

**Referrals made to:
Local gardening service
West Yorkshire Fire service for smoke alarm checks**

Healthy living

Gentle exercise
Line dancing
Tai Chi

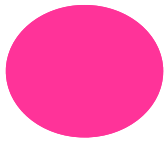
Leisure and recreation

Day trips
Large print book lending service
Luncheon club

Support

One-to-one befriending

Transport



South Leeds Live at Home

**St Andrews Methodist Church
Old Lane
Beeston
Leeds
LS11 8AG**

Tel: 271 6201 (answer phone out of hours)

Email: liveathome@btopenworld.com

Manager: Jane Forster

**Areas covered: Beeston, Cottingley and
Hunslet**

Advice and information services

**Advocacy and letter writing
Benefits advice
Energy efficiency advice
Information about other services and groups
Quarterly Newsletter**

Around the home

**Cleaning
Gardening
Security and smoke alarms**

Healthy living

Gentle exercise classes

Leisure and recreation

Day trips and outings
Friendship and social groups
Holidays
Luncheon clubs

Support

Befriending
Referrals to social services and occupational health
Support visits at home
Telephone link

Transport

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

Weekly shopping trips
Shopping and buddying scheme

City Wide Organisations

Working across the whole of Leeds

City Wide Older People's Organisations

Age Concern (Leeds)	Tel: 389 3004
Alzheimer's 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 Adult 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.

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

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

લીડ્સના વૃદ્ધ લોકો અગત્યના છે.

ਲੀਡ੍ਸੇਰ ਵਯਸ਼ਕ ਲੋਕਰਾ ਗੁਰੁਤਵਪੂਰਨ

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 25).



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