

BACKGROUND DOCUMENT 1

Alternative provision: Burley Willows day centre (WNW)

Service	Description	Organisation	Service Type	Area Covered	Frequency	Number of places
Befriending Service	Support to lonely and isolated older people in their own homes	STEP	Practical support	West Park and Far Headingley	On an ad-hoc basis	6
Drop In Group	Includes bingo and brunch Held at St Andrew's Church, Butcher Hill	STEP	Overcoming Social Isolation	As above	Every Thursday 10am-11.30am	45-50
Monday Group	Includes bingo, afternoon tea and cakes Held at St Andrew's Church, Butcher Hill	STEP	Overcoming Social Isolation	As above	Every Monday 1-3pm	50
Gentle Exercise Group		STEP	Overcoming health and well-being	As above	Every Tuesday 10-11.30am	12
Luncheon Club		STEP	Luncheon Club	As Above	Weekly on Thursday 11.30am-1pm	25
Lunch outings		STEP	Luncheon Club	As above	Monthly Group Tuesdays	15
Shopping Trip	Door to door shopping trip to local supermarket	STEP	Overcoming Social Isolation	As above	Monthly On Tuesdays	15
The 88 Lunch Club	Venue, St Andrews Church, Butcher Hill	The 88 Lunch Club	Lunch Club	West Park and Far Headingley	Thursdays 11.30 – 1.00	30
Cookridge Lunch Club	Held at Cookridge Methodist Church, Tinshill Road. Charge of £4 + tea/biscuits	Cookridge Lunch Club	Lunch Club	Cookridge, Ireland Wood, West Park and Adel	Wed 12 to 1.30 p.m.	24
St John's Lunch Club	Held at St John's Church Hall, Harrogate Road	St John's Church	Lunch Club	Alwoodley, Shadwell, Moortown	Thursdays 12 – 2 p.m.	26
Monday Club	Social activities and trips with a high level of input from members. Meets fortnightly at Yeadon Town Hall.	AVSED	Overcoming Social Isolation	LS19-20	Fortnightly On Mondays 10.30am	25
Tai Chi Class	Gentle exercise Held at The Convent Day Centre and Tuesday Social Centre.	AVSED	Overcoming health and well-being	LS19-20	Weekly on Tuesdays 10.30am	15 Waiting list
Luncheon Clubs	Holly Court Luncheon club. (Guiseley residents)	AVSED	Lunch club	LS19-20	Wednesdays 11.45 a.m. to 1.30 p.m.	20
Social Centre		AVSED	Overcoming Social Isolation	LS19-20	Weekly on Wednesdays 1pm-3pm	25 limited Places available
Library Services	Runs city wide readers groups, computer access, Talking books, Mobile library,	LCC Library Services	Overcoming social isolation	City Wide	-	-

Service	Description	Organisation	Service Type	Area Covered	Frequency	Number of places
	Leodis picture gallery, developing new skills. Support advice and information.					
Hey days Leeds Playhouse	Theatre shows, Creative writing, needlecraft, discussion groups. Costs £21.50 for six months	Leeds Playhouse	Overcoming Social Isolation	City Wide	Wednesdays 10am-3pm	20 sessions throughout the day (400 people)
Senior Club The Light Cinema	Screenings of films Tea and Coffee	The Light Cinema	Overcoming Social Isolation	City Wide	Tuesday and Thursdays	-
Social Centres	Billing View Social Centre & Thursday Social Centre	AVSED	Overcoming Social Isolation	LS19-20	Weekly on Tuesdays & Thursdays 9.30-11.30 1.30-3.30	25 limited Places available
Good Neighbours Social Meeting	Methodist Church Chapel Allerton Guest speaker and social time with tea and coffee	Chapel Allerton Good Neighbours Scheme	Overcoming Social Isolation	Chapel Allerton	Monthly First Tuesday of month 2pm-4pm	18-25 places
Luncheon Club	Methodist Church Chapel Allerton	Methodist Church	Luncheon Club	Chapel Allerton	Weekly on Tuesdays	20-30 places
Home Befriending	Provides support to isolated individuals in their own homes	Chapel Allerton Good Neighbours Scheme	Befriending	Chapel Allerton	As and when required	16 people
Swimming Club	Weekly sessions at David Lloyd sports centre	Moor Allerton Elderly Care (MAE care)	Healthy Living	Moor Allerton, Moortown, Shadwell & Alwoodley	Weekly Wednesday afternoons	10
Gentle Yoga	Held at St Pauls Church off King Lane Cost £3 per session	Moor Allerton Elderly Care (MAE care)	Healthy Living	Moor Allerton, Moortown, Shadwell & Alwoodley	Weekly Friday Mornings 10-11am	20
Walking Group	All walks under 2 hours, followed by refreshments Cost £3	Moor Allerton Elderly Care (MAE care)	Healthy Living	Moor Allerton, Moortown, Shadwell & Alwoodley	TBC	10
Extend Gentle Exercise class	Held twice weekly	Moor Allerton Elderly Care (MAE care)	Healthy Living	Moor Allerton, Moortown, Shadwell & Alwoodley	Weekly Mondays 11am & 1.30pm & Weds 1.30pm	20
Social trips	Six trips each year Contact: Elisabeth Tel 0113 2660371	Moor Allerton Elderly Care (MAE care)	Healthy Living	Moor Allerton, Moortown, Shadwell & Alwoodley	As arranged	40
Friendly Visiting Scheme	Volunteers visit people in their own homes to overcome social isolation	Moor Allerton Elderly Care (MAE care)	Overcoming social isolation	Moor Allerton, Moortown, Shadwell & Alwoodley	Visits every two weeks.	On a one to one basis
Stroke Club	Social events for stroke survivors and carers, where appropriate	Moor Allerton Elderly Care (MAE care)	Overcoming social isolation	Moor Allerton, Moortown, Shadwell & Alwoodley	Meets twice a month on Mondays St Pauls Church Hall off King Lane	20

Service	Description	Organisation	Service Type	Area Covered	Frequency	Number of places
Companions in Concert	Music/ theatre trips	Moor Allerton Elderly Care (MAE care)	Overcoming social isolation	Moor Allerton, Moortown, Shadwell & Alwoodley	Meets monthly on Monday afternoons to plan trips	20
Silver Surfers	One to one IT sessions Volunteer tutors Tel Peter 0113 2660371	Moor Allerton Elderly Care (MAE care)	Practical help	Moor Allerton, Moortown, Shadwell & Alwoodley	Arranged with tutor one hour sessions	1 to 1 sessions
Shared Lives	Respite support for older people in family homes.	Adult Social Care	User and carer support	City Wide	Depends on outcome of matching process	N/A
Extend Gentle Exercise class	Held at St John's Church, Yeadon	AVSED	Improving health and well-being	LS19-20	Weekly on Fridays 11 a.m. to 12.30 p.m.	15 Long waiting list
Church service	St Johns Church Yeadon	St Johns Church Yeadon/ AVSED		LS19-20	Sundays	N/A
Quarterly Day trip	Quarterly trip to seaside/ shopping/countryside etc.,	AVSED	Overcoming Social Isolation	LS19-20	Quarterly	Limited places
Exercise class for the over 60's	Gentle Exercise Two sessions Held at Central Methodist Church, Town St Horsforth	Horsforth Live at Home Scheme	Healthy living	Horsforth & Surrounding areas	Weekly on Mondays Session (1)10am-11am Session (2)11am to Noon	20
Pub Lunch	Advanced booking needed. Mini bus from home and back again.	Horsforth Live at Home Scheme	Overcoming Social Isolation	Horsforth & Surrounding areas	Mondays 11 a.m. to 2.00 p.m.	13
Mini bus trips	Varied programme, either shopping, leisure or walking	Horsforth Live at Home Scheme	Overcoming Social Isolation	Horsforth & Surrounding areas	9.30/11 am to 2.00 p.m.	13
Bacon Butties	Social gathering	Horsforth Live at Home Scheme	Overcoming Social Isolation	Horsforth & Surrounding areas	Tuesdays 11.30am-1pm	40
Anything Goes Dancing Class	Central Methodist Church, Town St. Professional instruction every other week	Horsforth Live at Home Scheme	Healthy living	Horsforth & Surrounding areas	Tuesdays 1pm-3pm	40
Swimming sessions	Held at Kirkstall Leisure Centre	Horsforth Live at Home Scheme	Healthy living	Horsforth & Surrounding areas	Tuesdays late morning	10
Shopping Trips	Shopping by Mini bus. Picked up and dropped off at home.	Horsforth Live at Home Scheme	Practical support	Horsforth & Surrounding areas	Wednesdays AM 9.30-11.30 10.15-12.30 PM 1.30-3.30	10 on each session
Coffee and lunch club drop-in	Held at Central Methodist Church, Town St	Horsforth Live at Home Scheme	Practical advice	Horsforth & Surrounding areas	Thursday 9.30-12.45	No limit
Indoor Bowls	Held at Central Methodist Church, Town St. Tuition available.	Horsforth Live at Home Scheme	Overcoming social isolation	Horsforth & Surrounding areas	Thursday 10-11.30am	8
Gentle Exercise Class	Venue Headingley Parish Hall, St Michaels Road Cost £1.50 plus	Older Wiser Local seniors (OWLS)	Healthy living	Headingley, Burley, Hyde Park, Little	Every Tuesday 10.45-11.45	20

Service	Description	Organisation	Service Type	Area Covered	Frequency	Number of places
	transport.			Woodhouse & Parts of Kirkstall		
Lunch	Transport to lunch at All Hallows Community Café. 24 Regent Terrace, Hyde Park Cost £3	Older Wiser Local seniors (OWLS)	Lunch Club	Headingley, Burley, Hyde Park, Little Woodhouse & Parts of Kirkstall	Every Wednesday	48
Shopping Service	Door to door shopping service to Morrisons. Help with shopping. Costs £4 return.	Older Wiser Local seniors (OWLS)	Practical support	Headingley, Burley, Hyde Park, Little Woodhouse & Parts of Kirkstall	Fortnightly on alternate Thursdays and Fridays	6-8 people x 3 pick ups
Caribbean Lunch Club	Kendall Carr, Hanover Mount Leeds 2 Meal costs £3.50	Older Wiser Local seniors (OWLS)	Lunch Club	Headingley, Burley, Hyde Park, Little Woodhouse Parts of Kirkstall	Every Thursday 2pm	14
Monthly Mini bus/Coach trip	To places of historical interest, shopping outlets sea side, etc	Older Wiser Local seniors (OWLS)	Overcoming Social Isolation	Headingley, Burley, Hyde Park, Little Woodhouse Parts of Kirkstall	Monthly	10-15 on one bus 46 on another
Bollywood Movies	Session held at Hyde Park Picture House	Older Wiser Local seniors (OWLS)	Overcoming Social Isolation	Headingley, Burley, Hyde Park, Little Woodhouse Parts of Kirkstall	Monthly	-
Active Life Programme	Please note current service due to close and new expanded service opens October 2013	LCC Leisure	Healthy living	LS16 and surrounding areas	Weekly Wednesdays and Fridays 9-12 Swim & Badminton 10-11 Circuit training 11-12 Pilates	/
Meanwood Knit and Sew group	Held at Meanwood Community Centre Creche £1 per session.	Meanwood Elders Neighbourhood Action (MENA)	Overcoming Social Isolation.	Meanwood	Twice a month. 1 st and 3 rd Monday of the month 1.30-3pm	25-30
Tai Chi Gentle Exercise	Held at Meanwood Community Centre Main Hall £3 per session	Meanwood Elders Neighbourhood Action (MENA)	Healthy living	Meanwood	Twice Weekly: Tuesdays 2-3pm & Thursday 11.45-1pm	60
Active Life Exercise	Held at Meanwood Community Centre Main Hall £3 per session	As above	Healthy living	Meanwood	Weekly on Wednesday 10-11.30am	60
Tea Dance	Held at Meanwood Community Centre Main Hall £1 per session	As above	Overcoming Social Isolation	Meanwood	Weekly on Wednesday 2-4pm	60
Sunday Lunch	Held at Stainbeck	As above	Lunch Club	Meanwood	Monthly on	40

