

NEWS
INFORMATION
ADVICE



newsletter



SEPTEMBER 2020

Welcome



A warm welcome to our second Age UK Leeds newsletter. We hope you enjoyed the first edition and are ready for the next one!

Why not get the kettle on and make yourself a nice cuppa and have a read through. We have tried to



include a range of different articles so hopefully there is something for everyone. Don't miss the baking recipe on page 7 – a fabulous contribution from the Arch Café.

Don't forget you can change your mind at any time, so if you'd rather not receive future newsletters, please just give us a call on 0113 3893000 and let us know. Or if you have ideas of what you'd like to see in future editions, please give us a call or drop us an email on lisa.burnett@ageukleeds.org.uk

Enjoy!

Iain Anderson

Chief Executive, Age UK Leeds.



Here's how you can get in touch with Age UK Leeds.

Our office:

Bradbury Building,
Mark Lane,
Leeds
LS2 8JA

Phone number:

0113 389 3000 or
0113 389 3010

Email: frontofhouse@ageukleeds.org.uk

Website: ageukleeds.org.uk

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little hats, big difference

these little hats change lives



Every year, we ask for support from people to knit little hats for Age UK Leeds. Innocent donate 25p per little hat to Age UK Leeds to support our vital work. This year, we are aiming to get a total of 10,000 hats.

If you have time on your hands and enjoy knitting, can you join our 'Little Hat Knitting Army?'

If you do knit hats for us, please keep them safe at home for now. We will update you in a future newsletter about where to send them or how they can be collected.

Simple Bobble Hat

Yarn Two different colours

Needles 4mm

Hat Cast on 31 stitches in main colour

Knit two rows (garter stitch)

Beginning with a knit row work 12 rows in stocking stitch

Next row K2tog to last st. K1 (16 st)

Next row Purl

Next row K2tog to end (8 st)

Cut the yarn leaving approx 10 cm length. Thread through a sewing needle and bring through stitches and pull up to tighten. Use a sewing needle to join the seam.

Make a pompom in second colour and sew securely to top

K2tog = knit two stitches together



Get creative! Your bobble hats can be any colour, striped, patterned, textured, have pompoms, ears, tails, faces... lots more patterns and ideas at www.thebigknit.co.uk/knitting-patterns

Information and Advice Service

What services do we offer?

Age UK Leeds provides information and advice on a range of issues relating to older people and those who care and support them. We can assist with:

- Welfare benefits advice for those over (or approaching) state pension age. This includes benefit checks and help to complete claim forms
- Social care including help to access care and support services and advice on paying for these
- Housing issues such as accessing help to maintain a property and advice on different types of housing for older people
- Information on local services and activities
- Help to understand letters and information such as bills



How do we provide help?

Information guides and factsheets

These cover a wide range of subjects affecting older people and those who care or support them. Copies are available on the Age UK national website. <https://www.ageuk.org.uk/services/information-advice/guides-and-factsheets/>

E mail advice

You can contact our advice team at advice@ageukleeds.org.uk and we will answer within 5 working days.

Telephone advice

For advice enquiries please ring **0113 389 3003** or **0113 389 3004**. Our lines are open Monday-Friday 9am-4pm. If we cannot answer your call immediately, please leave a message with your name and number and we will call you back.



Information and Advice Service

We help hundreds of older people in Leeds access benefits that they didn't they were eligible to claim for or they were put off by having a long form to complete – that's where our staff and volunteers step in to help. Our team can do a benefit check to see if you are entitled to any benefits and if so, they can help complete the application.

Here are some quotes from older people that we have helped (please note we have changed names to protect client's anonymity). Could you be the next person we help? Give us a call to find out.

Hazel was awarded Attendance Allowance, Pension Credit and now gets help with her Council Tax:

I'm so grateful. You've been very helpful. It will certainly make life a little bit easier. Thank you so much

Winston and Betty are now receiving an extra £30 per week in Pension Credit after Betty was awarded Attendance Allowance:

"We are very happy with your help. You have been very, very good"

Without you we would never have known about any of this. Thank you very much

Barbara and Denis were both awarded Attendance Allowance and then became eligible for Pension Credit and a full rebate on their Council Tax. Their income has increased by over £300 per week:

"I consider myself really lucky. You do a wonderful job and it makes life so much different"

