

Staff Updates

Otle Action For Older People would like to welcome Nikki Sloper and Julia Babbitt to the team. Julia (left) replaces Fiona as our new Admin Support Worker and Nikki (right) has joined in the new role as our Health Impact Worker. Please join us here at Otle Action in making them both feel very welcome!



The Herbert Protocol

The Herbert Protocol is a national scheme introduced by West Yorkshire Police and other agencies which encourages carers to compile useful information which could then be used in the event of a vulnerable person going missing.

Carers, family members and friends can complete in advance, the form which records all vital details, such as medication required, mobile numbers, places previously located, a photograph etc. Then if your family member or friend goes missing, the form can be easily sent or handed to the police to reduce the time taken in gathering this information.



The Herbert Protocol initiative is named after George Herbert, a war veteran of the Normandy landings, who lived with dementia.

Otle Action Healthy Together

Our new member of staff, Nikki Sloper, will be running our new Otle Action Healthy Together project. There is a separate leaflet enclosed with further details about this. Nikki will be looking for new volunteers to help with the project, so if you are interested in offering her some support please call the office on 01943 463965. Thank you!



Befriending

Otle Action have been providing befriending support for a number of years. In recent months the service has grown and we now have more than 20 volunteer befrienders.

People benefitting from a befriender are typically referred to us by social services or their GP. We assess each person carefully to understand their care needs, then arrange the best match with a volunteer to become a one-to-one befriender. It is really important that both the volunteers and our members are happy with the arrangement and once the initial match is made, the practical details are settled between them via our office. If you would like to know more about this service please call the office on 01943 463965.

Singing for Pleasure

Otle Action now runs a choir called Singing for Pleasure. If you enjoy singing and would like to join our group, please come along to the Otle Labour Rooms (opposite the library), Thursday's at 11 am. The more the merrier! Our Volunteer, Anne Anderson, is one of our dedicated Choir members and here is what she had to say about the group:

“Otle Action has always had it in mind to form a choir, and way back in January I was told choir practices would begin in February, held at the Labour rooms in Otle and run by Nik Rutherford. I put my name down but had no false pretences about my singing ability, but thought I may as well have a go! From that first morning I have thoroughly enjoyed every minute, as I am sure everyone else has too. There are about 20 of us in the class, some experienced, and some not. We call it Singing for Pleasure, and that's exactly what it is, Nik has been an excellent teacher, and is very patient. We sing a variety of songs, some old and some new”.

Wedding Bells

We would like to congratulate our Social Inclusion Worker, Sarah, on her recent marriage to Graeme on 7th May 2016! If you would like any support or a home visit from Sarah, please call the office on 01943 463965.



Nidderdale Foundation Programme

On Friday 13th May students from the Nidderdale Foundation programme set up a market stall at the Buttercross Market Stall in Otley, on behalf of Otley Action. Maggie Lolashvili, their course tutor, said "the students are a very able group and it's wonderful to see them working so hard as a team to benefit the older people in our community".

Arthur Parslow received a cheque from the students on behalf of Otley Action and spoke for everyone at Otley Action when he said "I think this is a great example of intergenerational working. At Otley Action we really value the contribution made by these young people."

Once again, thank you so much for all your hard work!



Specsavers Home Visits

Specsavers are offering free home visits to people unable to make their own way to their high street optician. Anyone aged over 60 is eligible for free eye tests at home. If you are under age 60 and would like to know if you are eligible please call 0800 198 1135 to find out.

If you would like to make an appointment for an eye test at home please call Steve Hunter, the service manager at Specsavers, on 07753 468184.

If your eye test shows you need glasses, your new glasses will be delivered within 14 days to your home.

Friday Social Group

Otley Action's Friday Social Group runs every week. Some weeks we have indoor bowling at the Bridge Church in Otley, and other weeks we take a trip out to somewhere around Leeds or North Yorkshire for a tasty lunch. It's a great way to catch up with old friends and to make new ones!

If you would be interested in coming along, please call the office on 01943 463965 and we can send you a programme with our weekly activities on. If not everything is to your taste you can just come along to the activities that take your fancy. We look forward to hearing from you!

Poetry Corner A Day at the Beach

A day at the beach
What could be More fun
Than playing in The sand
The surf
The sun
Building castles
And rivers
And splashing
In the waves
There's no better
Way to spend
Hot summer days

Sharon Froese



Care and Repair

Do you, or any other household member, have a long term cold related health condition that is made worse by living in a cold and damp property e.g. respiratory diseases or heart problems?

Do you own your own home or live in private rented property? Do you have a low household income and little or no savings?

If you can answer yes to these questions, the Warm Homes service may be able to help you with:

- Repairs to heating systems or replacement boilers (if broken or beyond repair).
- Referrals for cavity wall and loft insulation.
- Referrals to other agencies for Energy Efficiency advice.

Warm homes aims to help improve levels of warmth, comfort and quality of life for vulnerable people who have cold and damp related illnesses, and live in homes that don't have adequate heating or insulation.