Service	Description	Organisation	Service Type	Area Covered	Frequency	Number of places
Club	United Reform Church. Booking essential				Sundays	
Monday Lunch Club	Held at Stainbeck United Reform Church. Booking essential	As above	Lunch Club	Meanwood	Mondays 11 a.m. to 1.30 p.m.	20
Wednesday Lunch Club	Held at Stainbeck United Reform Church. Booking essential	As above	Lunch Club	Meanwood	Wednesdays 11 a.m. to 1.30 p.m.	20
Alwoodley Park Lunch Club Methodists	Held at Alwoodley Park Church, The Avenue, Off King Lane	Alwoodley Park Methodists	Lunch Club	Shadwell	Fridays once a fortnight 11.15 a.m. – 1.45 p.m.	30
Moortown Baptists Day Centre Lunch Club	Held at Moortown Baptist Church Hall, King Lane	Moortown Baptists Day Centre	Lunch Club	Moortown	Wednesdays 10.30 a.m. to 2 p.m.	30
St John's Lunch Club	Held at St John's Church Hall, Harrogate Road	St John's Church	Lunch Club	Alwoodley, Shadwell, Moortown	Thursdays 12 – 2 p.m.	26
Hawksworth Oldies Lunch Club	Held at the Community Building on Cragside Close	Hawksworth Oldies Lunch Club	Lunch Club	Hawksworth Wood, Vesper and Abbeydale estates	Thursday at 12 noon	28
Hawksworth Tuesday Club	Held at the Community Building on Cragside Close	Hawksworth Tuesday Club	Lunch Club	Hawksworth Wood, Vesper and Abbeydale estates	Tuesday at 12 noon	28
Senior Citizens Endeavour Lunch Club	Lunch Club. Held at The New Testament Church of God, Easterly Road	Senior Citizens Endeavour	Lunch Club	LS7, LS8 and LS17	Wednesdays and Fridays 11.30 a.m. – 3 p.m.	28
Lunch Club	Held at the Polish Catholic Centre, Chapel Allerton.	Polish Day Centre	Lunch Club	LS7, LS8, LS9, LS11, LS17 and Farnley	Wednesdays 10.30 a.m. to 2.30 p.m.	80
Lunch Club	Held at Leeds Chinese Community Association Based in LS2	Leeds Chinese Community Association	Lunch Club	Across Yorkshire	Tuesdays and Fridays 11.30 a.m. to 2 p.m.	20-25
Otley Action for Older People Lunch Club	Held at the Welfare Club, Otley	Otley Action for Older People	Lunch Club	Otley and Pool	Tuesdays 12 noon	34
Otley Action for Older People Lunch Club	Held at Pool Methodist Church	Otley Action for Older People	Lunch Club	Otley and Pool	Tuesdays 12 noon	26
Otley Action for Older People Lunch Club	Held at Otley Methodist Church	Otley Action for Older People	Lunch Club	Otley and Pool	Tuesdays 11.30 a.m.	35
Roscoe Methodist Church Lunch Club	Lunch costs £4	Roscoe Methodist Church	Lunch Club	Leeds 6,7,8,9	Tuesdays and Thursdays 11.00 a.m. to 3 p.m.	30
Leeds Vietnamese Elderly Group	Held at Leeds Chinese Community Centre, Leeds	Leeds Vietnamese Elderly Group	Lunch Club	City-wide	Sundays fortnightly 10.15 a.m. to 2 p.m.	40

Service	Description	Organisation	Service Type	Area Covered	Frequency	Number of places
	City Centre LS2					
Hey days	Opportunity for older people to meet and develop new, creative skills. Individuals can enrol for £24.50 for 6 months or £49 for a year	West Yorkshire Playhouse	Overcoming social isolation	City-wide	Wednesdays 19 September to 12 December	20 sessions throughout the day (400 people)
The Four Seasons Needle Workers	Meets fortnightly in West Yorkshire Playhouse café to chat, knit, crochet and cross stitch for charity or for fun. Membership is free although £1 donation is required for wool.	West Yorkshire Playhouse	Overcoming social isolation	City-wide	Alternate Mondays 1.30 – 3 p.m.	30
Lunch Club	Bhojan Sangam Group. Based in LS6	Bhojan Sangam Group	Luncheon Club	City wide	Fridays 11.30 a.m. – 1.30 p.m.	100
Northcall Community Lunch Club	Held at Northcall Community Centre, 53-55 Cranmer Bank	Northcall Community Lunch Club	Luncheon Club	Leeds 17	Wednesdays 12 to 1 p.m.	30
Mahila Samiti Kitchen Lunch Club	Held at Moir Court, Sagar Place, St Michael's Road	Association of Blind Asians	Luncheon Club	Leeds 6	Thursdays 10.30 a.m. to 2.30 p.m.	20
Lunch Club	Lunch club held at the Hamwattan Centre	Hamwattan Centre	Luncheon Club	Leeds 6, 7, 8, 14 and 17	Mondays and Tuesdays 9 am . to 4 p.m.	40
Headingley Methodist Luncheon Club	2 course meal and tea/coffee £4 charge	Headingley Methodist Church	Luncheon Club	Headingley, Adel, Weetwood	Tuesdays 12 noon to 1.15 p.m.	40
Parivar Lunch Club	Held at Treetops Community Centre	Parivar Lunch Club	Luncheon Club	Burman-tofts, Roundhay, Alwoodley, Moortown, Shadwell, Harehills, Chapeltown and Beeston	Mondays 12 to 2.30 p.m.	25
Yeadon Convent Day Centre Lunch Club	Held at Yeadon Convent, 23 Cemetery Road, Yeadon, Leeds S19 7UR	Yeadon Convent Day Centre	Luncheon Club	Yeadon	Tuesdays 10 a.m. to 2.45 p.m.	32
Sumangal Group for the Elderly Lunch Club	Held at Montague Burton Centre, Banstead Street	Sumangal Group for the Elderly	Luncheon Club	Leeds 7, 8, 17	Wednesdays 11.00 a.m. to 2.30 p.m.	40
Leeds Black Elders Association Lunch Club	Held at Austin Bird Memorial Centre, 196 Chapeltown Road	Leeds Black Elders Association	Luncheon Club	Leeds 6, 7, 8, 9	Tuesdays 11.30 a.m. to 3 p.m.	25
St Chad's Lunch Club	2 courses and tea/coffee £4.50	St Chad's Church	Luncheon Club	Headingley, Meanwood	Wednesdays 12 noon – 1.45 p.m.	50
Kashmiri Elders Association Lunch Club	Held at Woodsley Road Community Centre	Kashmiri Elders Association	Luncheon Club	Hyde Park, Woodhouse, Burley, Headingley,	Weekdays from 10 a.m. to 1 p.m.	25

Service	Description	Organisation	Service Type	Area Covered	Frequency	Number of places
				Kirkstall and Armley		
Apna Luncheon Club	Held at APNA Day Centre	APNA	Luncheon Club	Leeds 8, 9, 17	Wednesdays and Thursdays 9 a.m. – 2 pm	20
Dementia cafe	Dementia café in Leeds City Centre at the Bradbury Building next to St Johns Shopping Centre, off Dortmund Square £1 entry fee for tea/coffee/cake	Age UK and the Alzheimer's Society	Dementia café	City wide	Starts Wednesday 17 October. Every 3 rd Wednesday of the month 2 – 4 p.m. thereafter.	15

EXTEND CLASSES

Venue	Address	Area	Day	Time	Membership	Cost
Alwoodley Methodist Church	The Lane	Alwoodley	Wednesday	1.30-3	Open	£2
The Marjorie and Arnold Ziff Community Centre	311 Stonegate Road Leeds	Alwoodley	Thursday	10:30 – 11:30	People with Parkinson's Disease conditions. Public members are welcome if there is vacancy	Pay termly
Sir Karl Cohen Sheltered Housing	Sir Karl Cohen Square	Armley	Thursday	10:30	Please check with the Instructor	£1.50
Thornhill Court Sheltered Housing	Thornhill Court	Armley	Thursday	11:00	Please check with the Instructor	£1.50
Phil May Court Sheltered Housing	2 Phil May Court	Armley	Friday	10:30	Please check with the Instructor	£1.50
Hamara Healthy Living Centre/South Leeds Elderly and Community Group	Tempest Road	Beeston	Wednesday	11-Dec	Women only	£1 for membership including other activities
De Lacey House	Abbey Road	Kirkstall	Tuesday from 12th January 2010	11:00am - 12:00pm	Open	please check with instructor
St Mary's Church	Hawkswood Avenue	Kirkstall	Thursday	10:30-12:00	H.O.P.S. members only	£2.50 including transport and refreshments
Venue	Address	Area	Day	Time	Membership	Cost
Yeadon Community Health Centre	17 South View Road	Yeadon	Thursday	1:15 – 2:45	COPD rehab referrals only	FREE
Suffolk Court	Silver Lane	Yeadon	Wednesday	11:15 – 12:15	Open	please check with instructor
Stainbeck Church	Stainbeck Road		Monday from 11th January 2010 for 6 weeks	1:00pm - 2:00pm	?	
Astura Court	Potternewton Mount		Tuesday from 2nd February	2:00 - 3:00	Open	£1.00

PERSONAL CARE PROVIDERS

Keeping House Leeds Directory registered providers in North West Leeds

Toileting Assistance: Six providers

Bathing and Showering: Fourteen providers

Cleaning: Twenty Two Providers

City Wide personal care/ Cleaning: 48 providers

APPENDIX A (ii)

Alternative provision: Naburn Court day centre (E)

Service	Description	Organisation	Service Type	Area Covered	Frequency	Number of places
Walking Group	Weekly programme of gentle walks	Crossgates and District Good Neighbours Scheme	Healthy living	Leeds 15	Weekly Mondays 1-3.30 12 noon start in winter	No limit
Drop in	Held at the Newman Centre, Station Road, Cross Gates	Crossgates and District Good Neighbours Scheme	Practical advice	Leeds 15	Weekly Tuesday & Friday 9.30-12 noon	50-60
Out 'n' about walkers and strollers	Monthly programme of gentle walks	Crossgates and District Good Neighbours Scheme	Healthy living	Leeds 15	Monthly 11am-2.30/3	No limit
Activity Group	Held at the Newman Centre, Station Road, Cross Gates	Crossgates and District Good Neighbours Scheme	Overcoming social isolation	Leeds 15	Wednesday 10-12	Dependant on activity, room size and support needs of the group
Computer Lessons	Held at the Newman Centre, Station Road, Cross Gates	Crossgates and District Good Neighbours Scheme	Educational	Leeds 15	Wednesday 12.00-3.00 p.m.	As above
Table Games	Held at the Newman Centre, Station Road, Cross Gates	Crossgates and District Good Neighbours Scheme	Overcoming social isolation	Leeds 15	Wednesday 1.30-3pm	As above
Creative Writing	Held at the Newman Centre, Station Road, Cross Gates	Crossgates and District Good Neighbours Scheme	Educational	Leeds 15	Thursday 10am-12 noon	As above
Cryptic crossword Group	Held at the Newman Centre, Station Road, Cross Gates	Crossgates and District Good Neighbours Scheme	Overcoming social isolation	Leeds 15	Thursday 1-3	As above
Drop In	Held at the Newman Centre, Station Road, Cross Gates	Crossgates and District Good Neighbours Scheme	Practical advice	Leeds 15	9.30-12 noon	As above
Art Class	Held at the Newman Centre, Station Road, Cross Gates	Crossgates and District Good Neighbours Scheme	Overcoming social isolation	Leeds 15	1-3pm	As above
Extend gentle exercise class	Held at the Newman Centre, Station Road, Cross Gates	Crossgates and District Good Neighbours Scheme	Healthy living	Leeds 15	Wednesday 1.30-3pm	35
Drop in service	Free and confidential advice service	Richmond Hill Elderly Action	Practical Support	Richmond Hill, East End Park, Cross Green, Saxton Gardens, Parts of Osmondthorpe in Leeds 9	Monday to Friday 10am-1pm each week	Through-put of people on an ad-hoc basis

