



## Net Newsletter & Dates for your Diary Winter 2021

Well it has been a challenging few months since our last newsletter, but we were so pleased to invite you back to activities once more. In September we re-started our lunch clubs and have been so lucky to see people 'face to face' again.

Many of our existing groups, and some new ones, have grown, bringing together old friends, and new. We know, as this newsletter comes out, that things could change again but as always, it is your safety which is most important, and we will continue to work with Public Health to ensure we deliver activities in line with their guidance. For now, we want to share the festive cheer and give you an idea of the new groups we have planned for 2022...



*Are You Sitting Comfortably?"*

Then why not join us for an afternoon of:

- Story telling
- Story writing
- Performing

We all have a story or two inside us, a tale or a favourite piece of writing we'd love to share. As the winter afternoons draw in, what better way to spend them than with a group of friends, a cup of tea and a few good tales to share or listen to...

### **Details:**

**Place:** Garforth Methodist Church

**Frequency:** Weekly for 6 weeks in the first instance

**Day of the week:** Wednesday

**Time:** 1.30-3.30pm

**Dates:** Weds 2<sup>nd</sup> February – Weds 16<sup>th</sup> March

For more information, please contact Monica at NET on 0113 287 4784.

*We'd love to hear from you...*

## Christmas Tree – Roy Norcliffe

It was a hot July evening, now distant years ago, whilst meandering down my friends' garden, that I espied a brown, and obviously discarded Christmas tree. Maybe about a metre in length it was close to a compost heap and on the edge of a previous small garden bonfire site. Whether it had failed to burn, and then become a discard compost element was something of a mystery – but then no one seemed to care!

I cared because I'd spotted tiny flecks of green in a number of places, despite the absence of soil or much root; and I had that strange feeling-lovers of plants will know that feeling I'm sure.

I turned to my friend Les to ask if I could take it home.

'What for?' He asked.

'Well, I think it might be alive', I boldly suggested.

'No chance' responded Les, and he continued 'it's not even last years, but the years before'!

Anyway I did take it home, and undeterred it was planted in a brand new garden under construction in my recently acquired property. What had I to lose anyway?

To everyone's amazement – except mine – the tree confounded all expectations and flourished at an astonishing speed. By Christmas time and a mere five months later a rich verdant green had covered my 'twig' as it was fondly called.

My tree never looked back and many were the doubters and scoffers who came to pay homage to my tree, which grew and grew and grew. It never looked back as I pruned and carefully nurtured it. I even built a feature wall around it. But my story is only half told!

After about 16 years the height was over 25 feet, with a huge branch circumference, and a trunk girth of just under two feet. Which seemed under threat and something needed to be done.

First of all my son took off the top ten foot of growth, banded them together back to back and we created a smaller tree, which with lights, decorated the patio. This then became a yearly ritual and using this method we provided a number of 'branch trees' for schools and my own college. This magnificent and freely giving tree,



shrugged off its annual haircut and pruning and persisted in growing despite the amputations.

What of all its numerous friends though? We daren't let our little story conclude without giving them a mention. Large birds such as crow and pigeon rocked back and forth, safe in its great height. Smaller birds, camouflaged by its density, such as tits, a goldfinch family and the lone bullfinch, dwelt, securely in its pervading atmosphere of protection. Indeed all manner of creatures, both large and small revelled in its size. Once it was deemed a twig lest we forget!



Sadly there had to be an end. Like Jack's beanstalk we fully expected a giant to appear out of the tops but he never did. But a large part of the garden and lawn was being completely overwhelmed. So with due ceremony the tree was pruned to represent a totem pole, was embraced by equally aggressive honeysuckle whilst beneath beautifully scented tree roses grow. So all in all it's a very happy ending to my own Christmas fairy story. Whilst I awake to the latter view every morning I'm a lucky man but ---! Those surely formidable roots have been neither severed nor removed. What lies beneath the surface has never been disturbed, so who knows what lurks below, who knows the future and if the sleeping giant will one day awake?