Please note that agreed work will be funded by a client contribution and charitable trusts where possible. Please ring Ravinder on 0113 391 8336 for more information.

Tai Chi Classes

Otley Action for Older People runs two Tai Chi classes, one on a Monday in Pool, at Wharfedale Court, at 10 am, and one on a Thursday at the Methodist in Otley at 2 pm. Tai Chi is a gentle form of exercise and has proven health benefits such as reducing blood pressure, easing arthritis pain and improving lower body and leg strength. The classes last one hour and the cost is £4 per session. They are open to everyone, not just Otley Action members. If you would like to come along or want any further information please call our office on 01943 4639654.

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 Loss Prompting Service
- Monthly Memory Café for people with memory problems and their carers
- 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.

Useful Contacts

Health Information Service	111
Safe Haven Furniture Charity	0113 3451218
St Jude's Furniture Store	01132 450800
Access Bus	01133 481903
Care and Repair	01132 406009
First Check Point	0870 0132727
Adult Social Care	01132 224401
Otley Library	01943 466572
The Silver Line	0800 4708090

Community Meals Leeds

Community Meals Leeds is part of Leeds City Council and provides tasty nutritious meals delivered directly to your door. You can have the meals as often as you want, from one day a week to 365 days a year.

Their standard menu offers a choice of three hot meals a day, plus a selection of two hot desserts.

They also offer a more flexible frozen meals service, where you can select your meals and have them delivered fortnightly.

If you would like any more information on Community Meals Leeds please call the office on 01943 463965.

SCAMS! Please take care

If you are ever unsure of a telephone call, a doorstep trader, leaflet, email or letter, please call Otley Action on 01943 463965 for advice. Please also remember Otley Action has a list of reputable trades people should you need one.

Pen Pal Scheme

The University of Leeds run a pen pal scheme encouraging correspondence between students and older people in the community. The scheme has been going for 2 years and now has up to 54 older people and students taking part. A number of our volunteers and members take part and we always receive very positive feedback from those that do.

"I would recommend anyone giving it a go, it is so nice to see a letter on the doormat" - Ann Anderson
If you would like any further information please call the office on 01943 463965.

Movie Matinees July—September 2016

Monthly film show—£4 per ticket including tea / coffee and biscuits from 1:30 pm.

Suffragette—Thursday 7th July

Tells the inspirational story of the foot soldiers of the early feminist movement who risked everything in the fight for equality. (Stars: Carey Mulligan, Anne-Marie Duff, Helena Bonham Carter)

Dad's Army—Thursday 4th August

The Walmington-on-Sea Home Guard deal with a visiting female journalist and a German spy as World War II draws to its conclusion. (Stars: Catherine Zeta-Jones, Daniel Mays, Bill Night)

The Lady in the Van—Thursday 8th September

Alan Bennetts story of a man who forms an unexpected bond with a transient woman living in her van parked in his driveway. (Stars: Maggie Smith)

The Dressmaker—Thursday 22 September

A glamorous woman returns to her Australian home town, with her sewing machine and haute couture style, she transforms the women and exacts revenge on those that did her wrong. (Stars: Kate Winslet)

OTLEY ACTION for OLDER PEOPLE

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**Please note we will not take bookings until
Monday 4th July
Places on trips and outings are limited
Telephone 01943 463965**

Trips, Outings & Events

DATE	DAY/PICK-UP TIME	EVENT DETAILS	ENTRANCE FEE	TRANSPORT COST
Friday 15th July	Pick up from 10:30 am	The Hitchin Post—Carvery	£4.99 for the carvery	£5
Wednesday 27th July	Pick up from 3:30 pm	Millstones—High Tea / Early Dinner	£12.95 for 2 courses and tea/coffee	£6
Saturday 6th August	Pick up from 10:30 am	Guiseley Retail Park	Cost of refreshments	£4
Friday 12th August	Pick up from 10:00 am	Keelham Farm Shop—Skipton	Cost of refreshments	£7
Saturday 20th August	Pick up from 10:30 am	The Mill Outlet—Batley	Cost of refreshments	£9
Wednesday 31st August	Pick up from 11:00 am	Braythorne Bees	Cost of refreshments (please take a packed lunch)	£6
Tuesday 13th September	Pick up from 9:15 am	Scarborough—Coach Trip	Cost of refreshments	£12
Sunday 18th September	Pick up from 12:30 pm	Fewston Farm Shop & Café and a drive round Fewston Reservoir	Cost of refreshments	£6
Friday 30th September	Pick up from 10:30 am	Yorkshire Air Museum— Elvington	£6*	£8
Thursday 6th October	Pick up from 4:00 pm	The Yew Tree Inn—Evening meal	Main courses in the region of £7—£8	£3
Friday 14th October	Pick up from 11:00 am	Ten Pin Bowling—Shipley	£2 (plus money for refreshments)	£6
Saturday 29th October	Pick up from 1:30 pm	Fish and Reels—Otley Courthouse	£6	£3

Please note that full payment is required for tickets bought in advance i.e. theatre tickets and coach bookings. 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