Service	Description	Organisation	Service Type	Area Covered	Frequency	Number of places
The Cinema Club	Held at Richmond Hill Community Centre. Cost £1	Richmond Hill Elderly Action	Overcoming Social Isolation	City-wide	Monday 22 October at 1.30 p.m.	30
Easy Walking Group	Meets up at Leeds City Bus Station	Richmond Hill Elderly Action	Improving health and well-being	City-wide	Fridays at 10.15	30
Monday Morning Advice Drop-in	Confidential advice and information sessions for older people and their carers.	Swarcliffe Good Neighbours Scheme	Practical Advice	Swarcliffe, Stanks and Whinmoor	Monday Mornings	On an ad-hoc basis
Assisted Shopping Trips	Monday – Assisted shopping Saturday – Self supported shopping	Action For Gipton Elderly	Practical Support	Gipton and Harehills	Every fortnight on a Monday and Saturday	12 on each trip
Luncheon Club	Held at centre 5-11 Oak Tree Drive Gipton	Action For Gipton Elderly	Luncheon Club	Gipton and Harehills	Weekly on Thursdays 10am-12pm	35
Friday Luncheon Club	Open to anyone Held at Montague Burton Day Centre Roundhay Road	Leeds Irish Health and Homes	Luncheon Club	East Leeds	Weekly on Fridays 12pm-3pm	40
St Nicholas Church Luncheon Club	Includes bingo / quiz and occasional trips	St Nicholas RC Church Oakwood Lane, Gipton	Luncheon Club	East Leeds	Weekly on Thursdays 12-3pm	20
Luncheon Club	For people with greater support needs	Action For Gipton Elderly	Luncheon Club	Gipton and Harehills	Fortnightly on Tuesdays 10am-2pm	26-27
Sunday Lunch club	Weekly lunch club at Richmond Hill Community Centre. Includes Bingo and Raffle.	Richmond Hill Elderly Action	Luncheon Club	Richmond Hill, East End Park, Cross Green, Saxton Gardens, Parts of Osmondthorpe in Leeds 9	Weekly on Sundays 11.30am-1.30pm Booking Essential	30
Luncheon Club	2 course hot lunch £5 per person per day- includes transport	Swarcliffe Good Neighbours Scheme	Luncheon Club	Swarcliffe, Stanks and Whinmoor	3 times each week on Wednesdays, Thursdays and Fridays 10.30am-1pm	41 per day
Luncheon Club	Held twice weekly. Includes bingo and raffle. Held at Methodist Church Hall	South Seacroft Friends and Neighbours	Luncheon Club	South Seacroft	Wednesdays and Thursdays each week	-
Shared Lives	Respite support for older people in family homes.	Adult Social Care	User and carer support	City Wide	Depends on outcome of matching process	N/A
RNIB Tele Befriending	Telephone social group for blind and partially sighted people. RNIB pay the cost of calls.	RNIB	Visual Impairment	National Service	weekly	/

Service	Description	Organisation	Service Type	Area Covered	Frequency	Number of places
Outings and Trips		Action For Gipton Elderly	Overcoming Social Isolation	Gipton and Harehills	Predominantly in the summer months	50
Library Service Books and DVDs	Available to Day Centre users and housebound people	Action For Gipton Elderly	Overcoming Social Isolation	Gipton and Harehills	Mainly Day Centre opening times Tuesday and Thursday 9:30-3:00	/
Home Visits	Practical and emotional support to people in their own homes	Richmond Hill Elderly Action	Overcoming Social Isolation	Richmond Hill, East End Park, Cross Green, Saxton Gardens, Parts of Osmondthorpe in Leeds 9	As Required	On a one to one basis
Ballroom Dancing Class	Held at Newbourne Church Hall Upper Accommodation Road Suits all levels of experience	Richmond Hill Elderly Action	Overcoming Social Isolation	Richmond Hill, East End Park, Cross Green, Saxton Gardens, Parts of Osmondthorpe in Leeds 9	Monday 1.30-3pm	40
Friends of Richmond Hill	Social Activities Held at Richmond Hill Community Centre	Richmond Hill Elderly Action	Overcoming Social Isolation	Richmond Hill, East End Park, Cross Green, Saxton Gardens, Parts of Osmondthorpe in Leeds 9	Tuesday 1.30-3pm Waiting list currently operating	/
Fun and Fitness Group	Gentle Exercise Cost £2.50 Held at Richmond Hill Community Centre	Richmond Hill Elderly Action	Overcoming Social Isolation	Richmond Hill, East End Park, Cross Green, Saxton Gardens, Parts of Osmondthorpe in Leeds 9	Weekly on Thursdays 1pm-2.30pm	/
Drawing and Painting Group	Held at Richmond hill community centre. Suitable for complete beginners or experienced artists.	Richmond Hill Elderly Action	Overcoming Social Isolation	Richmond Hill, East End Park, Cross Green, Saxton Gardens, Parts of Osmondthorpe in Leeds 9	Weekly on Thursdays 10am-12noon	20
Hey days Leeds Playhouse	Theatre shows, Creative writing, needlecraft, discussion groups. Costs £21.50 for six months	Leeds Playhouse	Overcoming Social Isolation	City Wide	Wednesdays 10am-3pm	20 sessions throughout the day (400 people)
Senior Club The Light Cinema	Screenings of films Tea and Coffee	The Light Cinema	Overcoming Social Isolation	City Wide	Tuesday and Thursdays	-
It's Thursday	Social group includes lunch £5 with transport or £4 without Held at	Richmond Hill Elderly Action	Overcoming Social Isolation	Richmond Hill, East End Park, Cross Green, Saxton Gardens	Weekly on Thursdays 11am-1.30pm	40

Service	Description	Organisation	Service Type	Area Covered	Frequency	Number of places
	Richmond Hill Community Centre			Parts of Osmondthorpe in Leeds 9		
Friday Walking Group	Gentle walks to local places of interest	Richmond Hill Elderly Action	Overcoming Social Isolation	Richmond Hill, East End Park, Cross Green, Saxton Gardens, Parts of Osmondthorpe in Leeds 9	Various timings	25
Home visits	Health and Community Worker Visits	Action For Gipton Elderly	Overcoming Social Isolation	Gipton and Harehills	Depends on need	150-180
Day Service	Held at centre 5-11 Oak Tree Drive Gipton	Action For Gipton Elderly	Overcoming Social Isolation	Gipton and Harehills	Tuesdays and Thursdays 9:30-3:00	35
Line Dancing Classes	Fun and gentle exercise to music. Held at St Gregory's Youth and Adult Centre	Swarcliffe Good Neighbours Scheme	Overcoming Social Isolation	Swarcliffe, Stanks and Whinmoor	2 times each week on Tuesdays 11am-1pm and Thursdays 1.30pm-3.30pm	50
Computer Cafe	Relaxed sessions for older people to learn basic computer skills	Swarcliffe Good Neighbours Scheme	Overcoming Social Isolation	Swarcliffe, Stanks and Whinmoor	Weekly on Thursdays between 11am-1pm	3
Lunch Clubs	Held at South Seacroft Methodist Church Hall With Bingo/raffle.	South Seacroft Friends and Neighbours	Luncheon Club	South Seacroft	Held Weekly Wednesday & Thursday	25
Exercise Class	Held at South Seacroft Methodist Church Hall Fun, chair based exercise to music.	South Seacroft Friends and Neighbours	Overcoming Social Isolation	South Seacroft	Held Weekly on Wednesdays at 10.30am	25
Computer class	In partnership with John Smeatons Community College. Small group.	South Seacroft Friends and Neighbours	Educational	South Seacroft	Wednesday afternoons	10
Knitters Group	Intergeneration project with a local school. Older people teach knitting to school children.	South Seacroft Friends and Neighbours	Overcoming Social Isolation	South Seacroft	Thursdays 3 – 4 p.m.	10
Programme of outings	Trips throughout the year	South Seacroft Friends and Neighbours	Overcoming Social Isolation	South Seacroft	Once a month (times vary)	40
Craft group	Held at South Seacroft Methodist Church Hall	South Seacroft Friends and Neighbours	Overcoming Social Isolation	South Seacroft	Thursday afternoons from October at 1.30 p.m.	10
History Group	Supports people with dementia and memory loss. Light	Action For Gipton Elderly	Dementia	Gipton and Harehills	Alternate Tuesdays 10am-1pm	12-15

Service	Description	Organisation	Service Type	Area Covered	Frequency	Number of places
	refreshments					
St Benedicts Lunch Club	St Benedicts Parish Centre, Aberford Road	St Benedicts Lunch Club	Lunch Club	Garforth and Kippax	Fridays 11 am to 1.30 p.m.	30
Astley Court (Primrose) Lunch Club	Held at Astley Court, Swillington	Astley Court	Lunch Club	Garforth and Swillington	Tuesday 10.30 – 12.30	18
Whitkirk Silver Lining Lunch Club	St Mary's Church, Selby Road	Whitkirk Silver Lining Lunch Club	Lunch Club	Garforth, Kippax, Halton, Whitkirk, Colton and Temple Newsam	Tuesdays 12 to 2 p.m.	20-25
Great and Little Preston Lunch Club	Held at Great Preston Village Hall	Great and Little Preston Lunch Club	Lunch Club	Great Preston, Swillington, Kippax and Garforth	Tuesdays 10.30 a.m. to 2 p.m.	40
Valley Ridge Lunch Club	Held at Valley Ridge Community Centre, Kippax	Valley Ridge Lunch Club	Lunch Club	Kippax	Tuesday 11 a.m. to 2 p.m.	20
Alwoodley Park Lunch Club Methodists	Held at Alwoodley Park Church, The Avenue, Off King Lane	Alwoodley Park Methodists	Lunch Club	Shadwell	Fridays once a fortnight 11.15 a.m. – 1.45 p.m.	30
Moortown Baptists Day Centre Lunch Club	Held at Moortown Baptist Church Hall, King Lane	Moortown Baptists Day Centre	Lunch Club	Moortown	Wednesdays 10.30 a.m. to 2 p.m.	30
St John's Lunch Club	Held at St John's Church Hall, Harrogate Road	St John's Church	Lunch Club	Alwoodley, Shadwell, Moortown	Thursdays 12 – 2 p.m.	26
Lunch Club	Held at the Polish Catholic Centre, Chapel Allerton.	Polish Day Centre	Lunch Club	LS7, LS8, LS9, LS11, LS17 and Farnley	Wednesdays 10.30 a.m. to 2.30 p.m.	80
Lunch Club	Held at Leeds Chinese Community Association Based in LS2	Leeds Chinese Community Association	Lunch Club	Across Yorkshire	Tuesdays and Fridays 11.30 a.m. to 2 p.m.	20-25
Thorner Over 55's Lunch Club	Held at 31a Main Street, Thorner	Thorner Over 55's Lunch Club	Lunch Club	Thorner	Alternate Wednesdays 12 – 1.30 p.m.	18
Senior Citizens Endeavour Lunch Club	Lunch Club. Held at The New Testament Church of God, Easterly Road	Senior Citizens Endeavour	Lunch Club	LS7, LS8 and LS17	Wednesdays and Fridays 11.30 a.m. – 3 p.m.	28
WRVS St James Lunch Club	Held at St James's Church, Wetherby	WRVS St James	Lunch Club	Wetherby	Fridays fortnightly 12.30 – 1.45 p.m.	36
St James's WRVS Luncheon Club	Held at St James Church Centre	Wetherby in Support of the elderly(WISE) www.W-ise.org.uk	Lunch club	Wetherby and surrounding villages	Alternate Fridays – 12.30 – 2.00 p.m.	Friday lunch club
Mason House WRVS Luncheon Club	Coffee, lunch and bingo. Referral required. Please contact WISE	Wetherby in Support of the elderly(WISE) www.W-ise.org.uk	Lunch club	Wetherby and surrounding villages	Tuesdays 10 am – 2.30 p.m.	30
Boston Spa Evergreen Luncheon Club	Referral from GP, Social Services and WISE	Wetherby in Support of the elderly(WISE) www.W-ise.org.uk	Lunch club	Wetherby and surrounding villages	Third Tuesday in the month from 11 a.m.	30
Coffee	Held at Clifford	Wetherby in	Overcoming	Wetherby and	Tuesdays 10 –	No limit

