

RICHMOND HILL NEWS

SPRING 2022

For everyone aged 55+ in
Richmond Hill, Cross
Green and East End Park.

PACK
YOUR
BAGS!

We're
going
back to
Blackpool!



Brought to you by local charity RHEA (Richmond Hill Elderly Action). Not sure who or what RHEA is? Check the next page for more info.



RHEA

This newsletter is produced by RHEA (Richmond Hill Elderly Action), a local registered charity that provides social opportunities, support services, events and much more for all local people aged 55 and over.

We call ourselves RHEA rather than the full name of Elderly Action because we might be older than some but we certainly don't describe ourselves as "elderly". Age 55 or 105, we still live life to the full! Read on to find out more about RHEA and feel free to get in touch. Our contact details are on the back cover.

We will be closed for the day on Tuesday 17th May. Staff and Trustees will be on an away day, planning for the future and updating our Business Plan. This means the office won't be open and we won't have the Lunch Club or Friendship Group on. If you need us in an emergency on that day, you can call us on 07497 083 025 which is a temporary number just for that day. Thank you!

BLACKPOOL 2022 HOLIDAY!

You asked us to arrange it (and it's needed now more than ever) so, we're going back to everyone's favourite hotel The Sheraton on Monday 12th to Friday 16th September!

Plus, thanks to funding from Windmill Coaches, we are able to reduce the cost slightly to:

£275 per person sharing a twin room or, £315 per person in a single room (which includes the hotels single room supplement).

The price includes bed, breakfast and evening meal, return coach travel and nightly entertainment. There's also an optional day trip to the Lake District with a cruise on Bowness!

Gillian and Bernadette will be with you on the holiday in case of emergency (thank you both!) but this precious time away is yours to do with as you please.

To ensure fairness, booking doesn't open until 10am on Monday 25th April and a deposit on the day of £60 is the only way we can secure your place. You can pay in full straight away or pay in instalments if you prefer.



Changes to Nicola's drop in times



We're changing the times that Nicola is available to drop in and see her with any questions or worries you might have. This is just so that Nicola can make sure she is available for you.

*The new drop in times are 1pm to 3pm
Monday to Friday.*

If that doesn't work for you, you can always call us and make an appointment for Nicola to come and see you at a more convenient time. Remember though, If you need to speak to us urgently, please drop in or phone anytime between 9am and 3pm.



Hearing aids giving you trouble? Never fear, superstar expert Lindsey is back with us to give them a check up, replace tubes and batteries and go through any questions you have.

Lindsey will be with us at Richmond Hill Community Centre, 10am until 12pm on **Friday 20th May** and **Friday 26th August**. Call the RHEA office today to book your appointment.

Have you heard about the brilliant East Leeds FlexiBus?



It's a bit like a taxi service but on an accessible bus!

FlexiBus is a pre bookable service that connects people to local places in the East Leeds area. You book in advance, from as little as an hour before you want to travel, and the bus will pick you up at a safe and convenient place within 200 metres (3 minutes walk) of your location.

Just some of the destinations in East Leeds include Burmantofts, Richmond Hill, Seacroft, St James' hospital, ASDA Killingbeck, Morrisons Hunslet, Cross Gates, the bus station and more!

You have to book online using their app or this website <https://portal.flexiroute.net/private/booking-form> but don't let that put you off. If you want us to book for you on our account, call us and we'll make an appointment for you to come in and get your journey booked.

Each trip has a flat fare of just £2 or it's **FREE** off peak with your bus pass. Buses (called ELF's) operate 7am to 7pm Monday to Friday. You can even make regular bookings! This is a much needed addition for this area so, let's get booking!





DAILY ACTIVITIES!

THE PERFECT EXCUSE TO GET
OUT AND ABOUT!

These are the social activities
RHEA hosts 5 days a week.

For the Bank Café and the
Tuesday and Thursday lunch
clubs, we have accessible
transport available on our
minibus for just £2 return,
door to door!

MONDAY:

The Bank Café - Get your week off to a great start with bacon butties, toasted teacakes, crumpets, hot drinks and the daily newspapers in our relaxed, café style setting. 11am to 1pm at Richmond Hill Community Centre.

You got I.T! - Computer and technology lessons with Dougie, 10am to 12pm at Richmond Hill Community Centre. Learn at a relaxed pace and ask the questions you need answers to whether it's about a laptop, a fancy smart phone or something in general. All for free!

Line Dancing - Dance tutor Pat is at Newbourne church at 1:30pm with Line Dancing classes, suitable for all levels. £3.50 per session. Yee haw!

Exercise in Disguise - Lily and Louise welcome you to their gentle exercise group, perfect to do standing or seated, followed by drinks and a catch up! 1:30pm to 3pm at Richmond Hill Community Centre.

