



BEAm

Bramley Elderly Action newsletter

Winter
2015

Moving on

For those of you who attended the AGM, the following will not be news. In our 21st year we are moving to the next stage of our development. In order to do so we have undertaken a major restructure, so that we have the right roles to be efficient and effective. We have made 6 posts redundant and created 7 new ones. Applications for the new posts were first offered to existing staff. 4 people were successful, 1 was unsuccessful and 2 members of staff (Kathy Tasker and Susan Hopps) did not apply. A big thank you goes to Kathy and Susan for the support that they have provided to local elders and

BEA over many years. We wish them the very best for the future.

BEA is committed to making sure that the restructure equips the organisation to do the very best that we can in a changing environment, including the management of funding cuts. BEA is in a period of change which we plan to use to bring exciting new opportunities for our members. We welcome the ongoing support and ideas of members and volunteers in this period to ensure that our next 21 years are as productive as the first 21. Rest assured, you can continue to rely on the ongoing support of BEA.

Bramley Community Centre

“As your local councillors we offered at the BEA AGM to meet with BEA members to discuss the future of Bramley Community Centre. We share the concerns that were voiced. We would welcome the opportunity to hear your views. We are inviting BEA members to meet with all three of us at Bramley Community Centre, at 2.00 on Monday 18th January. BEA will provide transport for those who need it. (Please tick the reply form). Please feel free to show up and to invite friends, family and neighbours.”

Cllr Caroline Gruen
Cllr Julie Heselwood
Cllr Kevin Ritchie

News on trips

See ‘Activities’ for changes to how we plan and book trips

Activities update

Carol service

By the BEA Singers. Some of the money raised will go to BEA. Transport available.

Moorside TARA, 6.30-8.00, Friday 4 December

Zurich Christmas tea dance

Come to the free Christmas showcase for the tea dance group for a great afternoon.

Bramley Community Centre, 2.00-4.00, Sunday 13 December

Hearing loss clinic

Free drop-in to get help with hearing aids. Change batteries and tube cleaning. Please use reply form. Refreshments and transport available.

Bramley Community Centre, 2.00-3.30, Monday 25 January

Extra care trips

We are looking at how we can make sure our members can take part in meaningful, quality trips. We aim to offer opportunities to all members and we need to make some changes to how it works. If you would like to go on an extra care trip we would like you to show your interest on the reply form. We will allocate places according to need and availability. You can still book for 'independent trips'.

Dementia awareness training

This short training session is open to anyone who would like to know more about dementia, as we aim to help make Bramley dementia-friendly.

Bramley Lawn, 6.30-7.30 (refreshments from 5.30), Tuesday 9 February

Babes in the Wood - St Margaret's annual panto

Come to the annual community performance, starring Bramley residents! Refreshments available.

St Margaret's Church, 7.00, Thursday 18 February

Words of wisdom

Come to a Shared Reading Group to listen to stories and poems in a relaxed atmosphere. Share memories, thoughts and ideas and make new friends over a cuppa. Open to all, especially good for people with memory problems. Free, no booking required. For more information call 0113 247 6016.

Farsley Library, 10.30-12.00, Mondays 7 December, 4 January, 1 February and 7 March.

Volunteer drivers and passenger assistants needed

Do you know anyone with a few hours a week to spare to help take people to BEA activities? All you need is a full license and a bit of time - we will train you to drive our minibus. Please phone 236 1644 for more information.

Would you like a phone call?

Are you lonely? Would you like a BEA volunteer to ring you for a chat every

week? This new telephone befriending service is part of 21 Again, funded by Awards for All (Big lottery).



Stroke club

Social and therapeutic activities to stimulate friendship and recovery. For anyone in West Leeds who has had a stroke.

Bramley Lawn, 10.30-12.30, every other Wednesday

Men's group

Open to all our male members. Join us in putting the world to rights in a combination of social meeting and speakers.

Fairfield Community Centre, 10.45-12.00, every other Friday

Activities update

Reminiscence group

The group has some new helpers and there's a great agenda of new ideas and speakers.

Rossefield Manor/St Peter's Court alternate Thursdays, 6.00-7.30

Top fundraising!