Service	Description	Organisation	Service Type	Area Covered	Frequency	Number of places
morning	Methodist Hall	Support of the elderly(WISE) www. W-ise.org.uk	social isolation	surrounding villages	12 noon	
Retired/Senior Persons Group	Held at Clifford Village Hall	Wetherby in Support of the elderly(WISE) www. W-ise.org.uk	Overcoming social isolation	Wetherby and surrounding villages	Wednesdays 1.45 to 3.45 p.m.	/
Bramham Monday Club	Held at Bramham Village Hall	Wetherby in Support of the elderly(WISE) www. W-ise.org.uk	Overcoming social isolation	Wetherby and surrounding villages	First Monday of the month 1.30 – 3.30 p.m.	30
Social coffee afternoon	Held at Northgates House, 17 Northgates, Wetherby	Wetherby in Support of the elderly(WISE) www. W-ise.org.uk	Overcoming social isolation	Wetherby and surrounding villages	Wednesday monthly from 1.30 pm	22
Coffee morning followed by Luncheon Club	Held at Bramham Primary School	Wetherby in Support of the elderly(WISE) www. W-ise.org.uk	Luncheon club	Wetherby and surrounding villages	2 nd Wednesday of the month. Coffee 10 – 11.45 a.m. Lunch from 12 noon. Term time only.	/
Coffee morning, badminton, indoor bowls,	Held at Methodist Church Centre	Wetherby in Support of the elderly(WISE) www. W-ise.org.uk	Overcoming social isolation	Wetherby and surrounding villages	Wednesdays 10 – 12 noon	30
Thursday coffee morning	Held at St James Church Rooms	Wetherby in Support of the elderly(WISE) www. W-ise.org.uk	Overcoming social isolation	Wetherby and surrounding villages	Thursday 9.30 to 10.30 a.m.	/
Tea and Toast	Held at East Keswick Methodist	Wetherby in Support of the elderly(WISE) www. W-ise.org.uk	Overcoming social isolation	Wetherby and surrounding villages	1 st and 3 rd Tuesday monthly – 2.30 – 4 p.m.	30
Sunshine Café	Café for Dementia sufferers and their carers. Held at Collingham Village Hall	Wetherby in Support of the elderly(WISE) www. W-ise.org.uk	Dementia	Wetherby and surrounding villages	Last Wednesday of the month, 2 – 4 p.m.	30-35
Bardsey Good Companions	Friendly group, tea, coffee, cakes etc. Held at Callister Hall (Church Hall)	Wetherby in Support of the elderly(WISE) www. W-ise.org.uk	Overcoming social isolation	Wetherby and surrounding villages	Every other Tuesday 2 – 4 p.m.	30-35
Tea Room	Village Hall, Harewood	Wetherby in Support of the elderly(WISE) www. W-ise.org.uk	Overcoming social isolation	Wetherby and surrounding villages	Weekends 11 a.m. to 3 p.m. winter and 11 a.m. to 4 p.m. summer	/
Rotary Club, Wetherby and District	Meets at Wetherby Golf Club	Wetherby in Support of the elderly(WISE) www. W-ise.org.uk	Overcoming social isolation	Wetherby and surrounding villages	Wednesdays 12.30 – 2 p.m.	40
Extend exercise class	Exercise class for older/less able, seated and standing routines for all abilities. Held at St James Church Rooms. £3 including	Wetherby in Support of the elderly(WISE) www. W-ise.org.uk	Healthy living	Wetherby and surrounding villages	Thursdays 2 – 3.30 p.m.	20

Service	Description	Organisation	Service Type	Area Covered	Frequency	Number of places
	refreshments					
Ramblers Wetherby and District	Sunday walks	Wetherby in Support of the elderly(WISE) www. W-ise.org.uk	Healthy living	Wetherby and surrounding villages	Sunday walks	No limit
Rotary Club, Lower Wharfedale	Meets at the Bridge Hotel, Walshford	Wetherby in Support of the elderly(WISE) www. W-ise.org.uk	Overcoming social isolation	Wetherby and surrounding villages	Mondays 7.30 p.m.	No limit
Friendship Club	Meets at Mason House, Hallfield Lane	Wetherby in Support of the elderly(WISE) www. W-ise.org.uk	Overcoming social isolation	Wetherby and surrounding villages	1 st Monday monthly, 2 – 4 p.m.	25-30
Ladies Friendship Group	Held at Clifford Methodist Hall.	Wetherby in Support of the elderly(WISE) www. W-ise.org.uk	Overcoming social isolation	Wetherby and surrounding villages	2 nd Monday of each month. Group does not meet over the Summer	25-30
Bingo, dominoes and friendship group	Held at Mason House Community Centre	Wetherby in Support of the elderly(WISE) www. W-ise.org.uk	Overcoming social isolation	Wetherby and surrounding villages	Open 7 days	30
Crafty Corner	A small friendly group who enjoy crafts. Refreshments served. Handmade cards available to buy. Held at Mason House, Hallfield Lane.	Wetherby in Support of the elderly(WISE) www. W-ise.org.uk	Overcoming social isolation	Wetherby and surrounding villages	Wednesdays 9.30 a.m. – 12 noon	30
Church on the Corner	Hallfield Lane (part of St James Church). Service followed by tea and chat to get to know one another.	Wetherby in Support of the elderly(WISE) www. W-ise.org.uk	Overcoming social isolation	Wetherby and surrounding villages	Tuesdays 2 – 4 p.m.	/
Tea Dance	Held at St James Church Scout and Guide Hall, £2 per session – tea and scones included	Wetherby in Support of the elderly(WISE) www. W-ise.org.uk	Overcoming social isolation	Wetherby and surrounding villages	Alternate Tuesdays 2 – 4.30 p.m.	60
Saturday Coffee Shop	Held at Wetherby Methodist Church, Main Hall	Wetherby in Support of the elderly(WISE) www. W-ise.org.uk	Overcoming social isolation	Wetherby and surrounding villages	Saturdays 9 a.m. – 1 p.m.	No upper limit
Wetherby Carers Group	Support for carers, coffee, discussion Meets at Wetherby Town Hall	Wetherby in Support of the elderly(WISE) www. W-ise.org.uk	User and carer support	Wetherby and surrounding villages	4 th Thursday every odd month – 10 a.m. to 12 noon	20
The Café at Boston Spa	Café for Dementia sufferers and their carers. Held at Boston Spa Village Hall	Wetherby in Support of the elderly(WISE) www. W-ise.org.uk	Dementia	Wetherby and surrounding villages	2 nd Tuesday of every month – 2 to 4 p.m.	30
Collingham Retired Men's Forum	Meets at Collingham Methodist Hall	Wetherby in Support of the elderly(WISE) www. W-ise.org.uk	Overcoming social isolation	Wetherby and surrounding villages	Tuesdays 10.30 a.m.	/

Service	Description	Organisation	Service Type	Area Covered	Frequency	Number of places
Wetherby Retired Men's Forum	Talks, discussions and lectures. Meets at St James Church Centre	Wetherby in Support of the elderly(WISE) www. W-ise.org.uk	Overcoming social isolation	Wetherby and surrounding villages	Wednesdays 10.15 – 11.45 a.m. Sept to April.	50-60
Women's Friendship Group	Boston Spa Methodist Church	Wetherby in Support of the elderly(WISE) www. W-ise.org.uk	Overcoming social isolation		2 nd and 4 th Tuesday – Sept to May 2.30 p.m.	25-30
Lunchtime concerts	Boston Spa Methodist Church	Wetherby in Support of the elderly(WISE) www. W-ise.org.uk	Overcoming social isolation		2 nd Friday monthly except July and August. Light lunch at 12 noon and concert at 1 pm	/
Coffee morning	Held at Deepdale Community Centre, Boston Spa	Wetherby in Support of the elderly(WISE) www. W-ise.org.uk	Overcoming social isolation		1 st Monday in the month (not Jan or May)	30
Women's Group	Meets at Wetherby Methodist Church	Wetherby in Support of the elderly(WISE) www. W-ise.org.uk	Overcoming social isolation		Tuesdays fortnightly 7.45 p.m. Sept to May	36
Wetherby Women's Institute	Meets at St James Church Rooms, Church Street	Wetherby in Support of the elderly(WISE) www. W-ise.org.uk	Overcoming social isolation		2 nd Wednesday in the month 7.30 p.m.	50
Luncheon Club	Operates from Kentmere Community Centre	North Seacroft Good Neighbours Scheme	Luncheon Club	North Seacroft	Operates Monday Wednesday And Friday 11.30am-1.30pm	25-35 Per Session
Dementia Group	Luncheon club targeted at people with dementia/ memory loss. Trips out locally every other week. Invitation to lunch club all week.	North Seacroft Good Neighbours Scheme	Dementia Group/ Luncheon Club	North Seacroft	Alternate Wednesdays	25-35
Shopping Trips	Supported shopping trips to local supermarkets	North Seacroft Good Neighbours Scheme	Practical support	North Seacroft	Every Thursday and alternate Wednesdays	12
Befriending	Volunteers ring an elderly person on a regular basis to offer friendship and support	North Seacroft Good Neighbours Scheme	Befriending/ Practical support	North Seacroft	Agreed with the person being supported	On a one to one basis
Home Visits	Regular home visits targeted at isolated and vulnerable.	North Seacroft Good Neighbours Scheme	Befriending/ Practical support	North Seacroft	Agreed with the person being supported	On a one to one basis
Drop in Advice Sessions	Practical advice and support	North Seacroft Good Neighbours Scheme	Advice Sessions	North Seacroft	3 times each week when luncheon club operates. Also once or twice each quarter at Queens View	In groups at local flats

Service	Description	Organisation	Service Type	Area Covered	Frequency	Number of places
					and Barncroft flats.	
Gentle Exercise class	Gentle exercise Suitable for people at all levels. Tai Chi every other week.	North Seacroft Good Neighbours Scheme	Health and Well being	North Seacroft	Monthly	12
Bereavement Support	Practical support and counselling to bereaved older people.	North Seacroft Good Neighbours Scheme	Bereavement Support	North Seacroft	When required	/
Lunch Clubs	Monday at St Agnes Church Hall. Wednesday at Ebor Gardens	Burmantofts Senior Action	Luncheon Club	Burmantofts	Weekly Monday 11.30-1.15pm Wednesday 11.30-1.15pm	36
Crafters Group	Creative Group	Burmantofts Senior Action	Overcoming social isolation	Burmantofts	Weekly Wednesdays 10am-12	No limit
Drop In Group	Social group with speakers outings, parties etc. Held at St Agnes Church Hall	Burmantofts Senior Action	Overcoming Social Isolation	Burmantofts	Weekly Thursdays 1.30pm-3pm	No limit
Stroke Club	Held at The Anchorage Halton Moor Support for people who have had a stroke and their carers.	Burmantofts Senior Action	Overcoming Social Isolation	Burmantofts Halton Moor Osmondthorpe	Held alternative Thursdays 2-4pm	15
Friendly Visiting	Visiting service for people who cannot get out of their homes and are lonely.	Burmantofts Senior Action	Overcoming Social Isolation	Burmantofts	Depends on individual need	One to one basis
Swimming Club	Weekly sessions at David Lloyd sports centre	Moor Allerton Elderly Care (MAE care)	Healthy Living	Moor Allerton, Moortown, Shadwell & Alwoodley	Weekly Wednesday afternoons	10
Gentle Yoga	Held at St Pauls Church off King Lane Cost £3 per session	Moor Allerton Elderly Care (MAE care)	Healthy Living	Moor Allerton, Moortown, Shadwell & Alwoodley	Weekly Friday Mornings 10-11am	20
Walking Group	All walks under 2 hours, followed by refreshments Cost £3	Moor Allerton Elderly Care (MAE care)	Healthy Living	Moor Allerton, Moortown, Shadwell & Alwoodley	TBC	10
Extend Gentle Exercise class	Held twice weekly	Moor Allerton Elderly Care (MAE care)	Healthy Living	Moor Allerton, Moortown, Shadwell & Alwoodley	Weekly Mondays 11am&1.30pm & weds 1.30pm	20
Social trips	Six trips each year Contact: Elisabeth Tel 0113 2660371	Moor Allerton Elderly Care (MAE care)	Healthy Living	Moor Allerton, Moortown, Shadwell & Alwoodley	As arranged	40
Friendly Visiting Scheme	Volunteers visit people in their own homes to overcome social isolation.	Moor Allerton Elderly Care (MAE care)	Overcoming social isolation	Moor Allerton, Moortown, Shadwell & Alwoodley	Visits every two weeks.	N/A
Stroke Club	Social events for stroke survivors and carers, where	Moor Allerton Elderly Care (MAE care)	Overcoming social isolation	Moor Allerton, Moortown, Shadwell & Alwoodley	Meets twice a month on Mondays St Pauls Church	20

