

New Dance Class

Otle Action for Older People is hosting a new dance class course. The fun, accessible sessions are aimed at people aged 55 and over. Dance and music are incredibly therapeutic and can help support our wider health and wellbeing. The sessions are aimed at beginners and will feature a variety of different styles. The classes will be held throughout November and December every Tuesday at Otle Methodist Church from 2-3pm. The session is £4.



Singing For Pleasure

Something special is happening at Otle Labour Rooms every Thursday morning from 11am - 12 noon. A fantastic choir whose leader knows how to take you away from the world for an hour. 'Singing for Pleasure' is an open access, no audition choir set up by Otle Action for Older People. Choir leader Thanda Gumede originates from the townships of South Africa but has lived and worked in and around Leeds for many years. He makes you sing and laugh, helps you find your voice and is a genuinely warm reminder of what's good in the world. All this for only £4 a session! Thanda now works as musical director and exhilarating performer/ workshop leader for all sorts of professional and educational groups all over the country from 'Opera North', jazz band Ubunye or One Unity to coaching budding artists for top music colleges and universities. If you would like to join our choir please give us a ring on 01943 463965.



Art Class

Our recent Art class which started back in 2017 was very successful however our artistic volunteer Andy is now taking a break. The feedback from the group has been very positive, with many of our beginners finding that they learnt an abundance of techniques over the sessions. If you would be interested in taking part in an Art class in the future then please register your interest with the office on 01943 463965.



Memory Lane Lunch

Our Memory Lane Lunch is the second Monday of the month at the Otle Old People's Welfare Centre from 12-2 pm. The group is aimed at people with memory loss or Dementia and their carers. There is a two course hot lunch followed by an activity. We know that reminiscence, music and social interaction supports people with memory loss and can be therapeutic. Music evokes memories from our long term memory. The cost is £4. Transport is available on request. Please call 01943 463965 to arrange.

Celebrating Christmas in Style

On Thursday the 13th of December Otle Action for Older People is hosting its annual Christmas Party at Otle Rugby Club from 12-4pm. Our Christmas party is a wonderful opportunity to celebrate the festive season with lovely food and entertainment. A celebratory drink awaits you on arrival followed by a tasty buffet lunch and fantastic entertainment, bingo, a raffle and a visit from Santa. Tickets are £5 per person and are available from the office. Transport is free and is available on request please call 01943 463965.



Looking Out For You This Winter

In October 2018 Otle Action for Older People was awarded a Winter Well-being grant of £2445.00 from Leeds City Council via Leeds Community Foundation. The grant money will be used to support frail older people who are most at risk in the winter months. Every winter there are about 25,000 extra deaths caused by cold weather. The project will provide a number of soup kitchens in the town reaching out to the most vulnerable older people. A supporting Independent Living Event was held in October providing winter weather support and an event in December will aim to combat the increased loneliness during the festive period.

If you require support or are worried about a relative or an elderly neighbour, Otle Action can help. We provide practical support such as helping with shopping and appointments. We can also provide companionship to the housebound in the cold winter months. If you would like to get involved with any of our activities then please call the office 01943 463965 for more information.

Otley Action Social Groups

Otley Action runs social groups on a Monday and Friday. On Mondays we have a wide variety of activities. Each week our mini bus takes people either to our monthly quiz, out for lunch or out for a drive and afternoon tea. On a Friday our minibus takes our groups out for lunch, somewhere different each week. We can go for fish and chips, to restaurants or even just a cosy pub lunch somewhere. If any of these outings take your fancy please call our office on 01943 463965 and book a place. Thank you!

IT Lessons

Age UK Leeds are running Silver Surfers short IT courses again. If you would like to learn how to use a computer, smart phone or tablet then please let us know and we can arrange for a session in Otley. We need a minimum of 8 people to hold a session locally. Please contact the office on 01943 463965 to discuss further.

Thursday Lunch Club

We currently have some spaces available at our Thursday Lunch Club which is held in Otley Methodist Church. The lunch is a great opportunity to meet other people and enjoy a delicious hot 2-course meal. Transport is available on request. Please contact the office if you would like to come along.



Exercise With Otley Action

Gentle exercise is a great way to maintain flexibility and to prevent mobility problems in the future. OAOP has 3 weekly classes aimed at anyone over 60.

