

Yellow Times

Newsletter Summer 2011

SUMMER SIZZLERS

We are well into our 2011 program of trips and outings. Most of our trips have been fully booked. We have added a few more and enclosed a booking form in with this newsletter.

Day Trips

Southport pack up your buckets spades we're off to the seaside
Wednesday 10th August 2011 Cost £15

Skipton Market includes Fish & Chips on the way home
Wednesday 7th September 2011 Cost £17

York Races - NEW EVENT!! A first for Winter Aid.
Friday 7th October 2011 Cost £19

Millstones start the festive season with a meal and entertainment
Tuesday 6th December 2011 Cost £29

Theatre Trips see page 2

If you are interested in going on our day trips or visits to the theatre make sure you register your interest with Steve on 277 8208 and he will ensure that you receive details of any future events.

59 Centre Barbeque

Wednesday 3rd August between 11am and 4pm

It is summertime and so your 59 Centre is having a Fun Day and BBQ.

Bring all of the family for a bite to eat and loads of fun.

Come and join the festivities and help us to raise money.

Something for everyone!!

Competitions Tombola Raffle Games Quiz

Belle Isle Elderly Winter Aid

This Newsletter is sponsored by South Leeds & Hunslet Cars
'supporting, through sponsorship, the community we serve'

Don't let them con you

Every year, millions of innocent people lose money to scams that come by post or phone such as fake lottery and prize draw wins. Avoid becoming a victim by following some simple tips.

Never be rushed into replying to an exciting or urgent offer. Speak to a relative or neighbour before sending any money.

Never send money to anyone who says you've won the lottery or a big prize – you'll never see your promised winnings.

Never give your bank account details or other personal information to strangers. Never respond to mailings from fake psychics asking for money. Identical letters are sent to thousands of people. If you suspect a scam, before sending any money call Consumer Direct for clear, practical advice on **08454 04 05 06**.

Gardening

We are pleased to say that gardening is well under way and on time, thanks to the long early period of dry weather. If you are not on the scheme yet and would like some information please ring Ian on 2778208.

| | |
|----------------|-----|
| Grass cutting | £13 |
| Hedge Trimming | £15 |
| Waste Removal | £ 2 |
| Strimming | £ 5 |

Computer Classes

Our popular computer classes started again. We have started with people who told us they have some experience with computers.

We are continuing with classes for those with a bit more experience and who may want to do something in some more depth, Photography, Family Tree, Using Social networking, or anything else you may think of. Let us know what you would like to do.

GIVE –A– GIFT

It's the thought that counts, but not all presents are just what you want. If you have any unwanted gifts, this is a chance to put them to good use – BIEWA can use them for fundraising events in 2011. We are able to collect any gifts you would like to donate. Tel: 277 8208

Theatre Trips

“The Wiz” based on the ever popular Wizard of Oz.

West Yorkshire Playhouse 7.30pm Wednesday 13th July 2011. The price is £16 per person including door to door transport.

Joseph and the Amazing Technicolour Dreamcoat

Bradford Alhambra 2.00pm Wednesday 21st September 2011. The price is £23 per person including door to door transport

Beauty and the Beast Our annual excursion to the pantomime!

Leeds Carriageworks Theatre 2pm Wednesday 14th December 20

The price is £19 per person including door to door transport

To be included on any of the below complete the enclosed booking form and return to BIEWA, 6 – 8 Low grange Crescent, Leeds LS10 3EA.

If you are interested in going on our day trips or visits to the theatre make sure you register your interest with Steve on 277 8208 and he will ensure that you receive details of any future events.

What's it like at The 59 Centre?

I see lots of friendly faces I like helping out and joining in with a game or two of dominoes..... We don't play BINGO every day so we don't have to sit in silence all the time, but its nice to have a game now and then...It puts a smile on my face when I go there.... It's a lovely friendly atmosphere with lots of different activities, I learned to play 3-card brag last week!..... We are well looked after... We get to know what's going on and what trips and activities are happening..... We get a chance to say what we want.... Since I joined the centre I've made lots of new friends... It's like home from home...I go to the theatre now, first time in years!.. and I feel safe going out at night with other people. The lunch club on a Tuesday is wonderful, great food, and even better company....There is always someone to talk to and the staff are available if I need any help or advice. I like the exercise class I've lost 7lbs already! I wish I had joined years ago. The staff and volunteers are fantastic.