***This wonderful story was written by NET's Chairman Roy Norcliffe and was aired on Radio Leeds last Christmas 2020 showing us all, even when things look bleak with love, patience and kindness good things can happen and everything bears fruit!***

## **Laughter and Smiles:**

In October we were invited to an hour of laughter, smiles and song, online, with Jackie (T-Radio) and Carol. These sessions now take place on the 2<sup>nd</sup> and 4<sup>th</sup> Monday of each month, 2pm – 3pm, via Zoom. If you have access to the internet and would like to join these sessions in 2022, then please get in touch to find out more!



## **Coffee Mornings**

### **Allerton Bywater:**

Every Tuesday – 10am to 12 noon

St Mary The Less,

Church Community Room, 39 Leeds Road,

Allerton Bywater WF10 2ES



### **Garforth – Dover Street**

Every Thursday 10am – 12 noon

Dover Street, Garforth, LS25 2LP

Places must be booked in advance for Dover Street.

## **Community Connections:**

### **Kippax Coffee Morning**

Every Thursday 10am – 12 noon

Kippax Methodist Church, Chapel Street, Kippax LS25 7HA

### **Garforth Community Information Days**

Building on the success of our first Community Information Day in Garforth we are currently planning more dates for 2022. At this time the coffee morning at the Miners Welfare will not be restarting, however if you are interested in meeting for a coffee with others on a Tuesday morning, please get in touch!



## Forget-me-not Cafe



Every Tuesday at the Garforth Methodist Church, Church Lane, Garforth, LS25 1NW, 1pm – 3.30pm.

The Forget Me Not Café, in partnership with Garforth Methodist Church, has been very well attended and proved a wonderful success. The sessions feature activities ranging from **Reminiscing**, to **Craft & Games**, providing a safe place to **Socialise**. **Singing** stimulates the brain, increases well-being and creates a positive atmosphere, so each attendee will be



invited to choose from a range of songs for the group to sing. These Sessions provide a simple but effective way of addressing the problems faced by carers of people living with dementia who can become socially isolated, and allows them the chance to meet and talk with other people facing the same challenges.

If you would like to come along, please give the office a call on: 0113 2874784 to make a booking.

## LEG CLUB AT NET DOVER STREET GARFORTH.

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Garforth Leg Club follows the award-winning Leg Club model founded by former district nurse Ellie Lindsay OBE. Clubs offer holistic treatment on a drop-in basis, in a non-medical setting, through a partnership of nurses, members (patients) and volunteers from the local community. The emphasis of the Leg Club is to empower members to participate in their care, in an environment which helps to reduce the social isolation often associated with lower limb conditions.



Leg

Garforth Leg Club will be held every Wednesday from 8.30am to 12:00 noon at Garforth Neighbourhood Elders Team (NET) in Dover Street, Garforth.

**For more information please contact Lisa Tindall, Garforth Leg Club Lead Nurse, on 0113 287 7321 or Jayne Turner Leg Club Team Leader 0113 2874784**



## Getting Outdoors

### Acorns & Oaks

This Autumn, little Acorns, pre-school and home tutored children, met with mighty Oaks, NET members, for some great forest activities. The sessions are taking a break now for the Winter



months, but will be meeting again in the Spring at *This Green Moon, Coach Road, Swillington Farm*. Places are limited and there is a charge of £2.50 for this activity, which includes refreshments.

**Wellbeing Walks** RSPB St Aidan's Nature Park Walks are on the last Wednesday of each month, meeting at St Aidan's Visitor Centre at 11.00am. A gentle sociable stroll around St Aidan's Nature Park to improve physical and mental wellbeing. These monthly walks, are around one mile and last for about an hour, accompanied by RSPB Volunteer Rangers. No booking needed, just turn up! (Walks will be subject to weather conditions).

**Future dates - 2022:** 26th January, 23rd February, 23rd March

Find out more at St Aidan's Nature Park, Astley Lane, Leeds LS26 8AL

Tel: 0113 232 0529

### The return of the **Computer Class**

As Garforth Library has now re-opened their community room, 'MySpace', we are pleased to invite people to come along to the Computer Class on Wednesday mornings, 10am – 12 noon. The date to return was confirmed as Wednesday 12<sup>th</sup> January 2022, HOWEVER, we ask anyone interested in coming along to contact the office in the first instance so we can confirm if the library is still open. Places for this group must be booked in advance to enable us to monitor numbers.