Congratulations to the 19 volunteers, friends and supporters who raised more than £2,000 by walking the 3 Peaks. Volunteer Carl Cooper said it was 'a lifetime achievement'. Many thanks also to Barbara Dixon, who has raised £340.00. Thank you to everyone who has bought a ticket for the Grand Draw, to be held at Bramley Shopping Centre at the 27 November Christmas Lights Switch On. If you're a new member of BEA you can join Lucky Numbers for a chance to win every month. Get in touch with BEA for details.

Anyone can now donate to BEA by texting **CFBN24 £2** or **0113 236 1181**

For your diary

November

Fri 27 Xmas lights, Bramley

December

Fri 4 Carol service

Mon 4 Words of Wisdom

Sun 13 Zurich tea dance

Weds 16 Manor Club meal

January

Mon 4 Words of Wisdom

Mon 18 Bramley CC meeting

Weds 20 Mermaid restaurant



Mon 25 Hearing loss clinic

Weds 27 Media Museum



February

Mon 1 Words of Wisdom

Thurs 9 Dementia awareness

Weds 17 Mermaid restaurant

Thurs 18 Babes in the Wood

Fri 26 Millstones

March

Mon 21 Lotherton Hall



April

Weds 13 Tong Garden Centre

Wed 27 Harrogate



Lucky numbers club - a fun way to raise vital funds for BEA

| Date of draw | Venue | 1st prize | No. | 2nd prize | No. | 3rd prize | No. |
|--------------|----------|-----------|-----|-----------|-----|-----------|-----|
| 28.07.15 | Games | £100.00 | 32 | £60.00 | 21 | £40.00 | 4 |
| 28.08.15 | Shopping | £100.00 | 8 | £60.00 | 89 | £40.00 | 99 |
| 28.09.15 | Craft | £101.25 | 94 | £60.75 | 60 | £202.50 | 6 |
| 28.10.15 | Exercise | £100.00 | 33 | £60.00 | 94 | £40.00 | 52 |

Next draws:

28.11 - Restaurant night

28.12 - Daisyfield Grange

28.01 - Reminiscence

Payment is due in the office by 20th of the month. Could you pay by standing order? Information from the office. Thank you for your support.

Independent Trips



These monthly trips are open to all members who can be out for a half or full day without extra support, or can bring a companion to support them. We include local outings, popular food trips and occasional longer days to locations further away, such as a Summer trips to the seaside. Get in touch with any suggestions for trips.

Please complete and return the booking form. You can keep a record of your bookings below.

Weds
27
Jan

£15.00

National Media Museum, Bradford

A fun packed day starting with a reminiscence talk with the museum curator, time to explore the museum's 6 floors of exhibitions, then after lunch catch a film in the onsite cinema.

| | | | |
|-------|--------------|------|-------------------|
| 9.15 | Ashlea Court | 4.00 | Leave venue |
| 9.20 | Bramley Lawn | 4.30 | Arrive in Bramley |
| 10.00 | Arrive | | |



Paid £
Date paid...../...../.....

Fri
26
Feb

£26.00

Millstones

Time for shopping before we take our seats for a two course meal with live musical entertainment. Feeling lucky? Join in the game show bonanza and eyes down for the big cash bingo. (Price includes meal.)

| | | | |
|-------|--------------|------|-------------------|
| 9.30 | Ashlea Court | 3.45 | Leave venue |
| 9.40 | Bramley Lawn | 5.00 | Arrive in Bramley |
| 11.00 | Arrive | | |



Paid £

Mon
21
March

£13.50

Lotherton Hall

Discover the elegant gardens or explore the mansion and stable galleries, before trotting down to the stables café for lunch Then take in the delights of the award winning bird garden and go to the lovely shop.

| | | | |
|-------|--------------|------|-------------------|
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| 10.30 | Arrive | | |



Paid £

Weds
27
April

£10.00

Harrogate

Market day in the high street or pansies in the flower show, there is a lot to discover in Harrogate in Spring. Try something different in the Turkish Baths or indulge your tastebuds at Betty's tearoom. Not to be missed!

| | | | |
|-------|--------------|------|-------------------|
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Paid £
Date paid...../...../.....

Extra Care Trips



These monthly trips to a local venue are for members with extra support needs (including mobility, medication or other reasons) and are fully supported by staff and volunteers. We run the same trip for two consecutive months to allow as many members as possible to take part. We collect you and return you to your home. Each trip lasts 4-5 hours. Meals or extras are additional and payable on the day.