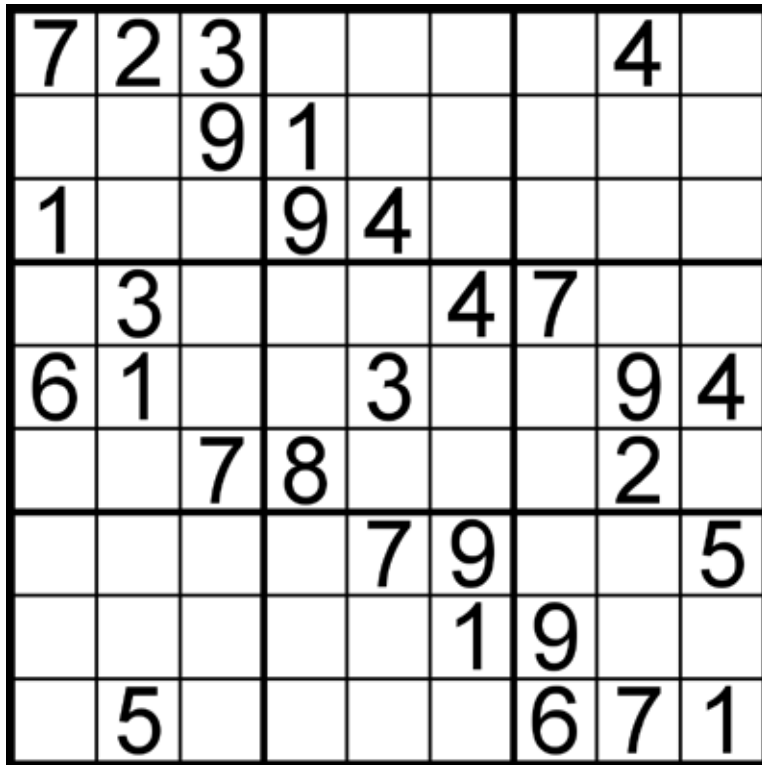
Margaret lives alone and was awarded an extra £19.36 per week in Pension Credit:



Puzzle Page

Sudoku

A number may not appear twice in the same row or in the same column or in any of the 3x3 subregions



NOTES

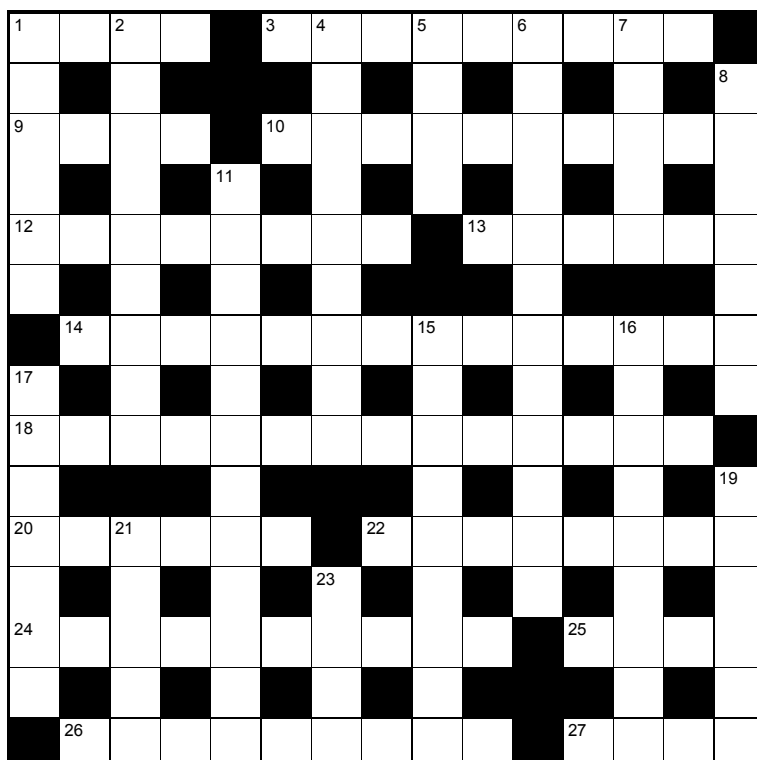
ACROSS

- 1 A blow for British politician touring university (4)
- 3 A heavyweight returns to fight for nothing (3,1,5)
- 9 Grew a plant (4)
- 10 One won't have joint or Ecstasy, averting a problem (10)
- 12 Long suffering Liberal takes the lead (8)
- 13 Eating out (6)
- 14 Get angry response to endless mêlée for a change (4,4,6)
- 18 PC way of meeting people (8,6)
- 20 Sheen produces different result (6)
- 22 Fellow gets beating for exposing himself (8)
- 24 Dark suit needed for these places of entertainment (10)
- 25 Clergyman won't start soon (4)
- 26 Regulators would have done this at Walthamstow? (9)
- 27 Boast by supporter beginning to grate (4)