TUESDAY:

Light Lunch Club - Join other local friendly faces for a light lunch of soup and sandwiches for just £2.50 at Richmond Hill Community Centre, 11am to 1pm.

Friends of Richmond Hill - A relaxed and fun social group with games, quizzes, talks and more. £2, followed by prize bingo at a small extra cost. Richmond Hill Community Centre, 1:30pm to 3pm.

WEDNESDAY:

Knit & Natter - A lot of knitting and a lot of nattering! It's fun and done at your own pace and is just £1 at Richmond Hill Community Centre, 1:30pm to 3pm.

THURSDAY:

Lunch Club - Enjoy a delicious, home cooked, two course lunch at Richmond Hill Community Centre at 11am for fun and games with lunch served at 12pm. It's £4.50 for lunch and a dessert. From casseroles to shepherds pie, we have it all!

FRIDAY:

Zumba Gold! - Energetic, dance inspired exercise class at Richmond Hill Community Centre with the one and only Dancing Donna! 10:30am, £3 per session.

Gentle Exercise - A more gentle exercise class, again with Donna, that can be done seated or stood, held at Fewston Court community room, off Easy Road. 12:15pm, £3 per session.

Full venue addresses:

Richmond Hill Community Centre - Long Close Lane, LS9 8NP, just off Upper Accommodation Road.

Newbourne Church - Upper Accommodation Road, LS9 8JP, just before/after the railway bridge.

Fewston Court - Off Easy Road. The Community Room in the middle of the Fewston Court complex.



Upcoming trips & events!

For all our trips and events, payment in full is required to guarantee your place. We unfortunately can't reserve spaces without payment.

The transport we have booked is accessible and will take a wheelchair except on the Canon Hall Farm trip.

All trips leave Richmond Hill Community Centre and that is the only drop off point. We can arrange taxis when we return if needed. As we have to pay in advance for the coach it means we can't offer refunds. Call us with any questions and enjoy some of these brilliant days out!

Wednesday 30th March - Northallerton & Thirsk.



Enjoy a lazy day around these two historic towns, taking in the stunning scenery on the journey and doing exactly as you please at your own pace.

Leaving the community centre at 9:30am, returning for 5pm.
Tickets are £13 per person.

It's market day in Northallerton too so there will be lots to see and do or, if the weather is on our side, you can grab a hot drink and simply sit and watch the world go by.

Monday 11th April - Canon Hall Farm.



Come with us for a fun filled day at the award winning Canon Hall. With it being the school holidays, if you have grandchildren you would normally look after, you can bring them too!

Leaving the community centre at 9:30am, returning for 4pm. Adults £18 and grandchildren £10. The price includes your return travel and the entry cost into the farm.

Wednesday 11th May - Salford Quays,



The Quays is Greater Manchester's unique waterfront destination. It offers some nice walks along the quay side and plenty of places to eat and shop. It's also home to the BBC and Imperial War Museum North. Tickets are £10 and we're leaving the community centre at 10am, returning for 4:30pm.

Tuesday 31st May - Tea on the Terrace.

In celebration of the Queen's platinum jubilee, you are invited to enjoy a royal high tea on the terrace. An afternoon fit for a queen (or king!)

We'll be serving a running buffet of sandwiches, sweets, treats, fruits and all the tea in China.

Richmond Hill Community Centre, 10:30am until 1:30pm, tickets are £4 per person or £6 with return transport on our minibus.

Who knows, Her Majesty might even make an appearance! (Well, a life size cardboard cut out of her at least!)



Wednesday 8th June.



You asked to go back to Southport so we are going back! Leaving the community centre at 9:30am, arriving back there at around 5pm. Tickets are £13 each for a full day out at this popular seaside destination.

Southport is well known for being nice and flat and has hundreds of shops, plenty of places to eat and drink, the famous piers and miles and miles of sandy beach.

Monday 11th July.

SUMMER PARTY!

East End Park Club, 11:30am to 2:30pm,
tickets £4 each or £6 with return transport.

Are you ready for a lively Hawaiian themed party? With lunch, a new entertainer, a raffle and cash bingo, our parties are not to be missed! If you booked for the New year party that we had to postpone, you can transfer your ticket to this event instead if you would like.

Tuesday 9th August - Scarborough.

As it will be the school summer holidays, you're welcome to bring grandchildren for a big day out to sunny Scarborough.

Adults £13, kids £8, leaving the community centre at 9:30am, arriving back at 4:30pm and the day is yours to enjoy at your leisure.

(Please note, we cannot accept responsibility for any ice cream or chip stealing seagulls!)



THE STORY OF LEEDS BORN, ELIZA WILKINSON.