To find out more call the office on: 0113 2874784



**'TALKING POINTS', Adult Social Care Drop in service at Dover Street Garforth. This wonderful service returns to Dover Street from the 11<sup>th</sup> January 2022. Every Tuesday 9am – 12.noon.**

'Talking Points' give you the opportunity to have informal face to face conversations with the Adult Social Care Team in your area. Leeds is one of nine local authorities changing adult social care by developing community-led social work. This involves offering more local solutions to people seeking support. The aim is to respond better to individuals' aspirations instead of fitting them into existing services. The focus is on face to face conversations help to talk through options, get advice and get involved in a more personal way. **If you would like further information or to make an appointment with the Adult Social Care Team on a Tuesday between 9am -12 noon please contact NET on 0113 2874784.**

### **FALLS PREVENTION**

**Active Leeds - Strength & Balance programme resumed on Friday 5<sup>th</sup> November 2021**

Active Leeds offers a structured Falls Prevention Programme of exercise for people at the risk of falls. These 'Strength and Balance' sessions are designed to improve strength, balance and co-ordination for people with low mobility. There is a focus on improving confidence and reducing the fear of falling. Building and maintaining strength and balance can help individuals carry on doing the things they enjoy and stay independent. The sessions involve a mixture of chair based exercises and standing strength and balance exercises. The sessions offer participants the chance to practice specific exercises with other people who have experienced a fall or loss of confidence. Sessions are delivered by qualified instructors.

To attend the Falls Prevention Programme individuals can be referred by their physiotherapist or a health professional. We have also introduced the option of a self-referral. **Please contact NET on 0113 2874784.**



**Making Leeds the  
best city to grow old in**

**Office Contact 0113 2874784**

**All events held at Dover Street, Garforth unless indicated otherwise.**

**Revised Transport Costs are Garforth £2.50 each way £5.00 return**

**Any village outside of Garforth, £3.00 each way, £6.00 return journey.**

**If you attend a luncheon club in the same village it will be charged at £5.00 return**

**Please note these charges are still heavily subsidised by NET.**

## **Activities**

### **Monday**

**Wii FIT- PING PONG** – First and second Monday - 2.00pm – 4.00pm

**AFTERNOON CABARET AND MEET THE STARS!** Come along to a wonderful singalong and meet the stars Johnny and Emma on every third Monday in the month.



19<sup>th</sup> Jan, 21<sup>st</sup> Feb, 21<sup>st</sup> March

**SHARE** – Bereavement Group - Last Monday in the month 2-4pm

31<sup>st</sup> Jan, 28<sup>th</sup> Feb, 28<sup>th</sup> March.

**CARERS LEEDS SUPPORT** – Information, Advice & Support- 2nd Monday of the month at the Miners Welfare Hall, Main Street, Garforth 1-2.30pm Contact the NET office or Carers Leeds advice line on 0113 380 4300 to reserve a place.

### **Tuesday**

**ASC 'TALKING POINTS' DROP IN SERVICE** – every Tuesday 9am-12.00 noon.


10<sup>th</sup> January , 7<sup>th</sup> February, 14<sup>th</sup> February, 7<sup>th</sup> March and 21<sup>st</sup> March

**CHAIR YOGA WITH DANIELLE** - every Tuesday - 10.00am – 11.30 noon.



**COFFEE MORNING** – St Mary the Less, Church Community Room Allerton Bywater  
10am -12noon.

**PILATES** – every Tuesday 1.30-3pm

**FORGET ME NOT CAFÉ**  Every Tuesday at the Garforth Methodist Church,  
Church Lane, Garforth, LS25 1NW, 1pm – 3.30pm.



**KNIT & NATTER** – Tuesday 1.30pm – 3.00pm

Future dates as and when. Please ring the office for further details

**MENS GROUP** – Tuesdays - 1<sup>st</sup> March 2022

**Wednesday**

**'LEGS 11' LEG CLUB AT NET DOVER STREET GARFORTH.** Every Wednesday

8.30am-12.30pm.