Service	Description	Organisation	Service Type	Area Covered	Frequency	Number of places
	appropriate				Hall off King Lane	
Companions in Concert	Music/ theatre trips	Moor Allerton Elderly Care (MAE care)	Overcoming social isolation	Moor Allerton, Moortown, Shadwell & Alwoodley	Meets monthly on Monday afternoons to plan trips	20
Silver Surfers	One to one IT sessions Volunteer tutors Tel Peter 0113 2660371	Moor Allerton Elderly Care (MAE care)	Practical help	Moor Allerton, Moortown, Shadwell & Alwoodley	Arranged with tutor one hour sessions	1 to 1 sessions
St Benedicts Lunch Club	St Benedicts Parish Centre, Aberford Road	St Benedicts Lunch Club	Lunch Club	Garforth and Kippax	Fridays 11 am to 1.30 p.m.	30
Lunch Group & Bingo	Held at Anchorage	Halton Moor and Osmondthorpe Project for Elders (HOPE)	Lunch club	Halton Moor and Osmondthorpe	Monday 11.30 a.m. – 2 p.m.	38
Friendship Group	Held at Anchorage	As above	Overcoming social isolation	Halton Moor and Osmondthorpe	Tuesday 10 a.m. – 12 noon	40
Carers Group	Held at HOPE	As above	User and carers support	Halton Moor and Osmondthorpe	Wednesday monthly 11.30 a.m. – 3 p.m.	14
Reminiscence Group	Held at HOPE	As above	Overcoming social isolation	Halton Moor and Osmondthorpe	Thursday 10.30 – 12.30	14
Stroke Club	Held at Anchorage	As above	Practical support	Halton Moor and Osmondthorpe	Thursday 2 – 4 p.m. (bi weekly)	20
Arts & Crafts Group	Held at HOPE	As above	Overcoming social isolation	Halton Moor and Osmondthorpe	Friday 10.30 a.m. – 12.30 p.m.	14
Befriending service	Support to lonely and isolated older people in their own homes	As above	Befriending/ practical support	Halton Moor and Osmondthorpe	Allocate on a need basis	On a one to one basis
Theatre trips	Social outings	As above	Overcoming social isolation	Halton Moor and Osmondthorpe	3 to 4 times a year	40
Trips inc. to Beamish and seaside	Social outings	As above	Overcoming social isolation	Halton Moor and Osmondthorpe	Once a year	44
Christ Church Lunch Club	Held at Christ Church, Chapel Street, Halton	Christ Church Lunch Club	Lunch Club	Halton, Whitkirk and Cross Gates	Thursdays 12 – 2	40
Roscoe Methodist Church Lunch Club	Lunch costs £4	Roscoe Methodist Church	Lunch Club	Leeds 6,7,8,9	Tuesdays and Thursdays 11.00 a.m. to 3 p.m.	30
Hey days	Opportunity for older people to meet and develop new, creative skills. Individuals can enrol for £24.50 for 6 months or £49 for a year	West Yorkshire Playhouse	Overcoming social isolation	City-wide	Wednesdays 19 September to 12 December	20 sessions throughout the day (400 people)
The Four Seasons Needle Workers	Meets fortnightly in West Yorkshire Playhouse café to chat, knit, crochet and cross stitch for charity or for fun. Membership is free although	West Yorkshire Playhouse	Overcoming social isolation	City-wide	Alternate Mondays 1.30 – 3 p.m.	30

Service	Description	Organisation	Service Type	Area Covered	Frequency	Number of places
	£1 donation is required for wool.					
Lunch Club	Bhojan Sangam Group. Based in LS6	Bhojan Sangam Group	Luncheon Club	City wide	Fridays 11.30 a.m. – 1.30 p.m.	100
Halliday Court Lunch Club	Held at Halliday Court, Halliday Road, Garforth	Halliday Court Lunch Club	Luncheon Club	Garforth and Kippax	Mondays 10.30 a.m. to 2 p.m.	35
Hollins Grove Lunch Club	Held at Hollins Grove Community Centre, Allerton Bywater	Hollins Grove Lunch Club	Luncheon Club	Kippax and Swillington	Fridays 10 a.m. to 1.30 p.m.	25
Northcall Community Lunch Club	Held at Northcall Community Centre, 53-55 Cranmer Bank	Northcall Community Lunch Club	Luncheon Club	Leeds 17	Wednesdays 12 to 1 p.m.	30
Lunch Club	Held at the Hamwattan Centre	Hamwattan Centre	Luncheon Club	Leeds 6, 7, 8, 14 and 17	Mondays and Tuesdays 9 am to 4 p.m.	40
Parivar Lunch Club	Held at Treetops Community Centre	Parivar Lunch Club	Luncheon Club	Burmantofts, Roundhay, Alwoodley, Moortown, Shadwell, Harehills, Chapeltown and Beeston	Mondays 12 to 2.30 p.m.	25
Sumangal Group for the Elderly Lunch Club	Held at Montague Burton Centre, Banstead Street	Sumangal Group for the Elderly	Luncheon Club	Leeds 7, 8, 17	Wednesdays 11.00 a.m. to 2.30 p.m.	40
St Chad's Lunch Club	2 courses and tea/coffee £4.50	St Chad's Church	Luncheon Club	Headingley, Meanwood	Wednesdays 12 noon – 1.45 p.m.	50
Apna Luncheon Club	Held at Apna Day Centre	APNA	Luncheon Club	Leeds 8, 9, 17	Wednesdays and Thursdays 9 a.m. – 2 p.m.	20
Dementia cafe	Dementia café in Leeds City Centre at the Bradbury Building next to St Johns Shopping Centre, off Dortmund Square £1 entry fee for tea/coffee/cake	Age UK and the Alzheimer's Society	Dementia café	City wide	Starts Wednesday 17 October. Every 3 rd Wednesday of the month 2 – 4 p.m. thereafter.	15

EXTEND CLASSES

Venue	Address	Area	Day	Time	Membership	Cost
Alwoodley Methodist Church	The Lane	Alwoodley	Wednesday	1.30-3	Open	£2
The Marjorie and Arnold Ziff Community Centre	311 Stonegate Road Leeds	Alwoodley	Thursday	10:30 – 11:30	People with Parkinson's Disease conditions. Public members are welcome if there is vacancy	Pay termly
Hamara Healthy Living Centre/South Leeds Elderly and Community Group	Tempest Road	Beeston	Wednesday	11-Dec	Women only	£1 for membership including other activities

The Old School Room Crossgates Methodist Church	Austhorpe Road	Crossgates	Wednesday	2:00- 3:30	Open	£2.5 for members £3 for non-members
Village Hall	School Lane	East Keswick	Tuesday	11:00 - 12:00	People with Parkinson's Disease conditions. Public members are welcome if there is vacancy	please check with instructor
All Saints Parish Hall	Church Street	Woodlesford	Tuesday	11.00-12.00	L @ H members Public members are welcome if there is vacancy	£2.50

Stainbeck Church	Stainbeck Road		Monday from 11th January 2010 for 6 weeks	1:00pm - 2:00pm	?	
Astura Court	Potternewton Mount		Tuesday from 2nd February	2:00 - 3:00	Open	£1.00
Dyneley House Care Home	10 Allerton Hill,	Chapel Allerton	Monday fortnightly	01:30	Home residents only	n/a

PERSONAL CARE PROVIDERS

Keeping House Leeds Directory registered providers in North East Leeds

Toileting Assistance: Four providers

Bathing and Showering: Twelve providers

Cleaning: Twenty Providers

City Wide personal care/ Cleaning: 48 providers

APPENDIX A (iii)
Alternative provision: Doreen Hamilton day centre (E)

Service	Description	Organisation	Service type	Area Covered	Frequency	Number of Places
Shared Lives	Respite support for older people in family homes.	Adult Social Care	User and carer support	City Wide	Depends on outcome of matching process	N/A
Luncheon Club	Operates from Kentmere Community Centre	North Seacroft Good Neighbours Scheme	Luncheon Club	North Seacroft	Operates Monday Wednesday And Friday 11.30am-1.30pm	25-35 Per Session
Dementia Group	Luncheon club targeted at people with dementia/ memory loss. Trips out locally every other week. Invitation to lunch club all week.	North Seacroft Good Neighbours Scheme	Dementia Group/ Luncheon Club	North Seacroft	Alternate Wednesdays	25-35
Shopping Trips	Supported shopping trips to local supermarkets	North Seacroft Good Neighbours Scheme	Practical support	North Seacroft	Every Thursday and alternate Wednesdays	12
Befriending	Volunteers ring an elderly person on a regular basis to offer friendship and support	North Seacroft Good Neighbours Scheme	Befriending/ Practical support	North Seacroft	Agreed with the person being supported	On a one to one basis
Home Visits	Regular home visits targeted at isolated and vulnerable.	North Seacroft Good Neighbours Scheme	Befriending/ Practical support	North Seacroft	Agreed with the person being supported	On a one to one basis
Drop in Advice Sessions	Practical advice and support	North Seacroft Good Neighbours Scheme	Advice Sessions	North Seacroft	3 times each week when luncheon club operates. Also once or twice each quarter at Queens View and Barncroft flats.	In groups at local flats
Gentle Exercise class	Gentle exercise Suitable for people at all levels. Tai Chi every other week.	North Seacroft Good Neighbours Scheme	Healthy living	North Seacroft	Monthly	12
Bereavement Support	Practical support and counselling to bereaved older people	North Seacroft Good Neighbours Scheme	Bereavement Support	North Seacroft		/
Lunch Clubs	Held at South Seacroft Methodist Church Hall With Bingo/raffle.	South Seacroft Friends and Neighbours	Luncheon Club	South Seacroft	Held Weekly Wednesday & Thursday	25
Exercise Class	Held at South Seacroft Methodist Church Hall Fun, chair based exercise to music.	South Seacroft Friends and Neighbours	Overcoming Social Isolation	South Seacroft	Held Weekly on Wednesdays at 10.30am	25
Computer class	In partnership with John Smeatons Community College. Small group.	South Seacroft Friends and Neighbours	Educational	South Seacroft	Wednesday afternoons	10
Knitters Group	Intergeneration project with a local school. Older people teach knitting to school children.	South Seacroft Friends and Neighbours	Overcoming Social Isolation	South Seacroft	Thursdays 3 – 4 p.m.	10
Programme of outings	Trips throughout the year	South Seacroft Friends and Neighbours	Overcoming Social Isolation	South Seacroft	Once a month (times vary)	40
Craft group	Held at South Seacroft Methodist	South Seacroft Friends and	Overcoming	South Seacroft	Thursday afternoons from October at 1.30	10