Born 1831 at Carlton near Otley during the reign of Queen Victoria, Eliza Wilkinson created a legacy that still exists today, 162 years later.



She is described in a book as "though eminently qualified for society by the loveliness of her person and the graces of a refined and highly cultivated mind of no ordinary mould, her life was spent chiefly in separation from the world, and in devotion to works of faith and labours of love, of which the founding of the Leeds Unmarried Women's Benevolent Institution was her last and dying act."

At this time, the industrial revolution meant that cities had become crowded and unhealthy and there was wide spread poverty. It was against this background that the remarkable Eliza realised that spinsters needed to be supported both financially and emotionally in older age. Bear in mind there was no support for unmarried, single ladies at that time and government pensions were not even thought of.

Upon her death in 1860, aged just 29, the Institution was founded by a legacy of £100 in Eliza's will which her sister later added another £100 to. In 1861, three pensioners were selected to receive an annual pension of £20 each. Eliza's great desire was to give security to those

unmarried, like herself, whilst preserving their treasured independence.

The type of support offered has developed over the years to meet ever changing need and the Institution is known today as Leeds Benevolent Society for Single Ladies.

We are incredibly happy to be able to say that today, an amazing 162 years later, RHEA are now one of the lucky recipients of funding from the Society after being approached by two of the Society's Trustees, Anona and Jill. The Society have very generously offered funding of £20,000 a year for three years which we are extremely thankful for.

To everyone involved with Leeds Benevolent Society, we thank you for your support, generosity and belief in others.

Thank you

Planting & Remembrance Ceremony

You will have hopefully heard that we purchased a tree sapling in remembrance of the people who sadly passed away during the lockdown periods.



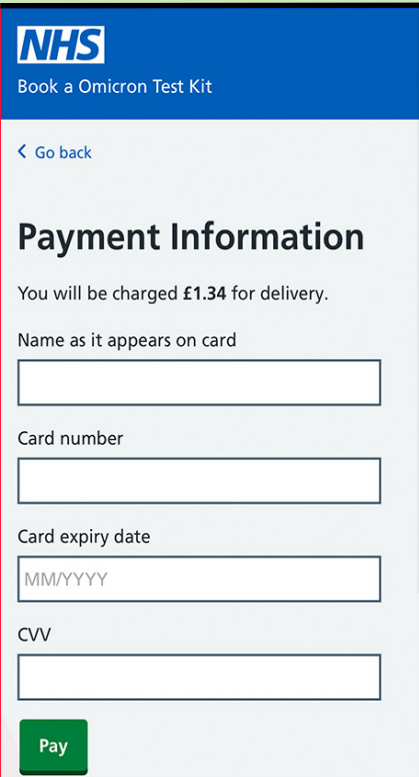
We will be planting the tree in the grounds of the community centre where it will be a permanent reminder of those special people. A short service will be held at 1:30pm on Thursday 5th May, led by Father Darren Percival. If you would like to join us, please do, just let us know you are coming by calling 2485200 or popping in to the community centre.

SCAM ALERT

Unfortunately, criminals are attempting to scam people again and have been posting leaflets through people's doors in this area. The leaflet is supposedly from Royal Mail about a parcel that couldn't be delivered.

It asks you to call a number or go online to pay a delivery fee but it is fake. Criminals are trying to steal your details when you call so please ignore it.

If you are unsure at all just give us a call. It's better to be safe than sorry and we certainly don't mind looking into it.



NHS
Book a Omicron Test Kit

[Go back](#)

Payment Information

You will be charged **£1.34** for delivery.

Name as it appears on card

Card number

Card expiry date

CVV

[Pay](#)

Criminals are also sending text messages, disguising themselves as the NHS. The message claims you have been in contact with someone who has Covid and to order a test kit straight away. They provide a link in the message which takes you to this, convincing looking NHS website but it's completely fake. Just remember that the NHS would never ask you for any financial details so completely ignore it.

If you have any doubts, get in touch with us on 0113 248 5200.



Wellbeing Walks in LS9

**FREE, Fun & Uplifting Walks in Nature
from Richmond Hill. All ages welcome!**

Spring Dates

**Saturdays
10.30am-1pm:**

**2nd April
23rd April
14th May**

**Starting from various
locations in
Richmond Hill**

To book a FREE place
please contact Kim:
kimg@touchstonesupport.org.uk
or 07341547493

**Funded by
Leeds City Council.
Our Partners:**



BERNIE'S BACK!



And she's got some great local trips out planned for you. All in the comfort of our accessible minibus!

If a full day out might be a bit too much for you, or if you need accessible transport and some local friendly faces, Bernie has got it covered.