DOWN

- 1 Only just how naturists live? (6)
- 2 Heard teacher in class is to give incorrect details (9)
- 4 Respect obtained by wayward niece with ASBO (9)
- 5 With potential, say, to be murder victim (4)
- 6 Recital isn't arranged on time for musician (12)
- 7 Foreign article contains untruth (5)
- 8 Unusual icon in urn depicting legendary beast (7)
- 11 Administrative leaders of British union shown by funny caricature (12)
- 15 Burden unpleasant woman with some riding gear (9)
- 16 Elderly person in boarding house meeting Royal (9)
- 17 One country or another with sea, we hear, not river (7)
- 19 Travelled back taking horse for a drink (6)
- 21 Athenian's introduction to Socrates? (5)
- 23 Cold boy gets dressed (4)

Cryptic Crossword



Crossword supplied by: www.alberichcrosswords.com



Recipe Corner

This month's recipe supplied by



Our Arch Café team have shared their recipe for delicious scones with us – these scones are a firm favourite with our customers. The quantities are to make 10 scones so you can reduce or increase this accordingly depending on how many you want to make and eat!

Ingredients

200g self raising flour
½ teaspoon salt
50g margarine
25g sugar
50g raisins
1 egg beaten
75ml milk

Method

1. Mix flour and salt and rub in margarine
2. Stir in sugar and fruit
3. Add egg and milk (reserve a little for brushing on the top of scones later)
4. Knead lightly on a floured surface and roll out to just over 1 cm thickness
5. Cut in rounds
6. Place on a greased baking tray and brush with the leftover milk and egg
7. Bake in a hot oven at 220 or gas mark 7 for 10 minutes until golden

Have you got a favourite recipe? If so, we'd love to hear about it whether it be sweet or savoury. You can share your favourite recipe with us by emailing it (with photos if you have any) to lisa.burnett@ageukleeds.org.uk or posting it to:

Lisa Burnett
Age UK Leeds
Bradbury Building
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LS2 8JA

We will share some of your recipes in future editions of our newsletter. Please let us know when you send the recipe if you are happy for us to credit the recipe to you by name.

Did you know?

Our 2 staff and 11 volunteers helped older people in Leeds receive over £1.4 million in unclaimed benefits last year!

Call our Advice Team today on 0113 3893004 or 0113 3893003 and find out if we can help you.



Volunteers needed to help improve retirement services

The Department for Work and Pensions is conducting research to ensure everyone can access and use their services to get support in retirement. They need volunteers to take part in research and provide feedback to be able to improve these services.

They want to speak to people who are close to or over State Pension age. The research will include providing feedback over the phone, if you're interested and would like to take part, please visit this website to sign up: <https://getinvolved.dwp.gov.uk/digital/95136bd4>

Answers to the Puzzle page - no cheating!

Sudoku

7	2	3	5	6	8	1	4	9
5	4	9	1	2	7	3	6	8
1	6	8	9	4	3	2	5	7
8	3	5	2	9	4	7	1	6
6	1	2	7	3	5	8	9	4
4	9	7	8	1	6	5	2	3
2	8	1	6	7	9	4	3	5
3	7	6	4	5	1	9	8	2
9	5	4	3	8	2	6	7	1

Cryptic Crossword

1	B	U	M	P		3	N	O	T	5	A	S	6	C	R	7	A	P	
	A		I					B		B				L		L		8	U
9	R	O	S	E		10	V	E	G	E	T	A	R	I	A	N			
	E		I			11	B		I		L			R		E		I	
12	L	A	N	G	U	I	S	H			13	P	I	C	N	I	C		
	Y		F		R		A							N				O	
		14	L	O	S	E	O	N	E	15	S	T	E	M	16	P	E	R	
17	I		R		A		C		A		T		E					N	
18	C	O	M	P	U	T	E	R	D	A	T	I	N	G					
	E						C				D		I		S		19	E	
20	L	U	21	S	T	R	E			22	F	L	A	S	H	I	N	G	
	A		I			A		23	C		E		T		O		G		
24	N	I	G	H	T	C	L	U	B	S		25	A	N	O	N			
	D		M		I		A		A						E		O		
		26	W	A	T	C	H	D	O	G	S			27	B	R	A	G	