



AIRE VALLEY
SURGERY

Services and Support in your local area



**Dr Adrian Rees, Dr Catrin Lewis,
Dr Chris Mills, Dr Sumana Reddy, Dr Jon Yardley.**

Aire Valley Surgery - Yeadon, 1 Suffolk Court, Yeadon, LS19 7JN,
Aire Valley Surgery - Rawdon , 11 New Road Side, Rawdon, LS19 6DD,
Telephone: 0113 2954234

We often get asked at Aire Valley Surgery about services which offer support to local people in Rawdon, Yeadon and surrounding area. We have therefore pulled together a guide for all the local services that we know of which may be of particular benefit to our **older patients, carers or those who are at risk of social isolation.**

Please keep this leaflet handy as it includes lots of useful information for you, if you have any questions do not hesitate to contact your care coordinator here at Aire Valley Surgery.

If you would like further information, guidance or support do not hesitate to contact your surgeries care coordinator who will be happy to support you with any further queries you have.

What is a care coordinator?

A care coordinator will support you to be actively involved in managing your health and to make decisions about your care needs and treatment. They will help to coordinate appointments and ensure any information about your health needs is in a format that you can understand. They will support you to make shared decisions about your health and care needs and support you to communicate these choices to other professionals when needed. Care coordination will

- Ensure you only have to tell your story once.
- Help improve your choice and control over how your care and support needs are met
- Enable you to have a single support plan which identifies all your needs
- Enable better understanding between you and your family and health professionals to support you to better manage your condition
- Help the different people and services that support you to work together in a better way
- Give you a single point of contact for your health and wellbeing needs
- Support shared decision-making between professionals and patients
- Providing access to information and resources to help you to build your knowledge, confidence and skills
- Liaising with other professionals on your behalf
- Clearly mapping out your story and your needs
- Providing you with links to information that can help with your health journey
- Connecting you to other services in the community

Your care coordinator will review your health and care needs and ensure that you are accessing the right care and support. They will coordinate your support across health and social care services and develop a personalised care and support plan which brings all your care and support needs together into one plan.

Aire Valley Surgery Care Coordinator: Grace Clarke

Email: Grace.Clarke11@nhs.net

Working Hours: Monday 09:00 -16:00, Tuesday 08:00 - 13:30, Wednesday 08:30 - 16:30, Thursday 08:00 - 13:30 and Friday 08:00 - 13:30



Active Leeds

We provide the Leeds City Council health and fitness provision for the people of Leeds. We have worked hard to come up with a vision, mission and a set of values that work best for us and informs our partners and customers of who we are and who we want to be.

A structured programme of exercise designed to increase confidence and make every day activities feel easier and safer for those with low mobility. The programme helps people to stay independent and carry on doing the things they enjoy, without the fear of falling.

0113 3783680 health.programmes@leeds.gov.uk / active.leeds.gov.uk/health-programmes



Age UK

Help and support with:

- Companionship-Free weekly friendship call with a volunteer
- Day centres
- Exercise and physical activity
- Financial Support: Benefits and entitlements and help with applications for these such as Blue Badge/Attendance Allowance
- Debt and savings
- Legal Issues
- Pensions advice
- Travel & Hobbies
- Care and Support -including helping work out how much care support might cost, how to pay for it and advice

Housing Options- Renting/sheltered housing/residential care

Ring Age UK **0800 055 6112**

08.00-19.00 365 days a year

Can take 6 weeks for response

Leeds AGE UK 0113 3893000



AVSED

Avsed offer support and guidance through an array of services

- Information, advice and support
- Seasonal Support
- Signposting and referrals
- Benefits and Finance support
- Advocacy
- Needs Assessment
- Mobility Support
- Form Filling support
- Memory Support
- Carer and Family Support
- Much more

Avsed: **0113 250 1702** / info@avsed.org.uk



Carers Leeds

Carers who do not already have a social worker or other Adult Social Care staff member involved with the family; you can ask for a carers assessment by contacting Carers Leeds via the Advice Line on 0113 380 4300. The assessment will be carried out by Adult Social Care Staff who are based at Carers Leeds Offices. You can also have a home visit if you prefer.

- One to one support
- Group support
- Carers Advice Line – direct contact with a Carer Support Worker
- Free newsletter
- Advice and information
- Signposting
- Social activities

Telephone: **0113 380 4300** / Advice@carersleeds.org.uk

Monday – Friday 9am - 5pm You can refer a carer to this service for support via a secure online referral form here: www.carersleeds.org.uk/professionals-referral-form/



Citizens Advice Leeds offers free and independent advice on a wide range of subjects.

Citizen's advice can help with the following:

- Benefits
- Debt and money
- Housing
- Energy Bills
- Pensions
- Consumer queries

Telephone: **0808 2 78 78 78** *face-to-face services are now open*

9am – 1pm Monday – Friday at Oxford House, Oxford Row, Leeds, LS1 3BE. (After 1pm they are open for booked appointments only) Citizens advice telephone and online services are open 9am – 5pm Monday-Friday .