Service	Description	Organisation	Service type	Area Covered	Frequency	Number of Places
	Church Hall	Neighbours	Social Isolation		p.m.	
Day Service	Held at centre 5-11 Oak Tree Drive Gipton	Action For Gipton Elderly	Overcoming Social Isolation	Gipton and Harehills	Tuesdays and Thursdays 9:30-3:00	35
Home visits	Health and Community Worker Visits	Action For Gipton Elderly	Overcoming Social Isolation	Gipton and Harehills	Depends on need	150-180
History Group	Supports people with dementia and memory loss. Light refreshments	Action For Gipton Elderly	Dementia	Gipton and Harehills	Alternate Tuesdays 10am-1pm	12-15
Library Service Books and DVDs	Available to Day Centre users and housebound people	Action For Gipton Elderly	Overcoming Social Isolation	Gipton and Harehills	Mainly Day Centre opening times Tuesday and Thursday 9:30-3:00	-
Outings and Trips		Action For Gipton Elderly	Overcoming Social Isolation	Gipton and Harehills	Predominantly in the summer months	50
Luncheon Club	For people with greater support needs	Action For Gipton Elderly	Luncheon Club	Gipton and Harehills	Fortnightly on Tuesdays 10am-2pm	26-27
Luncheon Club	Held at centre 5-11 Oak Tree Drive Gipton	Action For Gipton Elderly	Luncheon Club	Gipton and Harehills	Weekly on Thursdays 10am-12pm	35
Assisted Shopping Trips	Monday – Assisted shopping Saturday – Self supported shopping	Action For Gipton Elderly	Practical Support	Gipton and Harehills	Every fortnight on a Monday and Saturday	12 on each trip
Lunch Clubs	Monday at St Agnes Church Hall. Wednesday at Ebor Gardens	Burmantofts Senior Action	Luncheon Club	Burmantofts	Weekly Monday 11.30-1.15pm Wednesday 11.30-1.15pm	36
Crafters Group	Creative Group	Burmantofts Senior Action	Overcoming Social Isolation	Burmantofts	Weekly Wednesdays 10am-12	No limit
Drop In Group	Social group with speakers outings, parties etc. Held at St Agnes Church Hall	Burmantofts Senior Action	Overcoming Social Isolation	Burmantofts	Weekly Thursdays 1.30pm-3pm	No limit
Stroke Club	Held at The Anchorage Halton Moor Support for people who have had a stroke and their carers.	Burmantofts Senior Action	Overcoming Social Isolation	Burmantofts Halton Moor Osmondthorpe	Held alternative Thursdays 2-4pm	15
Friendly Visiting	Visiting service for people who cannot get out of their homes and are lonely.	Burmantofts Senior Action	Overcoming Social Isolation	Burmantofts	Depends on individual need	One to one basis
Drop in service	Free and confidential advice service	Richmond Hill Elderly Action	Practical Support	Richmond Hill, East End Park, Cross Green, Saxton Gardens, Parts of Osmondthorpe in Leeds 9	Monday to Friday 10am-1pm each week	Through-put of people on an ad-hoc basis
Sunday Lunch club	Weekly lunch club at Richmond Hill Community Centre. Includes Bingo and Raffle.	Richmond Hill Elderly Action	Luncheon Club	Richmond Hill, East End Park, Cross Green,	Weekly on Sundays 11.30am-1.30pm Booking Essential	30

Service	Description	Organisation	Service type	Area Covered	Frequency	Number of Places
				Saxton Gardens, Parts of Osmondthorpe in Leeds 9		
Ballroom Dancing Class	Held at Newbourne Church Hall Upper Accommodation Road Suits all levels of experience	Richmond Hill Elderly Action	Overcoming Social Isolation	Richmond Hill, East End Park, Cross Green, Saxton Gardens, Parts of Osmondthorpe in Leeds 9	Monday 1.30-3pm	40
Home Visits	Practical and emotional support to people in their own homes	Richmond Hill Elderly Action	Overcoming Social Isolation	Richmond Hill, East End Park, Cross Green, Saxton Gardens, Parts of Osmondthorpe in Leeds 9	As Required	On a one to one basis
Fun and Fitness group	Group to build fitness and stamina Cost £2.50 Held at Richmond Hill Community Centre	Richmond Hill Elderly Action	Overcoming Social Isolation	Richmond Hill, East End Park, Cross Green, Saxton Gardens, Parts of Osmondthorpe in Leeds 9	Thursday weekly 1pm-2.30pm	40
It's Thursday	Social group includes lunch £5 with transport or £4 without Held at Richmond Hill Community Centre	Richmond Hill Elderly Action	Overcoming Social Isolation	Richmond Hill, East End Park, Cross Green, Saxton Gardens Parts of Osmondthorpe in Leeds 9	Weekly on Thursdays 11am-1.30pm	40
Friends of Richmond Hill	Social Activities Held at Richmond Hill Community Centre	Richmond Hill Elderly Action	Overcoming Social Isolation	Richmond Hill, East End Park, Cross Green, Saxton Gardens, Parts of Osmondthorpe in Leeds 9	Tuesday 1.30-3pm	25
Drawing and Painting Group	Held at Richmond hill community centre. Suitable for complete beginners or experienced	Richmond Hill Elderly Action	Overcoming Social Isolation	Richmond Hill, East End Park, Cross	Weekly on Thursdays 10am-12noon	20

Service	Description	Organisation	Service type	Area Covered	Frequency	Number of Places
	artists.			Green, Saxton Gardens, Parts of Osmondthorpe in Leeds 9		
Friday Walking Group	Gentle walks to local places of interest	Richmond Hill Elderly Action	Overcoming Social Isolation	Richmond Hill, East End Park, Cross Green, Saxton Gardens, Parts of Osmondthorpe in Leeds 9	Various timings	25
The Cinema Club	Held at Richmond Hill Community Centre. Cost £1	Richmond Hill Elderly Action	Overcoming Social Isolation	City-wide	Monday 22 October at 1.30 p.m.	30
Easy Walking Group	Meets up at Leeds City Bus Station	Richmond Hill Elderly Action	Improving health and well-being	City-wide	Fridays at 10.15	30
Monday Morning Advice Drop-in	Confidential advice and information sessions for older people and their carers.	Swarcliffe Good Neighbours Scheme	Practical Advice	Swarcliffe, Stanks and Whinmoor	Monday Mornings	On an ad-hoc basis
Line Dancing Classes	Fun and gentle exercise to music. Held at St Gregory's Youth and Adult Centre	Swarcliffe Good Neighbours Scheme	Overcoming Social Isolation	Swarcliffe, Stanks and Whinmoor	2 times each week on Tuesdays 11am-1pm and Thursdays 1.30pm-3.30pm	50
Computer Cafe	Relaxed sessions for older people to learn basic computer skills	Swarcliffe Good Neighbours Scheme	Overcoming Social Isolation	Swarcliffe, Stanks and Whinmoor	Weekly on Thursdays between 11am-1pm	3
Luncheon Clubs	3 weekly luncheon clubs held at St Gregory's Youth and Adult Centre. Costs £5.25 inclusive of transport	Swarcliffe Good Neighbours Scheme	Luncheon Club	Swarcliffe, Stanks and Whinmoor	Weekly on Wed/Thurs/ Fri 10.30am-1pm	No limit
Friday Luncheon Club	Open to anyone Held at Montague Burton Day Centre Roundhay Road	Leeds Irish and Health Homes	Luncheon Club	East Leeds	Weekly on Fridays 12pm-3pm	40
Seniors Group	For individuals diagnosed with dementia or memory problems. Held at Leeds Irish Centre York Road LS9 6TA	Leeds Irish and Health Homes	Dementia	City wide	Weekly on Thursdays 10am-2pm	12
Social club	Held at Leeds Black Elders Association, 180 Chapeltown Road	Leeds Black Elders Association	Practical advice	Parts of Leeds 6,7,8,9 & city wide remit.	Tuesdays 10.30 a.m. – 3 p.m.	30
Walking Group	Regular programme of walks	Crossgates and District Good Neighbours Scheme	Healthy living	Leeds 15	Weekly Mondays 1-3.30 12 noon start in winter	No limit
Drop in	Held at the Newman Centre, Station Road, Cross Gates	Crossgates and District Good Neighbours Scheme	Practical advice	Leeds 15	Weekly Tuesday & Friday 9.30-12 noon	50-60

Service	Description	Organisation	Service type	Area Covered	Frequency	Number of Places
Out 'n' about walkers and strollers	Regular programme of walks	Crossgates and District Good Neighbours Scheme	Healthy living	Leeds 15	Monthly 11am-2.30/3	No limit
Activity Group	Held at the Newman Centre, Station Road, Cross Gates	Crossgates and District Good Neighbours Scheme	Overcoming social isolation	Leeds 15	Wednesday 10-12	Dependant upon activity, room size and support needs of the group
Computer Lessons	Held at the Newman Centre, Station Road, Cross Gates	Crossgates and District Good Neighbours Scheme	Educational	Leeds 15	Wednesday 12 – 3.00 p.m.	As above
Table Games	Held at the Newman Centre, Station Road, Cross Gates	Crossgates and District Good Neighbours Scheme	Overcoming social isolation	Leeds 15	Wednesday 1.30-3pm	As above
Creative Writing	Held at the Newman Centre, Station Road, Cross Gates	Crossgates and District Good Neighbours Scheme	Educational	Leeds 15	Thursday 10am-12 noon	As above
Cryptic crossword Group	Held at the Newman Centre, Station Road, Cross Gates	Crossgates and District Good Neighbours Scheme	Overcoming social isolation	Leeds 15	Thursday 1-3	As above
Drop In	Held at the Newman Centre, Station Road, Cross Gates	Crossgates and District Good Neighbours Scheme	Practical advice	Leeds 15	9.30-12 noon	As above
Art Class	Held at the Newman Centre, Station Road, Cross Gates	Crossgates and District Good Neighbours Scheme	Overcoming social isolation	Leeds 15	1-3pm	As above
Extend gentle exercise class	Held at the Newman Centre, Station Road, Cross Gates	Crossgates and District Good Neighbours Scheme	Healthy living	Leeds 15	Wednesday 1.30-3pm	35
Friday lunch club	Held at the Bangladeshi Centre, Roundhay Road	Shantona Women's Centre	Luncheon Club	Harehills, Chapeltown, Roundhay and Burmantofts – although other areas too accepted	Fridays 12 – 2 p.m.	20-25
Senior Citizens Endeavour Lunch Club	Lunch Club. Held at The New Testament Church of God, Easterly Road	Senior Citizens Endeavour	Lunch Club	LS7, LS8 and LS17	Wednesdays and Fridays 11.30 a.m. – 3 p.m.	28
Lunch Club	Held at the Polish Catholic Centre, Chapel Allerton.	Polish Day Centre	Lunch Club	LS7, LS8, LS9, LS11, LS17 and Farnley	Wednesdays 10.30 a.m. to 2.30 p.m.	80
Lunch Club	Held at Leeds Chinese Community Association Based in LS2	Leeds Chinese Community Association	Lunch Club	Across Yorkshire	Tuesdays and Fridays 11.30 a.m. to 2 p.m.	20-25
Lunch Club	Held at Christ Church, Chapel Street, Halton	Christ Church Lunch Club	Lunch Club	Halton, Whitkirk and Cross Gates	Thursdays 12 – 2	40
Leeds Vietnamese Elderly Group	Held at Leeds Chinese Community Centre, Leeds City Centre LS2	Leeds Vietnamese Elderly Group	Lunch Club	City-wide	Sundays fortnightly 10.15 a.m. to 2 p.m.	40
Lunch Club	Held at Roscoe Methodist Church. Lunch costs £4	Roscoe Methodist Church	Lunch Club	Leeds 6,7,8,9	Tuesdays and Thursdays 11.00 a.m. to 3 p.m.	30
Hey days	Opportunity for older people to meet and	West Yorkshire Playhouse	Overcoming social	City-wide	Wednesdays 19 September to 12	20 sessions through-out

