

MENSTON CARES

Is a voluntary organisation set up in 2002 to offer support services to our village of Menston.

Whilst our village still enjoys a sense of community, sometimes we need additional help which friends or neighbours may be unable to give.

All our volunteers -

- carry identification cards
- are protected by insurance cover
- provide two references
- receive appropriate training
- are police checked.

If you need help from any of our support services please ring the named CONTACT person. Please make your phone calls between 9am and 9pm.

If you would like to offer your help with any of our services, or for general enquiries please contact:

Jane Pratt 01943 876945

Allyson Hargreaves 01943 870528

Like other groups working with vulnerable adults, we have an Adult Protection Policy. If you are concerned about inappropriate treatment of such people by anyone else, you can contact our Named Person, Allyson Hargreaves, or in her absence, Jane Pratt.

OUR SUPPORT SERVICES ♥

Visiting and Befriending

Our volunteers provide regular visits to people who may be housebound or feel isolated, giving the opportunity to chat and socialise. If you are a carer we can provide occasional respite from your responsibilities for an hour or two.

Contact: Caroline Brundle 07912 200699

Returning Home

Returning home from hospital can be a lonely or frightening experience, especially if you are on your own. Our volunteers would call, see how you are and provide reassurance and support. This is in addition to any help provided by nursing or social services.

Contact: Kathy Roberts 01943 874229

Odd Jobs

Help for people who cannot perform simple tasks around the house or garden themselves. Advice is given on where to obtain help for larger jobs.

Contact: Ian Howe 07966 211790

Menston Good Neighbours

Occasional transport for local medical, dental, chiropody, eye and hair appointments; prior notice is required. Help can also be provided with shopping.

Contacts:

Goodith White 01943 872043

Sally Murphy 07539 381800

Strolling for Health

For those who can manage only short walks, but enjoy company. The group meets on the 1st and 3rd Tuesdays of the month, 10am at the Co-op, Main Street. Also escorted walks for those not confident to walk alone.

Contact: Jane Pratt 01943 876945

Excursions

Qualified drivers, using the Ilkley Community minibus, provide escorted outings, including canal boat trips, for Menston residents who are housebound, disabled, or unable to use public transport.

Contact: Jane Pratt 01943 876945

OTHER SERVICES IN THE AREA

Cornerstone

A cafe for the community at the Methodist Church, Main Street. Open Monday, Tuesday and Thursday 10am-1.30pm for refreshments and light lunches. Saturday 10am-12noon.

A warm welcome to all.

Horizon

A friendly group for bereaved people in Menston. Meets for coffee and a chat, last Friday in the month at 10am at Abbeyfield.

Contact: Sue Navias 01943 875466

Carers' Resource

Offers emotional and practical help to carers in coping, and opportunities for training or socialising.

Contact: Skipton office 01756 700888

Friday Friendship Group

Open to anyone in Menston; come along to hear a variety of interesting speakers and enjoy a cup of tea with a friendly group of people. Meets every two weeks, on Fridays at 2pm, in the Methodist Church.

Contact: Maureen Hobson 01943 873573

Village Cameo Club

Homemade lunch with the company of others on the 2nd Wednesday of the month at 11.45am at the Methodist Church Hall.

For anyone living alone or having difficulty getting out and about. Transport provided.

Contact: Joyce Pitts 01943 874697

Bereavement Visitors

Trained visitors provide understanding and support for those who have been bereaved whether recently or some time ago. A visitor is available for a confidential word at Cornerstone on Tuesdays 10am-12noon.

Contact: Janet Hawkyard 01943 872320

Hockney Group

For people from Menston and Burley who are blind or partially sighted. Meets fortnightly on Thursday afternoons.

For more details...

Contact: Peter Hallewell 01943 863274

Contact the Elderly

Sunday afternoon outing for tea at someone's home, once a month.

A chance to meet other local people. Transport provided by a regular driver. For the over 70's who live alone.

Contact: Jenna Wood 07837 985703

Talking Newspaper

Free weekly CD of local news for anyone who has difficulty with printed words.

Contact: Lorraine Hockey 01943 600869

Age UK Bradford District

Information and advice service for over-55s in Bradford and district. Help with form-filling e.g. PIP and attendance allowance in your own home.

Contact: Margaret Lawford 01274 391190

Citizens Advice Bureau

Independent, confidential, impartial advice on a wide range of issues e.g. benefits, debt, consumer issues, work and housing.

www.citizensadvice.org.uk

Toddler Groups

Creative play and socialising for babies and children with parent or minder.

Mondays 9.00-11.00am (Cherry Tree Day Nursery) 01943 878100

Fridays 9.00-11.00am (Parish Rooms)
Abby Roberts 07855 416163

LS29

A parent-led group for local families with pre-school or primary-aged children with special needs offering support, activities and fun for all the family.

www.ls29group.co.uk

Menston Cares is an associated member of Keighley & Ilkley Voluntary Community Action and in association with Menston Community Association.

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2019

Please keep this leaflet for future reference; it could be useful to you or your neighbour.

Alternatively, if you would like to offer help, please get in touch. Contact details overleaf.