- Join the gang for some leisurely rides out to:
 - Ilkley on Wednesday 20th April
 - Harrogate on Wednesday 25th May
 - Knaresborough on Wednesday 22nd June
 - Wetherby on Wednesday 20th July

All trips will leave Richmond Hill Community Centre at 10am, getting back for about 3pm.

The cost? All we ask for is a small contribution towards fuel costs on the day. Booking is essential so call us at the office on 2485200 to put your name down. Easy!

If there are any places in particular you would like to go to, just let us know and we'll see if we can arrange it.



QUIZ TIME

See how many of these (quite difficult!) questions you can get right. The answers are on the next page but no peeking! Ready?

1. What completes this list? Buckingham Palace, Windsor Castle, Holyrood Palace, Sandringham and...?
2. Charlie, Mike, Oscar, Romeo and who else?
3. Which month of the year has 28 days?
4. What is full of holes but still holds water?
5. What is the famous motto of the SAS?
6. The dialling code for Leeds is 0113 but can you remember what it was before that?
7. Which word can come after 'dream', 'steam' and 'life' to form other words?
8. Can you name three of the seven characters in an original game of Cluedo?
9. What is the name of the snack with currants squashed between two thin, oblong biscuits?
10. Comice, Conference and Williams are varieties of which fruit?
11. True or false, the number of dots opposite each other on a standard dice, always add up to seven?



STRENGTH & BALANCE PROGRAMME

A structured programme of exercise to increase confidence and make every day feel easier and safer for those with low mobility.

If you have had a fall or have a fear of falling, or have noticed a reduction in your mobility and want to feel confident again and maintain your independence, this programme will definitely help. The classes are held at RHEA every Tuesday morning and are led by the lovely Denise from Active Leeds. It's completely free of charge and will directly benefit the quality and ease of every day tasks like walking, bending and using stairs. It's very relaxed and to register all you need to do is call Active Leeds on 0113 3783680 who will tell you more about it.

*And here come the
Answers!*

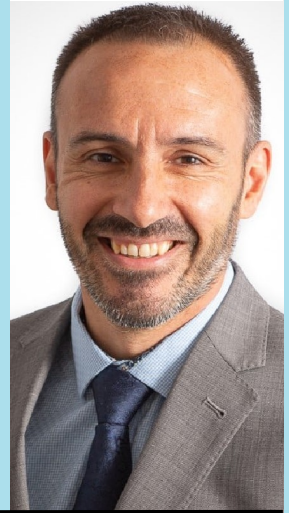
How well did you do?

1. Balmoral completes the list. They're all Royal residences.
2. Victor, they are all the male names from the phonetic alphabet.
3. All of them! A bit of a trick question!
4. A sponge.
5. Who Dares Wins.
6. It was 0532 before it was 0113.
7. Boat, as in dreamboat, steamboat and lifeboat.
8. Miss Scarlet, Mrs White, Mrs Peacock, Colonel Mustard, Reverend Green, Professor Plum and Dr Black (the victim!)
9. Garibaldi (or squashed fly biscuit as some of you call it!)
10. They're all pears.
11. It's true!

FREE legal advice from Andrew

Andrew Milburn of Levi Solicitors offers a free, 30 minute, legal advice session over the phone or in person at RHEA. Andrew specialises in a wide range of areas including wills and estate planning, probate and estate administration, estate disputes, lasting powers of attorney, court of protection work, issues involving care fees and more.

Andrew is a Dementia Friend and a fully qualified member of STEP (the Society of Trust and Estate Practitioners). So, if you would like to speak to Andrew, give RHEA a call and we'll make an appointment for you.



Update from your ward Councillor's & MP



The usual face to face advice surgeries are still temporarily closed however, you can make an appointment to see or speak to Hilary Benn MP and Councillor's Asghar Khan and Denise Ragan. Contact:



Hilary Benn MP - call 244 1097 and leave a message with your name, address and phone number or email boxj@parliament.uk



Cllr Asghar Khan - call 07761 230 027 or email asghar.khan@leeds.gov.uk

Cllr Denise Ragan - call 07905 128 273 or email denise.ragan@leeds.gov.uk



We're here Monday to Friday from 8:30am to 4:00pm if you would like to contact us:

Telephone 0113 248 5200.

Email info@rhea-leeds.org.uk.

Website www.rhea-leeds.org.uk.

RHEA (Richmond Hill Elderly Action),

Richmond Hill Community Centre, Long

Close Lane, Leeds, LS9 8NP.

Registered charity number 1114792.



For loads of fun photos and up to date news, check us out on Facebook (just search Richmond Hill Elderly Action) and on Twitter @RichmondHilleA.

With thanks to RHEA's funders & supporters:



Leeds Benevolent Society for Single Ladies