Service	Description	Organisation	Service type	Area Covered	Frequency	Number of Places
	develop new, creative skills. Individuals can enrol for £24.50 for 6 months or £49 for a year		isolation		December	the day (400 people)
The Four Seasons Needle Workers	Meets fortnightly in West Yorkshire Playhouse café to chat, knit, crochet and cross stitch for charity or for fun. Membership is free although £1 donation is required for wool.	West Yorkshire Playhouse	Overcoming social isolation	City-wide	Alternate Mondays 1.30 – 3 p.m.	30
Lunch Club	Run by Bhojan Sangam Group. Based in LS6	Bhojan Sangam Group	Luncheon Club	City wide	Fridays 11.30 a.m. – 1.30 p.m.	100
Lunch Club	Run by Hamwattan Centre	Hamwattan Centre	Luncheon Club	Leeds 6, 7, 8, 14 and 17	Mondays and Tuesdays 9 am. to 4 p.m.	40
Lunch Club	Parivar Lunch Club. Held at Treetops Community Centre	Parivar Lunch Club	Luncheon Club	Burmantofts, Roundhay, Alwoodley, Moortown, Shadwell, Harehills, Chapeltown and Beeston	Mondays 12 to 2.30 p.m.	25
Sumangal Group for the Elderly Lunch Club	Held at Montague Burton Centre, Banstead Street	Sumangal Group for the Elderly	Luncheon Club	Leeds 7, 8, 17	Wednesdays 11.00 a.m. to 2.30 p.m.	40
Leeds Black Elders Association Lunch Club	Held at Austin Bird Memorial Centre, 196 Chapeltown Road	Leeds Black Elders Association	Luncheon Club	Leeds 6, 7, 8, 9	Tuesdays 11.30 a.m. to 3 p.m.	25
St Chad's Lunch Club	2 courses and tea/coffee £4.50	St Chad's Church	Luncheon Club	Headingley, Meanwood	Wednesdays 12 noon – 1.45 p.m.	50
Apna Luncheon Club	Held at Apna Day Centre	APNA	Luncheon Club	Leeds 8, 9, 17	Wednesdays and Thursdays 9 a.m. – 2 p.m.	20
Dementia cafe	Dementia café in Leeds City Centre at the Bradbury Building next to St Johns Shopping Centre, off Dortmund Square £1 entry fee for tea/coffee/cake	Age UK and the Alzheimer's Society	Dementia café	City wide	Starts Wednesday 17 October. Every 3 rd Wednesday of the month 2 – 4 p.m. thereafter.	15

EXTEND CLASSES

Venue	Address	Area	Day	Time	Membership	Cost
Alwoodley Methodist Church	The Lane	Alwoodley	Wednesday	1.30-3	Open	£2
The Marjorie and Arnold Ziff Community Centre	311 Stonegate Road Leeds	Alwoodley	Thursday	10:30 – 11:30	People with Parkinson's Disease conditions. Public members are welcome if there is vacancy	Pay termly

Hamara Healthy Living Centre/South Leeds Elderly and Community Group	Tempest Road	Beeston	Wednesday	11-Dec	Women only	£1 for membership including other activities
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Venue	Address	Area	Day	Time	Membership	Cost
Dyneley House Care Home	10 Allerton Hill,	Chapel Allerton	Monday fortnightly	01:30	Home residents only	n/a
The Old School Room Crossgates Methodist Church,	Austhorpe Road	Crossgates	Wednesday	2:00- 3:30	Open	£2.5 for members £3 for non-members
Stainbeck Church	Stainbeck Road		Monday from 11th January 2010 for 6 weeks	1:00pm - 2:00pm	?	
Astura Court	Potternewton Mount		Tuesday from 2nd February	2:00 - 3:00	Open	£1.00

PERSONAL CARE PROVIDERS

Keeping House Leeds Directory registered providers in North East Leeds

Toileting Assistance: Four providers

Bathing and Showering: Twelve providers

Cleaning: Twenty Providers

City Wide personal care/ Cleaning: 48 providers

APPENDIX A (iv)

Alternative provision: Queenswood Drive day centre (N)

Service	Description	Organisation	Service Type	Area covered	Frequency	Number of places
Befriending Service	Home visits to lonely and isolated people	STEP	Befriending/ Practical support	West Park and Far Headingley	N/A	6
Drop In Group	Includes bingo and brunch	STEP	Overcoming Social Isolation	As above	Every Thursday 10am-11.30am	45-50
Monday Group	Includes bingo, afternoon tea and cakes	STEP	Overcoming Social Isolation	As above	Every Monday 1-3pm	50
Library Services	Runs city wide readers groups, computer access, Talking books, Mobile library, Leodis picture gallery, developing new skills. Support advice and information.	LCC Library Services	Overcoming social isolation	City Wide	-	-
Hey days Leeds Playhouse	Theatre shows, Creative writing, needlecraft, discussion groups. Costs £21.50 for six months	Leeds Playhouse	Overcoming Social Isolation	City Wide	Wednesdays 10am-3pm	20 sessions throughout the day (400 people)
Senior Club The Light Cinema	Screenings of films Tea and Coffee	The Light Cinema	Overcoming Social Isolation	City Wide	Tuesday and Thursdays	-
Gentle Exercise Group	Held at St Andrew's Church, Butcher Hill	STEP	Improving health and well-being	As above	Every Tuesday 10-11.30am	12
Lunch outings	Various venues	STEP	Luncheon Club	As above	Monthly Group Various times	15
Luncheon Club	Held at St Andrew's Church, Butcher Hill	STEP	Luncheon Club	As Above	Weekly on Thursday 11.30am-1pm	25
Shopping Trip	Door to door shopping trip to local supermarket	STEP	Overcoming Social Isolation	As above	Monthly On Tuesdays	15
Shared Lives	Respite support for older people in family homes.	Adult Social Care	User and carer support	City Wide	Depends on outcome of matching process	N/A
Monday Club	Social activities and trips with a high level of input from members. Meets fortnightly at Yeadon Town Hall.	AVSED	Overcoming Social Isolation	LS19-20	Fortnightly On Mondays 10.30am	25
Tai Chi Class	Gentle exercise Held at The Convent Day Centre and Tuesday Social Centre.	AVSED	Improving health and well-being	LS19-20	Weekly on Tuesdays 10.30am	15 Waiting list
Luncheon Clubs	Holly Court Luncheon club. (Guiselley residents)	AVSED	Lunch club	LS19-20	Wednesdays 11.45 a.m. to 1.30 p.m.	20
Social Centre	Range of social activities	AVSED	Overcoming Social Isolation	LS19-20	Weekly on Wednesdays 1pm-3pm	25 limited Places available
Social Centres	Billing View Social Centre & Thursday Social Centre	AVSED	Overcoming Social Isolation	LS 19-20	Weekly on Tuesdays & Thursdays 9.30-11.30 1.30-3.30	25 limited Places available
Extend Gentle Exercise	Held at St John's Church, Yeadon	AVSED	Improving health and well-being	LS19-20	Weekly on Fridays 11 a.m. to 12.30	15 Long waiting list

Service	Description	Organisation	Service Type	Area covered	Frequency	Number of places
class					p.m.	
Church service	St Johns Church Yeadon	St Johns Church Yeadon/ AVSED		LS19-20	Sundays	N/A
Quarterly Day trip	Quarterly trip to seaside/ shopping/countryside etc.	AVSED	Overcoming Social Isolation	LS19-20	Quarterly	Limited places
Exercise class for the over 60's	Gentle Exercise Two sessions Held at Central Methodist Church, Town St Horsforth.	Horsforth Live at Home Scheme	Improving health and well-being	Horsforth and Surrounding areas	Weekly on Mondays Session (1)10am-11am Session (2)11am to Noon	20 on each session
Pub Lunch	Advanced booking needed. Mini bus from home and back again.	Horsforth Live at Home Scheme	Overcoming Social Isolation	Horsforth and Surrounding areas	Mondays 11 a.m. to 2.00 p.m.	13
Mini bus trips	Varied programme, either shopping, leisure or walking	Horsforth Live at Home Scheme	Overcoming Social Isolation	Horsforth and Surrounding areas	Mondays 9.30/11 am to 2.00 p.m.	13
Bacon Butties	Social group	Horsforth Live at Home Scheme	Overcoming Social Isolation	Horsforth and Surrounding areas	Tuesdays 11.30am-1pm	40
Anything Goes Dancing Class	Central Methodist Church, Town St. Professional instruction every other week	Horsforth Live at Home Scheme	Improving health and well-being	Horsforth and Surrounding areas	Tuesdays 1pm-3pm	40
Swimming sessions	Held at Kirkstall Leisure Centre	Horsforth Live at Home Scheme	Improving health and well-being	Horsforth and Surrounding areas	Tuesdays late morning	10
Shopping Trips	Shopping by Mini bus. Picked up and dropped off at home.	Horsforth Live at Home Scheme	Practical support	Horsforth and Surrounding areas	Wednesdays AM 9.30-11.30 10.15-12.30 PM 1.30-3.30	10 on each trip
Coffee and lunch club drop-in	Held at Central Methodist Church, Town St	Horsforth Live at Home Scheme	Overcoming Social Isolation	Horsforth and Surrounding areas	Thursday 9.30-12.45	No limit
Indoor Bowls	Held at Central Methodist Church, Town St. Tuition available.	Horsforth Live at Home Scheme	Overcoming Social Isolation	Horsforth and Surrounding areas	Thursday 10-11.30am	8
Chair Based Exercise	Venue, The Hub, 10 Silk Mill Drive	Older Peoples Action in the Locality (Opal)	Improving health and well-being	LS16	Tuesdays and Thursdays 2pm-3pm	16 per session
Gentle Exercise class	The Stables, Adel	Older Peoples Action in the Locality (Opal)	Improving health and well-being	LS16	Wednesday 11am-12pm	16-18
Tai Chi	2 classes Wednesday Bramhope Methodist Church Thursday Adel Community Centre, New Adel Lane	Older Peoples Action in the Locality (Opal)	Improving health and well-being	LS16	Twice Weekly Wed 10.15-11.15 Thurs 10-11	20-25
Tea Dance	Held at Adel Community Centre. cost £2.50	Older Peoples Action in the Locality (Opal)	Overcoming Social Isolation	LS16	Fortnightly Tuesdays 1-3pm	30
Yoga	Held at Friends Meeting	Older	Improving health		Weekly	10