The 59 Centre for older people provides social and learning opportunities for older people in the Belle Isle area.

We are open Mon- Fri and have vacancies on most days. Transport available if needed Why not join us

Ring Steve on 2778208

Walking group

Walking is an ideal way to take regular exercise and start to improve your health. If you are interested in walking and would like more information about the Belle Isle Older & Active Walking Group please ring:-

Hilary or Jaki on 3504210

Befriending Scheme

Would you like one of our volunteers to visit you from time to time, maybe once a week to have a chat and a cuppa? We can keep you up to date on what is happening at Winter Aid as well.

We have started a new service. The **Belle Isle Befriending Scheme.**

The service is free of charge and all our visitors have been checked out with the police.

Let us know if you or anyone you know could benefit from this service.

Ring Steve on 2778208

Is anybody interested in Musical events

If you are interested in music please tick your interests, cut out this coupon and send it back to us and we will research outings and events which may be of interest to you.

I am interested in:

1. Pop music
2. Classical/Opera
3. Brass Band
4. Musical Shows
5. 50s & 60

Any other suggestions:-

**BELLE ISLE ELDERLY
WINTER AID**

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

Phone: 2778208

The Belle Isle Charity Shop **3 Belle Isle Parade**

Our new venture, the Charity Shop, is now open. We are at the old post office on Belle Isle Parade.

We need donations for the shop. Any clothes or Bric-a-Brac will be gratefully received. We can also take portable electrical appliances. (no televisions).

Ring 2778208 for more information.

**ALL THE PROFIT FROM THE SHOP GOES TO HELP
OLDER PEOPLE LIVING IN BELLE ISLE**

Useful numbers

| | |
|-------------------------|------------------------|
| 59 Centre | 2709426 |
| Police Non urgent | 0845 606 0606 |
| Bus Pass/ Blue Badge | 2224401 |
| BITMO Repairs | 0800 389 5503 |
| BITMO Office | 2141833 |
| Aire Valley Homes | 0800 915 6660 |
| Rubbish Removal | 0845 124 0113 |
| Social Services | 2224401 |
| Local Councillor | 2785995 |
| BIEWA | 2778208 |
| Checkpoint | 0845 838 8851 |
| Electrician | Fred Tasker 2792185 |
| Family Centre | 2774819 |
| Access Bus | 01274 304297 |
| Fire Safety Check | 08005874536 |
| Nuisance Calls | 08450700707 |

With rising fuel costs, more Leeds households are struggling to pay their energy bills.

If heating your home costs more than 10% of your income then you are officially 'fuel poor'. Older people particularly tend to fall into this category and need the most help. The Green Doctor and other services have been established in Leeds to help improve energy efficiency in your home and heating system. Its a free service and they can make improvements which will save you money and help keep the house warmer.

If you need any help, let us know and we will make a referral to them for you.

Ring 2778208

Advice Surgery

- **Need to make a claim for benefits?**
- **Not sure if you're entitled?**
- **Don't know if you're on the right benefits?**
- **Had a change in your circumstances and don't know how it affects your benefits?**
- **Got a benefits overpayment or need help to appeal?**

Leeds City Council's Welfare Rights Unit can help with all of the above, in fact we can help you with any issues you have to do with welfare benefits, tax credits and pension credits....

So, if you **live in Belle Isle, Hunslet or are registered with a GP based in Hunslet Health Centre** and need to see a Welfare Rights Worker for free, confidential and impartial advice and support, why not make an appointment to see one of our team at -

Hunslet Health Centre, 24 Church Street
Wednesday morning, between 9.30am and 12pm

To make an appointment just call the Welfare Rights Unit
3760452