Monday AM - Tai Chi at Wharfedale Court, Pool in Wharfedale 10am - 11am.

Thursday PM - Tai Chi at Otley Methodist Church 2:00 - 3:00pm.

Friday PM - Zumba Gold at Otley Methodist Church
1:15 - 2:15.

All classes are £4 per session. Please contact the office for more information on 01943

Donations

Throughout the year we receive many donations from service users. Sometimes we receive money by way of a legacy, or funeral collection. The money that is raised through donations is gratefully received and is always put to good use, allowing us to continue our important work in the community. If you would like to talk to someone about leaving a legacy to Otley Action for Older People please contact your solicitor or Sue Trainor our Project Manager on 01943 463965.

Relocation, Relocation, Relocation

Since our move to the Old People's Welfare Centre in November 2017, we have been working with the trustees of the building to develop a funding strategy to pay for the essential work needed. We have ambitious plans to revamp the building and create an older people's hub in the centre of town. We want to share our plans with the general public and will be holding two consultation events where staff and trustees will be available to answer any questions. The consultation events will be held at Otley Old People's Welfare Centre, Crossgate on Sunday the 20th and Monday the 21st January 2019. Everyone welcome. Transport available on request.



Free Christmas Shopping Trip

On Monday the 10th of December we are running a free shopping trip to Guiseley Morrisons to allow people to stock up on Christmas goodies. If you are interested in going along please contact the office on 01943 463965 to register your interest.

Trips

Every Year we try to select enjoyable destinations and lunch venues for our trips. We rely on suggestions from you to ensure that we offer you the best possible range of experiences. If you have any ideas for where to visit for our next newsletter then please get in touch on 01943 463965.

Leg Club

The Leg Club is our weekly NHS group aimed at people with lower leg problems. The aim of the group is to address the needs of those with problematic leg issues, whilst combining this with a friendly social environment. If you have leg problems and require nursing support to have your legs treated then please let us know and we can arrange for you to come along. The social aims of the group are to offer a supportive environment for people who share the same health issues. Refreshments are available, we ask for a small donation towards our costs. Transport is £3 return within Otley and is available on request.

Advice, Information and Support

Otley Action for Older People Services

- Free membership
- General advice and information
- Free Newsletters 3 times a year
- Weekly Social activities—Lunch clubs/Bingo/Choir
- Chair based exercise classes/ Tai chi / Zumba Gold
- Monday quiz (monthly)
- Memory Café (monthly)
- Memory Loss Prompting Service
- Health and Wellbeing Support
- Access to a Trade directory (recommended people)
- Full needs assessment
- Accessible transport to most of our activities
- Personal 1:1 Shopping Trips
- 1:1 appointment support
- Carer Support group
- Help with filling in forms, benefits and financial matters
- Advocacy
- Referrals / signposting to other agencies
- Mobility Aid Loan
- Befriending - home visits
- Yearly supported holiday
- Coffee mornings
- Forums and consultations
- Easter and Christmas Parties
- Monthly trips out Theatre/ Restaurants etc.
- Wheelchair Hire (we request a £5 weekly donation)

Please contact the office if you are interested in any of the above services on 01943 463965.

Will Aid Month

Will Aid is a special partnership between the legal profession and nine of the UK's best-loved charities. Throughout November solicitors across the country offer will-writing services for a suggested fee of £95, with the money going to charity. Since 1988, Will Aid has enabled the legal profession to raise over £20 million for good causes. The Will Aid charities all work with the most vulnerable people in the UK and around the world, so that sum of money will have improved countless lives. You can find out more about the great work the Will Aid charities do by going to the Will Aid website. Over the years, Will Aid has encouraged and helped more than 300,000 people to make their Wills. By writing their Wills, these people may have spared their family the distress of coping with legal complications as well as losing a loved one. Otley firms Savage Crangle and Newstead and Walker are both taking part this year if you would like to get in touch to discuss further.

Newstead and Walker - 01943 461414
Savage Crangle - 01943 465050



Movie Matinees at Otley Courthouse

15th of November - Journey's End - Set in a dugout in Aisne in 1918, it is the story of a group of British officers, led by the mentally disintegrating young officer Stanhope, as they await their fate.