Guisley Library (in Aire borough Leisure Centre):

Craft and Chat on a Wednesday: 11am to 1pm.

There is always something going on in your local library including story and rhyme times, regular events, readers and writers groups, Lego, Minecraft and Code clubs and much more

Telephone: **0113 378 1230**



Guisley Methodist Church

Warm Space: Every Thursday (hot drink) 10-11:30am

Sew and Tell Mondays from 9.30-11.30am

Telephone: **01943 879670**



Home Plus also known as Care and Repair Leeds (Leeds city council)

Home Plus is a service aimed at enabling and maintaining independent living through improving health at home, helping to prevent falls and cold related health conditions.

Who qualifies for the service?

Anyone paying their council tax to Leeds City Council **Criteria:** 60 years or older who own their own home and be in receipt of Council Tax Benefit **OR** Under 60 years who own their own home and be in receipt of both Council Tax Benefit and either PIP or DLA

Essential plumbing, electrical and joinery works up to the value of £150

Examples of Hazard Repairs

Plumbing

Repairs to leaking / blocked toilets

Fitting Lever Taps

Repairs to down pipes

Seals around baths/ sinks

Electrics

Fit extra sockets

Repair/ replace damaged / broken lighting

Raise sockets

Fitting New Pull cord above the bed

Joinery

Repairs to loose or uneven floorboards

Repairs and clearing of guttering's

Repairs to Internal and External doors

Moving or fitting new shelves

Our Falls Prevention service provides practical support to reduce the risk of falls in the home through minor adaptations that are specifically designed to assist with a service user's individual situation, regarding health and mobility. Supporting people to regain confidence within and outside of the home. Dementia support is embedded in the heart of our services. We support families, carers, and people with dementia at home by providing advice, equipment and sign posting to local services. Offering information and practical guidance with day-to-day challenges, will help people remain independent and stay active for as long as possible.

Care and Repair Leeds

323 Roundhay Road

Leeds

LS8 4HT

Monday 09:00 – 16:30

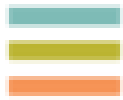
Tuesday 10:30 – 16:30

Wednesday 09:00 – 16:30

Thursday 09:00 – 16:30

Friday 09:00 – 16:30

Telephone: **0113 2406009** / Email: enquiries@care-repair-leeds.org.uk



Leeds Directory.org

Leeds Directory can support you to live well by connecting you to checked and vetted local services and tradespeople as well as local activities and events.

- Maintaining your home and garden (Building and decorating services, domestic services, home maintenance, gardening, home security and repairs)
- Information and advice (Consumer advice, advocacy, emotional support, money matters)
- Keeping Active and well (Mobility, rehabilitation health services, social and support groups)
- Staying independent (assistive technology, food banks, family support, carers, home care)
- Local Activities

To speak to the Leeds Directory Team, call **0113 378 4610** or email leedsdirectory@leeds.gov.uk



Linking Leeds

Please note that if you feel you would benefit from this service you will need to ask your GP surgery to complete the referral. You can also request this referral through the GP practice Care Coordinator.

Aims of the service is to connect people to services and activities in their community in order to benefit overall health and wellbeing. Feeling linked to your community has lots of health and wellbeing benefits that support resilience, independence and good physical and mental health. So, if practical or emotional problems are stopping you feeling your best, Linking Leeds can help you get them sorted. Linking Leeds Wellbeing Coordinators are based within GP practices providing one-to-one support over the phone and face to face. Community outreach from GP surgeries and other community locations is undertaken as appropriate.



Memory Lane Day Centre

Specialises in Alzheimer's and dementia patient (Day centre and Home Care)

- Home care: One of the trained carers will visit and spend time with a person to try to stimulate the brain through uplifting and meaningful activity. Chaperoning on shopping trips, hospital/GP visits or short walks. Gentle chair-based exercise sessions can take place to help improve mobility, or helping people get connected to others through our Digital Inclusion Programme. There are daily Zoom meetings on-line for people to take part in our discussions, carer groups, quizzes such as bingo, singalongs and more. They can also help with a little light housework or simply be there to cover a carer who needs to go out and can't leave their loved one alone at home.
- Day Centre: is a specialist service providing day care in the community for older people who have a form of dementia. They aim to provide the very best person-centered service based upon the needs of the individuals. They work to enhance and promote positive experiences for people with dementia and respite for their loved ones.
- Memory Lane is open five days a week and offers a variety of holistic activities from gardening, discussion groups, meaningful singing and movement, craft, games, and much more. The service aims to develop people's skills and offer new and different engagements to promote well-being.
- Day Centre is open Mon to Fri 9am to 4pm and on Saturday 10.30am to 2.30pm.

Memory Lane have reopened our Saturday Café with permission from Public Health England and following government guidelines for infection control.

The **Saturday Café** is attended by people who live alone and are isolated in the community and we run the café for the benefit of their mental health and wellbeing.

Activities include a quiz, bingo, play your cards right and includes refreshments. The main benefit is to be involved in a community friendship group and enjoy the company of others.