Service	Description	Organisation	Service Type	Area covered	Frequency	Number of places
	House, New Adel Lane. Cost £3	Peoples Action in the Locality (Opal)	and well-being	LS16	Thursdays 11-12.15pm	
Coffee Afternoon	Held at 10 Silk Mill Drive, Tinshill	Older Peoples Action in the Locality (Opal)	Overcoming Social Isolation	LS16	Weekly Fridays 1.30-3.30	35
Computer Lessons	Held at Opal office. One to One tuition £1.50 for 1 hr session	Older Peoples Action in the Locality (Opal)	Educational	LS16	Mondays, Tuesdays, Thursdays 2 to 3 p.m.	1 to 1 session
Home Based Computer Sessions	Book in advance via the Opal office. Price per session £8. Office based sessions are £4	Older Peoples Action in the Locality (Opal)	Educational	LS16	Mondays at 10 or 11 a.m., 2 or 3 pm and Tuesdays at 10 or 11 a.m.	N/A
Craft Group	At Opal Office Cost £3	As above	Overcoming Social Isolation	LS16	1 st & 3 rd Friday of the month 1.30-3.30	10
Creative Writing Group	Free classes held at Holt Park Library	As above	Educational	LS16	3 rd Monday of the month 2pm-3.30pm	8 to 10
Men's Group	Venues vary	As above	Overcoming Social Isolation	LS16	Monthly	12
Regular Trips	See newsletter for details	As above	Overcoming Social Isolation	LS16	Monthly	46
Theatre Trips	Regular trips to selected shows at The Playhouse cost£9	As above	Overcoming Social Isolation	LS16	Depends on productions coming up	40
Shopping Trips	Door to door supermarket trips. Extra support available.	As above	Practical support	LS16	Fortnightly on Thursdays	12
Bramhope Meeting Point	Held at Bramhope Methodist Church Hall	As above	Overcoming social isolation		Thursdays 2 – 4 p.m.- starting 15 November	30
Drop-In	Information on health, benefits, Housing, rights etc	As above	Practical advice	LS16	Mon, Tues, Thurs, Fri 10 a.m. -1 p.m. Wednesday 2.30 to 4 p.m.	N/A
Carers Support Group	Support to carers. Held in various locations. Cost £1	As above	Practical support	LS16	3 rd Tuesday of the month.	16
Dementia drop-in	For people with Dementia and their carers	As above	Dementia	LS16	Starting January 2013	TBC
The 88 Lunch Club	Venue, St Andrews Church, Butcher Hill	The 88 Lunch Club	Lunch Club	West Park and Far Headingley	Thursdays 11.30 – 1.00	30
Cookridge Lunch Club	Held at Cookridge Methodist Church, Tinshill Road. Charge of £4 + tea/biscuits	Cookridge Lunch Club	Lunch Club	Cookridge, Ireland Wood, West Park and Adel	Wed 12 to 1.30 p.m.	24
Hawsworth Oldies Lunch Club	Held at the Community Building on Cragside Close	Hawsworth Oldies Lunch Club	Lunch Club	Hawsworth Wood, Vesper and Abbeydale estates	Thursday at 12 noon	28
Hawsworth Tuesday Club	Held at the Community Building on Cragside Close	Hawsworth Tuesday Club	Lunch Club	Hawsworth Wood, Vesper and Abbeydale estates	Tuesday at 12 noon	28
Gentle Exercise Class	Venue Headingley Parish Hall, St Michaels Road Cost £1.50 plus transport.	Older Wiser Local seniors (OWLS)	Improving health and well-being	Headingley, Burley, Hyde Park, Little Woodhouse & Parts of Kirkstall	Every Tuesday 10.45-11.45	20

Service	Description	Organisation	Service Type	Area covered	Frequency	Number of places
Lunch	Transport to lunch at All Hallows Community Café. 24 Regent Terrace, Hyde Park Cost £3	Older Wiser Local seniors (OWLS)	Lunch Club	Headingley, Burley, Hyde Park, Little Woodhouse & Parts of Kirkstall	Every Wednesday	48
Shopping Service	Door to door shopping service to Morrisons. Help with shopping. Costs £4 return.	Older Wiser Local seniors (OWLS)	Practical support	Headingley, Burley, Hyde Park, Little Woodhouse & Parts of Kirkstall	Fortnightly on alternate Thursdays and Fridays	6-8 people x 3 pick ups
Caribbean Lunch Club	Kendall Carr, Hanover Mount Leeds 2 Meal costs £3.50	Older Wiser Local seniors (OWLS)	Lunch Club	Headingley, Burley, Hyde Park, Little Woodhouse & Parts of Kirkstall	Every Thursday 2pm	14
Monthly Mini bus/Coach trip	To places of historical interest, shopping outlets sea side, etc	Older Wiser Local seniors (OWLS)	Overcoming Social Isolation	Headingley, Burley, Hyde Park, Little Woodhouse & Parts of Kirkstall	Monthly	10-15 on one bus 46 on another
Bollywood Movies	Session held at Hyde Park Picture House	Older Wiser Local seniors (OWLS)	Overcoming Social Isolation	Headingley, Burley, Hyde Park, Little Woodhouse & Parts of Kirkstall	Monthly	200
Active Life Programme	Please note current service due to close and new expanded service opens October 2013	LCC Leisure	Improving health and well-being	LS16 and surrounding areas	Weekly Wednesdays and Fridays 9-12 Swim & Badminton 10-11 Circuit training 11-12 Pilates	-
Meanwood Knit and Sew group	Held at Meanwood Community Centre Creche £1 per session.	Meanwood Elders Neighbourhood Action (MENA)	Overcoming Social Isolation.	Meanwood	Twice a month. 1 st and 3 rd Monday of the month 1.30-3pm	25-30
Tai Chi Gentle Exercise	Held at Meanwood Community Centre Main Hall £3 per session	Meanwood Elders Neighbourhood Action (MENA)	Improving health and well-being	Meanwood	Twice Weekly: Tuesdays 2-3pm & Thursday 11.45-1pm	60
Active Life Exercise	Held at Meanwood Community Centre Main Hall £3 per session	As above	Improving health and well-being	Meanwood	Weekly on Wednesday 10-11.30am	60
Tea Dance	Held at Meanwood Community Centre Main Hall £1 per session	As above	Overcoming Social Isolation	Meanwood	Weekly on Wednesday 2-4pm	60
Sunday Lunch Club	Held at Stainbeck United Reform Church. Booking essential	As above	Lunch Club	Meanwood	Monthly on Sundays	40
Monday Lunch Club	Held at Stainbeck United Reform Church. Booking essential	As above	Lunch Club	Meanwood	Mondays 11 a.m. to 1.30 p.m.	20
Wednesday Lunch Club	Held at Stainbeck United Reform Church. Booking essential	As above	Lunch Club	Meanwood	Wednesdays 11 a.m. to 1.30 p.m.	20
Senior Citizens Endeavour Lunch Club	Lunch Club. Held at The New Testament Church of God, Easterly Road	Senior Citizens Endeavour	Lunch Club	LS7, LS8 and LS17	Wednesdays and Fridays 11.30 a.m. – 3 p.m.	28
Lunch Club	Held at the Polish Catholic Centre, Chapel Allerton.	Polish Day Centre	Lunch Club	LS7, LS8, LS9, LS11, LS17 and Farnley	Wednesdays 10.30 a.m. to 2.30 p.m.	80
Lunch Club	Held at Leeds Chinese Community Association Based in LS2	Leeds Chinese Community Association	Lunch Club	Across Yorkshire	Tuesdays and Fridays 11.30 a.m. to 2 p.m.	20-25

Service	Description	Organisati on	Service Type	Area covered	Frequency	Number of places
Otley Action for Older People Lunch Club	Held at the Welfare Club, Otley	Otley Action for Older People	Lunch Club	Otley and Pool	Tuesdays 12 noon	34
Otley Action for Older People Lunch Club	Held at Pool Methodist Church	Otley Action for Older People	Lunch Club	Otley and Pool	Tuesdays 12 noon	26
Otley Action for Older People Lunch Club	Held at Otley Methodist Church	Otley Action for Older People	Lunch Club	Otley and Pool	Tuesdays 11.30 a.m.	35
Roscoe Methodist Church Lunch Club	Lunch costs £4	Roscoe Methodist Church	Lunch Club	Leeds 6,7,8,9	Tuesdays and Thursdays 11.00 a.m. to 3 p.m.	30
Leeds Vietnamese Elderly Group	Held at Leeds Chinese Community Centre, Leeds City Centre LS2	Leeds Vietnamese Elderly Group	Lunch Club	City-wide	Sundays fortnightly 10.15 a.m. to 2 p.m.	40
Hey days	Opportunity for older people to meet and develop new, creative skills. Individuals can enrol for £24.50 for 6 months or £49 for a year	West Yorkshire Playhouse	Overcoming social isolation	City-wide	Wednesdays 19 September to 12 December	20 sessions throughout the day (400 people)
The Four Seasons Needle Workers	Meets fortnightly in West Yorkshire Playhouse café to chat, knit, crochet and cross stitch for charity or for fun. Membership is free although £1 donation is required for wool.	West Yorkshire Playhouse	Overcoming social isolation	City-wide	Alternate Mondays 1.30 – 3 p.m.	30
Lunch Club	Bhojan Sangam Group. Based in LS6	Bhojan Sangam Group	Luncheon Club	City wide	Fridays 11.30 a.m. – 1.30 p.m.	100
Mahila Samiti Kitchen Lunch Club	Held at Moir Court, Sagar Place, St Michael's Road	Association of Blind Asians	Luncheon Club	Leeds 6	Thursdays 10.30 a.m. to 2.30 p.m.	20
Lunch Club	Held at the Hamwattan Centre	Hamwattan Centre	Luncheon Club	Leeds 6, 7, 8, 14 and 17	Mondays and Tuesdays 9 am. to 4 p.m.	40
Headingley Methodist Luncheon Club	2 course meal and tea/coffee £4 charge	Headingley Methodist Church	Luncheon Club	Headingley, Adel, Weetwood	Tuesdays 12 noon to 1.15 p.m.	40
Yeadon Convent Day Centre Lunch Club	Held at Yeadon Convent, 23 Cemetery Road, Yeadon, Leeds LS19 7UR	Yeadon Convent Day Centre	Luncheon Club	Yeadon	Tuesdays 10 a.m. to 2.45 p.m.	32
Sumangal Group for the Elderly Lunch Club	Held at Montague Burton Centre, Banstead Street	Sumangal Group for the Elderly	Luncheon Club	Leeds 7, 8, 17	Wednesdays 11.00 a.m. to 2.30 p.m.	40
Leeds Black Elders Association Lunch Club	Held at Austin Bird Memorial Centre, 196 Chapeltown Road	Leeds Black Elders Association	Luncheon Club	Leeds 6, 7, 8, 9	Tuesdays 11.30 a.m. to 3 p.m.	25
St Chad's Lunch Club	2 courses and tea/coffee £4.50	St Chad's Church	Luncheon Club	Headingley, Meanwood	Wednesdays 12 noon – 1.45 p.m.	50
Kashmiri	Held at Woodsley Road	Kashmiri		Hyde Park,	Weekdays	25

Service	Description	Organisation	Service Type	Area covered	Frequency	Number of places
Elders Association Lunch Club	Community Centre	Elders Association		Woodhouse, Burley, Headingley, Kirkstall & Armley	from 10 a.m. to 1 p.m.	
Apna Luncheon Club	Held at APNA Day Centre	APNA	Luncheon Club	Leeds 8, 9, 17	Wednesdays and Thursdays 9 a.m. – 2 p.m.	20
Dementia cafe	Dementia café in Leeds City Centre at the Bradbury Building next to St Johns Shopping Centre, off Dortmund Square £1 entry fee for tea/coffee/cake	Age UK and the Alzheimer's Society	Dementia café	City wide	Starts Wednesday 17 October. Every 3 rd Wednesday of the month 2 – 4 p.m. thereafter.	15

EXTEND CLASSES

Venue	Address	Area	Day	Time	Membership	Cost
Sir Karl Cohen Sheltered Housing	Sir Karl Cohen Square	Armley	Thursday	10:30	Please check with the Instructor	£1.50
Thornhill Court Sheltered Housing	Thornhill Court	Armley	Thursday	11:00	Please check with the Instructor	£1.50
Phil May Court Sheltered Housing	2 Phil May Court	Armley	Friday	10:30	Please check with the Instructor	£1.50
De Lacey House	Abbey Road	Kirkstall	Tuesday from 12th January 2010	11:00am - 12:00pm	Open	please check with instructor
St Mary's Church	Hawkswood Avenue	Kirkstall	Thursday	10:30-12:00	H.O.P.S. members only	£2.50 including transport and refreshments
Yeadon Community Health Centre	17 South View Road	Yeadon	Thursday	1:15 – 2:45	COPD rehab referrals only	FREE
Suffolk Court	Silver Lane	Yeadon	Wednesday	11:15 – 12:15	Open	please check with instructor
Stainbeck Church	Stainbeck Road		Monday from 11th January 2010 for 6 weeks	1:00pm - 2:00pm	?	
Astura Court	Potternewton Mount		Tuesday from 2nd February	2:00 - 3:00	Open	£1.00
Dyneley House Care Home	10 Allerton Hill,	Chapel Allerton	Monday fortnightly	01:30	Home residents only	n/a

PERSONAL CARE PROVIDERS

Keeping House Leeds Directory registered providers in North West Leeds

Toileting Assistance: Six providers
Bathing and Showering: Fourteen providers
Cleaning: Twenty Two Providers
City Wide personal care/ Cleaning: 48 providers