If you would like to go on an extra care trip please show your interest on the reply form and we will allocate places according to needs and availability.

Weds
20
Jan

Mermaid Fish Restaurant

£10.00

Award winning fish 'n chips in the heart of Morley.
Meal costs approximately £9.00.



Home pick ups from 10.30 Booked Paid £ Date paid...../...../.....

Weds
17
Feb

Mermaid Fish Restaurant

£10.00

Award winning fish 'n chips in the heart of Morley.
Meal costs approximately £9.00.



Home pick ups from 10.30 Booked Paid £ Date paid...../...../.....

Weds
30
March

Tong Garden Centre

£8.50

Crooners & Chrysanthemums - musical entertainment within the beautiful setting



Home pick ups from 10.30 Booked Paid £ Date paid...../...../.....

Weds
13
April

Tong Garden Centre

£8.50

Crooners & Chrysanthemums - musical entertainment within the beautiful setting



Home pick ups from 10.30 Booked Paid £ Date paid...../...../.....

Creating wellbeing

Creativity is a fantastic source of enjoyment and expression at any age. And these benefits continue, and possibly increase, as we get older. Being creative can help you relax, reduce depression and anxiety, allow you to be playful and humorous, stimulate your senses, improve your self-esteem, increase your sense of identity, reduce boredom and social isolation. Overall, creativity can have a huge positive effect on wellbeing. There is increasing evidence of the health benefits of arts and other creativity for people living with chronic degenerative diseases including Alzheimer's and Parkinson's.

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Creativity can take many forms, including: art, crafts, design, cookery and baking, gardening, singing, making films, and so much more. BEA supports members to take part and gain the benefit from a wide range of activities.

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Get cracking now on the next Bramley Challenge, set for October 1st 2016.

The 2015 Challenge (sponsored by Leeds International Day of Older People) demonstrated the depth of talent amongst BEA members. We had an amazing 73 entries from members, who put in so much work and hours into creativity. We invited Under 60's to enter their work for the first time. Congratulations to all Bramley Challenge 2015 winners:

overall winner - Edna Rose (pictured with Lee Ingham and her knitted cuckoo clock).

2nd - Zena Gooding.

Under 60's overall winner - Debbie Dean. 2nd - Jayne Learoyd.

Gold medal winners: Photography, Lydia Chetvertak; Jam - R Legge; Pickles/chutney - John Wildman; Poetry - Donald Vicary; Beadwork - Edna Rose; Stitchwork - Jane Crisp;

Knitting - Joan Pearson; Crochet - Jane Robinson; Needle/felting - Margaret Gilpin; Baking - Marian Padbury;



Get creative!

Try some of these groups to get your creative juices flowing.

BEA Craft Group

Join in, share your skills and learn from others.

**Bramley Community Centre,
2.00-4.00, Mondays**

Bramley Lawn groups

Snap Happy Digital Photography Group

Take photos and learn how to edit them on a laptop.

Twice a month

Bramley Bakes

Stretch your baking skills and join in with our bakers Julie and David as they work through favourite recipes.

Sassy Sewing Group

A fun social sewing group for women of all ages. Bring a sewing project, or an idea.

Newcomers always welcome.

7.00-9.00, 1st Wednesday of every month

**For details of all Bramley Lawn groups contact
franbramleyea@gmail.com**

Hooks and Needles

Bring your knitting, crochet or needlework to this informal craft group.

**Bramley Library,
10.30-12.30, Fridays**

Happy ending with befriending

Christine Kearsley

Christine is a volunteer befriender to BEA member Jim (aged 97) whom she calls 'a proper gent'. Last year they were looking through some of his photos and came across one of a family he stayed with in Italy during the war. Jim told Christine that he had been back to Cervinara to visit but unfortunately they had moved on. A lady in the village had given Jim some forwarding addresses which he had kept. Christine offered to try to make contact, which Jim readily agreed to. She took names and addresses home with her and put a short story on a social network hoping that it would mean something to somebody out there who would remember Jim. Four months later someone who said she was the daughter of one of the named children got in touch, and sent an email containing the same photo that Jim had shown Christine! Her heart was in her mouth and she couldn't wait to tell Jim. He was very emotional, and from then on many photos and emails were exchanged with the family, who had also been looking for Jim, and now wanted to come to England to meet him. Their visit finally happened in October. Despite it being over 70 years ago they all remembered each other and very clearly. It was a very special and emotional time for Jim. Christine is very proud of having helped to make this happen.



