

Autumn Holiday 2017

Following on from our very successful trip in May, Otley Action are now taking bookings for our Autumn holiday to St Anne's. If you would like to spend four nights in a lovely hotel, with all your meals catered for and entertainment on tap, then get in touch. With your own ensuite single room and a lovely lounge bar and swimming pool there is plenty of relaxation to be enjoyed.

With day trips and walks along the promenade there is something for everyone. Our holiday to the Clifton Park Hotel at St Anne's is aimed at people who are unable to go away without some support.



If you would like to be considered for a place this year then please contact the office on 01943 463965.

Parents, Tots and Seniors

Otley Action has developed a fantastic new project involving our members, local parents and their babies and toddlers. We know that many new parents can find themselves feeling isolated in the first few months of their babies' lives. Many of our older members tell us that they often miss out on seeing their younger family members due to distance and the hectic pace of life. We thought if we could bring those community members together then we could provide a fun, supportive experience. Our first few sessions have been hugely popular and really enjoyable. Our mixed playgroup is held every Thursday at the Over 60's Welfare Club on Crossgate from 1:15pm-3pm.

Otley Action Choir

Otley Action for Older People have an exciting new choir group who meet every Thursday morning at Otley Labour Rooms. The choir is led by Thanda Gumede. If you have a keen voice and enjoy a sing along then please contact the office on 01943 463965 and register your interest.



What is a leg club?

Have you ever suffered from leg problems such as ulcers, varicose veins, infections, eczema or do you have difficulty walking? Otley Action in partnership with local health care professionals are intending to set up a leg club providing on-going support for anyone who has leg problems. The club will be a drop in session based in a non medical setting. If this is something you may be interested in, we would like to hear from you.

Looking Up

Do you ever feel anxious or stressed? Most people at some point in their lives have periods of uncertainty where they feel that things are out of their control. Whilst it is totally normal to suffer from mild depression, stress or anxiety it can feel isolating and frightening. Otley Action for Older People would like to help. We have secured funding from Leeds Community Foundation and Asda. We will be running a weekly support session until the end of the year. Our group meets every Friday 10:30-12 at the council office 'Core'. Please give us a ring in the office if you would like to come along 01943 463965.



New Premises

We are on the move! As you know our office has been situated in the Bay Horse Courtyard for the last 7 years. We have now started the process of moving to a more central position, the Over 60's Welfare Club on Crossgate. We hope to be moved in and settled by the Autumn. We will keep you posted!



Summer Concert

On Friday the 18th of August Otley Action are hosting a concert at Otley Rugby Club. The Woolpack Concert Band will be performing some favourites from 2pm. Tickets are £5 each to include refreshments. Transport is available. Please contact the office on 01943 463965



Otley Action Social Groups

Otley Action runs social groups on a Monday and a 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 afternoon tea. On a Friday our mini bus takes our Friday Diners group 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 on our mini-bus. Thank you!

Art Group

Our Art Group is starting on Tuesday the 5th of September at the Over 60s Welfare Club from 2-4pm. If you enjoy creating art work or if you are a beginner who is keen to learn and would like to come along. Please contact the office for further information on 01943 463965.

Depression

Recognising symptoms of depression and seeking help early on can increase your chances of coping with depression, improving how you feel and promoting a lasting recovery.

What is depression?

Depression is not just feeling low. If you are depressed, the feelings of sadness and general lack of motivation that we can all experience from time to time are more intense and can persist for weeks or months. The feelings become so bad that they interfere with the way you think and behave and affect your daily life.

Could you be at risk?

Depression can just happen. But in many cases it can be 'triggered' by significant life events, especially events connected with loss. We tend to think of loss in terms of the distress we feel on losing a partner or close friend. But other types of loss are more common as we grow older too and can affect our self-esteem or how we see our place in the world. If you feel that you would like to speak to someone in confidence about this topic then please give us a call on 01943 463965.

Indoor Bowling

We are having another trial bowling session on Wednesday the 12th of July at the Methodist Church on Walkergate. Our bowling group is open to everyone and is a great way to both exercise and socialise. We had a great turn out previously and welcome anyone who is keen to give it a try. The session is from 10:00-11:30am. Please contact the office for more information on 01943 463965.

Volunteer profile

Janet Jordan joined the organisation in 2015 and has been assisting in the office, escorting on the bus with various trips and groups and has joined the Sub Social Committee. Janet has helped us to organise our administration systems and has also undertaken some befriending work. In the summer Janet will also be assisting us with our holiday. Janet's husband Frank has been driving the Otley Action minibus on a Monday for the last few years. It is lovely to have them both on board.