6th of December - Finding Your Feet - On the eve of retirement a middle class, judgemental snob discovers her husband has been having an affair with her best friend and is forced into exile with her bohemian sister who lives on an impoverished inner-city council estate.

20th of December - The Man Who Invented Christmas - In 1843, the celebrated British novelist, Charles Dickens, is at a low point in his career with three flops behind him and his family expenses piling up at home. This film is the journey that led to the creation of "A Christmas Carol", a timeless tale that would redefine Christmas.

Presto

Leeds City Council Meals on Wheels service is now called Presto. Presto meals can be delivered directly to your door every lunchtime, 365 days a year, 7 days a week. The meals are delivered between 11:45am - 1:45pm. Presto drivers are friendly, and not only deliver your meal, they also check to see that you are ok and can offer support if you have a problem e.g. if you do not answer the door they will telephone your next of kin to check on your well-being. The drivers are all DBS (police checked) checked, they all carry an identification badge and have had full training. Some of the tasty food on offer includes: Sausage and Mash, Chicken and Mushroom Pie, Ham in Parsley Sauce and for dessert, Blackcurrant Pie and Custard or Bread and Butter Pudding. All food choices are available, for example if you require gluten free food, low salt/fat or vegetarian/ vegan.

Presto also offer a cleaning, companionship and transport service. If you would like more information then please call 0113 3783750.

OTLEY ACTION for OLDER PEOPLE

Otley Action for Older People
Otley Old Peoples'
Welfare Centre
Crossgate
LS21 3AA

**Please note we will not take bookings until
Monday the 5th of November
Places on trips and outings are limited
Telephone 01943 463965**

Trips, Outings & Events

DATE	DAY/PICK-UP TIME	EVENT DETAILS	ENTRANCE FEE	TRANSPORT COST
Wednesday 14th November	Pick up from 6pm	Women's Institute Choir - Songs From The War Crossgreen Community Centre 7-8pm	Free	£3
TBC November	Pick up TBC	Cinema Trip - Ilkley With comfortable couches and all the comforts of home. Enjoy the latest flick in cosy surroundings. Film TBC.	£10.20	£5
Wednesday 28th November	Pick up from 10am	Oswaldtwistle Mills - Award-winning Shopping Village & Garden Centre in Lancashire. The former Weaving Mill has over 100 retailers all under one roof.		£ 12
Monday 3rd December	Pick up from 10:30am	Shopping Trip - Booths Ilkley		£5
Thursday 6th December	Pick up from 3:30pm	Murgatroyds and Leeds Lights 5pm Booking	Cost of Food	£7
Monday 10th December	Pick up from 10am	Free Shopping Trip Guiseley Morrisons		Free
Thursday 13th December	Pick up From 10:30am	Christmas Party - Otley Rugby Club 12-4pm Buffet, Entertainment, Raffle, Bingo	£5	Free
Wednesday 19th December	Pick up from 10:00am	Christmas Carvery - Anchor Inn at Whitley 12pm booking	£9.95	£7
Friday 21st December	Pick up from 11am	Christmas Lunch at The White Swan, Yeadon 1pm booking	1 x course £11 2 x courses £14 3 x courses £17	£5
Friday 4th January	Pick up from 4pm	Westbourne Spice - Otley 5:30pm Booking	Cost of Food	£3
Thursday 10th January	Pick up from 10:30am	Owlcoates January Sales - M&S and Asda Pudsey		£7
Saturday 26th January	Pick up from 11am	Aladdin - Yeadon Town Hall 1pm	£13 To include £1 Booking Fee	£5
Sunday 3rd February	Pick up from 12:30pm	Countryside Drive and the Local Pantry 3pm Booking	Cost of Food	£8
Wednesday 13th February	Pick up from 11am	Lunch at the Sun Inn Norwood 1pm Booking	Cost of Food	£6
Monday 25th February	Pick up from 10:30am	Thackray Medical Museum Leeds	£6 Plus £3 for a talk and tour	£6

Please note that full payment is required for tickets bought in advance i.e. theatre tickets, coach bookings and long distance minibus trips/holidays. If you have to cancel your place then we will try to find someone else to take it, in which case we can refund your money.

Please check out our website at www.otleyactionforolderpeople.org.uk
Or e-mail us: info@otleyactionforolderpeople.org.uk