If you would like to find out more about joining this group, please contact Amanda on **07989356923**

For more information contact Pam, Amanda or Amy on **0113 345 3378** / Hello@memorylanecare.co.uk



Memory Support Worker Team (employed by Alzheimer's Society)

Please note that if you feel you would benefit from this service you will need to ask your GP surgery to complete the referral. You can also request this referral through the GP practice Care Coordinator

- Information and advice about memory problems (pre, during and post diagnosis)
- Making informed choices about living well with dementia and other memory problems
- Aid with referring service user into appropriate services

You can contact this service on: **0113 231 1727** (please ensure you have all the relevant information needed to complete the referral process)

By e-mail: referral *form* memorysupport.lypft@nhs.net (please go online to complete or ask your care coordinator to help here)



Mind Well

Mindwell is the mental health website for adults in Leeds. It has self-help resources and tools to help you understand and manage problems like anxiety, stress and low moods. Web: www.mindwell-leeds.org.uk/myself.

MindWell is simple and easy-to-use and can help you to access:

- Information about a wide range of support from across the NHS, Leeds City Council and the third sector.
- Self-help tools and techniques to help you look after your mental health.
- Resources to help manage common problems, such as anxiety, low moods and stress.
- Help for what to do in a crisis or mental health emergency

Leeds Mental Wellbeing Service offers free online courses that can help you to cope better with problems such as stress and anxiety, panic attacks and depression. The service also provides psychological therapies including group and face-to-face sessions and workshops. If you're over 17 years of age and registered with a Leeds GP, you can self-refer on the service website. Leeds Mental Wellbeing Service replaced the service known as IAPT in November 2019.

Web: www.leedsmentalwellbeingsservice.co.uk / email: leeds.mws@nhs.ne

Tel: **0113 843 4388**

Live Well Leeds is a community-based mental health support service for people in Leeds aged 18 and over who have mild to moderate mental health support needs. The service covers the whole of Leeds and offers a range of services that include one to-one support, group support, befriending, volunteering, social groups and wellbeing activities. If you're registered with a Leeds GP, you can self-refer to the service at www.livewellleeds.org.uk

Telephone: 0113 219 2727

PRESTO



We offer a range of services to support people to live in their homes independently with prices from just £16. Call us on 0113 378 3750 and we will help you select the services to suit your needs.

- Meals on Wheels (one hot meal and cold meal in evening / deliver frozen meals on a monthly basis)
- Companionship - help assist with shopping, laundry, meal preparation, respite care, small domestic jobs like de-cluttering, collecting prescriptions, accompany you on visits or appointments and just spend quality time with you in the comfort of your own home.
- Cleaning
- Gardening
- Window cleaning

Health Check

We do not offer support with personal care (such as dressing, bathing and help with hygiene). If you require this type of service or think you require a high level of support, see [Adult Social Care external link](#) for advice or to have your needs assessed.

Telephone 0113 222 4401.

S.T.E.P (Support The Elderly People)



- Exercise Classes (Zumba)
- Bingo
- Tai Chi
- Quizzes
- Check in's – telephone
- Days Out
- Home Visits and Transport available to those in the area
- Food Deliveries
- Prescription pick up and drop offs
- Over 60's ONL

Shannon House, Off Spen Lane, LEEDS, LS16 5EJ

Tel: **0113 275 7988** / Step.2.step@btconnect.com / Wendy Moore

St Johns Church Yeadon

Knit & Natter: On the 1st Wednesday of every month they hold a Knit & Natter session - a meeting where you can bring any craft you like and join with others.

Chatty Café: On the 2nd Wednesday of every month, they hold Chatty Cafe. A place where you can meet for coffee, cake, company, and light entertainment. All are welcome.

Telephone: **0113 250 1764**



Yeadon Library and One Stop Centre

You can drop off completed forms and proof of ID to apply for:

- Housing Benefit
- Council Tax Support
- a council home
- a parking permit
- a blue badge
- a bus pass
- planning permission

Council tenants can report housing repairs in person. You can also report a repair online.

Yeadon library and one stop centre

Town Hall Square

Yeadon

Leeds

LS19 7PP

Monday 9am -5pm

Tuesday 10am -5pm

Wednesday 9am -7pm

Thursday 9am – 5pm

Friday 9am -5pm

Saturday 10am -4pm

Sunday -Closed

Yeadon Library: Mondays (2-3.30pm,) Kraft/Chat Group.

Telephone: **0113 378 1909**

Yeadon Methodist Church

Knit Knax

Tuesdays at 2.15 p.m. in the foyer, or the Gallery Room above the Hardwick(church)Hall

There weekly craft club attracting an average of 12 members from Church and local area. The range of crafts is wide and skills extensive. Individual and group projects are underway using all sorts of materials. They have just about anything required to learn a new skill or practice a favourite one. They welcome members old and new. A cup of tea is served at about 3.00 p.m. as throats can become dry with all the chatting.

Please note this is not an exhaustive list of community based support. if you would like to discuss your support needs then please do contact the surgery and book and appointment with the surgeries Care Coordinator.