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.

Computer Workshop

In order to make our computer workshop more effective, it will now be run on an appointment basis. If you need any help setting up email, Facebook or Skype accounts, using a smartphone or tablet or if you have any basic computer queries, please call the office on 01943 463965 and make an appointment to pop in!



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
- 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
Age UK Travel Insurance	0800 3894852

Shared Lives

If you have caring responsibilities and require some regular respite then please contact the office. We can refer you to Shared Lives, an outreach service provided by Adult Social Care. A Shared Lives support worker can be paired with you and your partner or relative and can stay with the cared for person in your own home. This allowing you the carer some time to do other things. If you feel you would benefit from this service please call the office to discuss on 01943 463965.

Carers Group

Are you caring for a loved one or have you lost somebody you were caring for and would like to meet other people in a similar situation? Please come along to Otley Courthouse Café where we meet every Wednesday at 2pm. Our group meets informally to have a chat and to offer friendly support.

Safer

The Safer project aims to provide residents with the knowledge, skills and confidence to protect themselves against Doorstep Crime and Scams, helping them to feel safer in their own homes. The project also offers free, confidential 1 to 1 financial advice, helping residents to manage & clear debts and provide assistance to help claim benefits. West Yorkshire Trading Standards deliver the project. If you would like debt or benefits advice please call Angela Cawthra on 0113 3939807 or contact the Otley Action office on 01943 463965

Movie Matinees at Otley Courthouse

FOR DETAILS OF OTHER DATES PLEASE CONTACT OTLEY ACTION ON 01943 463965

Thursday 13th July - Absolutely Fabulous (2016)

Start time 2pm with tea/coffee available from 1.30pm. Starring: Jennifer Saunders, Joanna Lumley and Jane Horrocks.

Thursday 10th August - War Horse (2011)

Start time 2pm with tea/coffee available from 1.30pm. Starring: Emily Watson and David Thewlis.

Thursday 14th September - Jackie (2016)

Start time 2pm with tea/coffee available from 1:30pm. Starring Natalie Portman and Peter Saarsgard.

Thursday 28th September—The Time of Their Lives (2017)

Start time 2pm with tea/coffee available from 1:30pm. Starring Joan Collins and Pauline Collins.

Thursday 12th October - Sully: Miracle on the Hudson (2016)

Start time 2pm with tea/coffee available from 1:30pm. Starring Tom Hanks.

Tickets cost £4 to include refreshments

OTLEY ACTION for OLDER PEOPLE

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info@otleyactionforolderpeople.org.uk

**Please note we will not take bookings until
Monday 10th of 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
Wednesday 19th July	Pick up from 11:00am	Murgatroyds Restaurant - Fish and chips Lunch 1pm	Cost of Food	£6
Friday 28th July	Pick up from 12:30am	Countryside drive followed by afternoon tea at the Village Tea Room (2:30pm) - Pool in Wharfedale	Cost of Food	£8
Monday 7th August	Pick up from 10:30am	Shopping Trip to Kirkstall Bridge Shopping Centre Home Bargains, the Food Warehouse, Iceland, Holland & Barrett		£7
Wednesday 16th August	Pick up from 10:30am	Shopping Trip to Junction 32 Castleford		£8
Friday 18th August	Pick up from 12:30pm	Performance -- Otley Concert Band Otley Rugby Club 2pm Contact the office for tickets in advance	£5 In advance	£3
Sunday 27th August	Pick up from 10:30am	Sunday Lunch at the Cow and Calf Pub Ilkley, 12:30pm	Cost of Food	£5
Tuesday 29th August	Pick up from 11:00am	Salts Mill, Saltaire		£7
Saturday 2nd September	Pick up from 10:30am	Old Spring Well - Restaurant Lunch 12:30pm	Cost of Food	£7
Thursday 7th September	Pick up from 10:00am	Thorp Perrow Arboretum , Bedale	£7.90	£9
Monday 11th September	Pick up from 12:30pm	Golden Acre Park		£6
Wednesday 20th September	Pick up from 11:30am	Mackenzies Smokehouse 12:30pm booking	Cost of Food	£7
Thursday 28th September	Pick up from 10:30am	Knaresborough shopping trip		£7
Monday 2nd October	Pick up from 4:00pm	Evening Meal at the Wetherby Whaler 6pm booking	Cost of Food	£6
Wednesday 11th October	Pick up from 10:30am	Skipton Market		£7
Tuesday 24th October	Pick up from 11:00am	Riverside Hotel, Ilkey Lunch 1pm	Cost of Food	£6

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
Or e-mail us: info@otleyactionforolderpeople.org.uk