Phone Maureen on 236 1644 if you are interested in being a volunteer befriender.

Meet the caretaker

Claude Davis, Bramley Community Centre

As caretaker of Bramley Community Centre Claude Davis is responsible for the day-to-day running of the centre including opening and closing, setting up rooms, cleaning, health & safety, bits of maintenance and above all, making sure groups are welcomed and looked after. He has similar responsibilities at 3 other Leeds centres. As well as BEA tea dances, exercise and craft groups, the centre is used by Bramley History Group, luncheon clubs, youth groups and a church group. Claude's been doing this job for 18 years, and has been at Bramley for the last 10. He gets particular satisfaction from meeting the older people who use the centre and from hearing about their lives. As Claude says "There is so much they could tell you." Claude knows most

of the people who come regularly to groups. He feels strongly that it's important for older people to have a caretaker they know, they can interact with and can feel secure with when they come into the building.

The hardest part of the job for Claude is that sometimes he sees people he's known for years gradually declining, and losing some of their physical capacity. Or if someone has a fall, he helps them and is concerned about them until he gets news a week later. Originally from St Kitts in the Caribbean, Claude came to live in Leeds in 1993. He loves cricket and has been a highly successful captain of the Caribbean Cricket Club for the last 13 years. He's moving towards retiring from playing to ensure he spends plenty of time with his six year old



News in brief ...

Kathy and Susan

As you will read on the front page, Kathy and Susan are leaving BEA. We offer them our thanks for many years of work here and all best wishes for the future. They wish to thank everyone for the many kind thoughts and gifts.



Vicki at OWLS

Reception & Admin Worker Vicki is moving across to work at OWLS and will spend all her time there from January.

Sally and Rose

Huge thanks to Sally McHale and Edna Rose who have 'retired' from the BEA Board, having been members from the very start in 1994.

Be a Winter friend

As bad weather approaches we can all help do our bit to keep an eye on our neighbours and friends. Please contact the office with any concerns.

Christmas dinner

Are you spending Christmas on your own? Phone us on 236 1644 if you would like the Rotary Club to bring you a Christmas dinner.

You could make a film!

The Northern Film School at Leeds Beckett University is offering a film-making course starting in January for people aged 65+. You will learn about screen-writing, directing and editing and will be involved in the production of a short film. Places are limited and bursaries are available. For more details or to apply, email D.P.Turner@leedsbeckett.ac.uk or phone 07506648135

Writing back

Leeds University School of English is continuing its project to match student letter writers to older residents, to show the value of letters and the power of cross-generational communication. Please contact Georgina Binnie (g.e.binnie@leeds.ac.uk 07515970032) if you would like to take part.

Christmas shopping

Bramley Community Shop will open on Sundays 6, 13 and 20 December. Come and find pre-loved clothes, games or toys for Christmas. If you have items to donate, including any plastic bags, please drop them at the shop.

Bramley Lawn at 1!

Bramley Lawn is 1 and going strong. See activities flyer enclosed. Bramley Lawn is also being hired by groups for their own activities. In November it hosted a children's party, a puppet show and afternoon cinema, bringing Leeds International Film Festival to Bramley for the first time.

Collect your calendar

You can collect your 2016 BEA calendar at Bramley Community Shop in the first two weeks of December.

BEA office hours

We staff phones and office 9.00-4.00, Mon-Fri and close only on Bank Holidays. If weather is bad please phone to check about BEA activities.

Lee Ingham - General Manager ● **Catherine Scott** - Support Worker, Bramley Lawn ●

David Marsh - Business Support Manager ● **Debbie Fawthrop** - Activities Coordinator ●

Fran Graham - Operations Manager ● **Maureen Rushworth** - Volunteer Coordinator ● **Rebecca**

Durant - Project & Transport Worker ● **Rob Cook** - Communications Coordinator ●

Shauna Ledger - Apprentice Reception & Admin Worker ● **Simon Price** - Support Worker, Bramley Lawn ●

Vicki Thompson - Reception & Admin Worker ● **Zoe Ricketts** - Volunteer Coordinator (funding)



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