**COMPUTER CLUB** (beginners & advanced) – resumes 12<sup>th</sup> Jan 2022 and then every  
Wednesday 10am-12.00 at Garforth Library

**DANCERCISE** - every Wednesday at Garforth Methodist Church Community Room,  
Church Lane Garforth 10am – 11am

*Are You Sitting Comfortably?"* Every Wednesday from 2<sup>nd</sup> February at Garforth  
Methodist Church Community Room, Church Lane, Garforth 1.30-3.30pm

**CINEMA CLUB** - Wednesday - 1.30pm – 3.30pm

**WALKING GROUP** – **Future dates - 2022:** 26th January, 23rd February, 23rd March

**Thursday**

**COFFEE MORNING** – every Thursday 10-12noon

**COMMUNITY CONNECTIONS COFFEE MORNING** – Kippax Methodist Church 10am – 12 noon


**THE PHYSIOTHERAPY DROP IN SERVICE AT DOVER STREET.** This will be resuming soon at Dover Street in 2022. Watch this space!

**CRAFT GROUP WITH PHILLY** – resuming soon at Kippax Library.

**Friday**

**ACTIVE LEEDS FALLS PREVENTION STRENGTH & BALANCE** – Every Friday – 10.00-12.00

**OUT & ABOUT GROUP** – Friday 25<sup>th</sup> March 2022 - Trips and Excursions

**CARERS LEEDS SUPPORT** –  Supporting carers of people with dementia and memory problems. –First Friday in the month at the Miners Welfare Hall, Main Street, Garforth 2-3pm Contact the NET office or Carers Leeds advice line on 0113 380 4300 to reserve a place.

#### **LUNCHEON CLUBS -**

**Dover Street, Garforth** – every Monday, 11.30am – 1.30pm

**Halliday Court, Garforth** – every Monday, 11.30am -1.30pm

**Crosshills, Kippax** – every Tuesday 11.00am – 1.00pm

**Astley Court, Swillington** – every Tuesday 11.30am – 1.30pm.

**Churchville Community Centre, Micklefield** – every Wednesday 12noon – 2.00pm.

**Victoria Close, Allerton Bywater** – every Wednesday, 11.30am – 1.30pm.

**Westbourne Gardens, Garforth** – every Thursday, 11.30am – 1.30pm

**Primrose House, Swillington** – every Thursday 11.30am – 1.30pm.

**Hollins Grove, Allerton Bywater,** – every Friday, 11.30-1.30pm

**St Benedict's Garforth** every Friday – 10.30 -1pm

## WALKING GROUPS

If you find it difficult to get active, why not start walking? It's really easy to get started, you don't need any special equipment – and best of all it counts towards your recommended amount of physical activity.

Walking can improve your health, your happiness and, if you join one of our groups, it will give you the chance to explore the outdoors, get to know your local area and meet new people.

“It has been one of the best things I have ever done. I feel like I've found the real me again, I am healthier, fitter, happier, more confident and have made so many new friends” – This could be you

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*Thank you* Finally, we would like to say thank you to

everyone who has supported us over the last year. From those of you who come along to regular activities, to those who come along for the occasional coffee. Knowing we make even the slightest difference means so much to us. However, none of what we do would be possible without our team of wonderful volunteers. This has been another difficult and challenging year and our volunteers have stepped up, adapted and been there for all of us, so once more we reiterate that you are *truly the Jewels in NET's crown* and say a very sincere *thank you!*



Again we have been overwhelmed by the support from our community, through food donations from major supermarkets, to local businesses, individuals who have crafted gifts for our members and Jemma - Five Towns Home Assistance who has made our Christmas Raffle possible with the donation of these wonderful hampers. *So from Monica and the NET team, may we wish you all a safe and Happy Christmas and here's to a positive 2022!*



*Thank you*

*To all our local Food stores that  
have supported us throughout this  
pandemic over 8000 food parcels  
delivered*

