



ANNUAL REPORT 2016-17
CALENDAR 2017-18

Welcome to MAECare's Annual Report. We have returned to our popular calendar format this year. I hope you enjoy reading about the great things MAECare has been doing over the past year with our service users. Each page gives a taste of some of the MAECare activities in the last 12 months. Things don't stand still at MAECare, and our wonderful staff and volunteers have taken the challenges in their stride. Over the year we have seen a growth in users, with increasing referrals from NHS staff working in the community including GPs and community matrons as well as the Memory Support worker (this is shown in the pie charts on the page for October 2018). In particular there have been an increasing number of referrals for people living with dementia and whilst all our activities are open to everyone, we are pleased to be able to have the funding from the North Leeds CCG and from an anonymous donation to provide targeted services for that group of people. The quarterly newsletter is always full of exciting events coming up and many of them get fully booked very quickly. Our Facebook page and newly refreshed website also show forthcoming events as well as reporting on past ones.



Hugh Norwood



Welcome

Transport remains a challenge as we work with more and more people with higher needs. Unfortunately we were unsuccessful in an application to the Department of Transport for funding for a minibus. We are very grateful to PHAB and their volunteers who support us with the use of their minibuses. We are most grateful to have received some large donations that have been very useful. We have been able to replace our database and to develop new activities. We are fortunate that this year our finances are relatively healthy and are delighted that we will be one of the CO-OP community good causes in 2017. However 2018 may be a more difficult year as our Big Lottery project comes to an end. Very many thanks to our hard-working staff and our 120 fantastic volunteers - without you MAECare would not be the healthy, vibrant organisation it is. And thank you to the Trustees who keep a hand on the tiller.

Hugh Norwood Treasurer on behalf the Management Committee.

'The quarterly newsletter is always full of exciting events coming up and many of them get fully booked very quickly.'

September 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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Coach trip to Hemsley.

'It's as good as a tonic to get out of the house and meet up with other people.'

Moor Allerton
Elderly Care

Getting out and about

MAECare offers a wider range of social opportunities to our members.



Irene and Rose at Treetops.



Audience at the Cats Pyjamas.

October 2017

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12345
67890

MAECare in numbers

1017
people are on
our database
and receive our
newsletter.

There were
8,500
attendances at
events.

There were
1626
one to one
interactions with
our service
users.

Volunteers
gave
4000
hours of
their time.

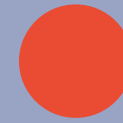
November 2017

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Calvin tries archery.

'You feel more comfortable going to things when you know other men are going to be there.'



Men at MAECare

In 2016-17 we have been successful in attracting more men to MAECare activities, by having some activities specifically for men, but also men have come to the Games afternoons and have had individual sessions about iPads or Android Devices.



Elliot and Cy.

December 2017

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Flo supports Marian and Anna learning about smart phones and iPads.



Moor Allerton
Elderly Care

Digital

Fewer older people are connected digitally and through the use of volunteers we've been able to offer 42 people the chance to learn about iPads and Androids. Many of our volunteers have been young people including some sixth formers and some strong intergenerational links have been built.



'I feel as though I know what's going on now when people talk about what they have read on the internet.'



Volunteer preparing for session.

January 2018

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Margaret offering telephone support.



Keeping healthy in the winter

Our focus this year, was supporting people by telephone on a weekly basis. In partnership with GP practices we supported 50 people once a week throughout the winter.

'I was so pleased to have the phone call and I have asked if it can carry on throughout the year.'

February 2018

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Sunny Hearts.

'It's been relaxing for me to see my husband enjoying Tuesday mornings.'



Bob and Felicia.

Living well with dementia

Our services for people living with dementia have expanded this year. With extra funding from the North Leeds CCG Third Sector Health sector grants we have been able to offer support to 100 people.



Ann, Audrey and Pete.

March 2018

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MAECare offers a range of exercise activities, with the aim of supporting people to maintain physical health.

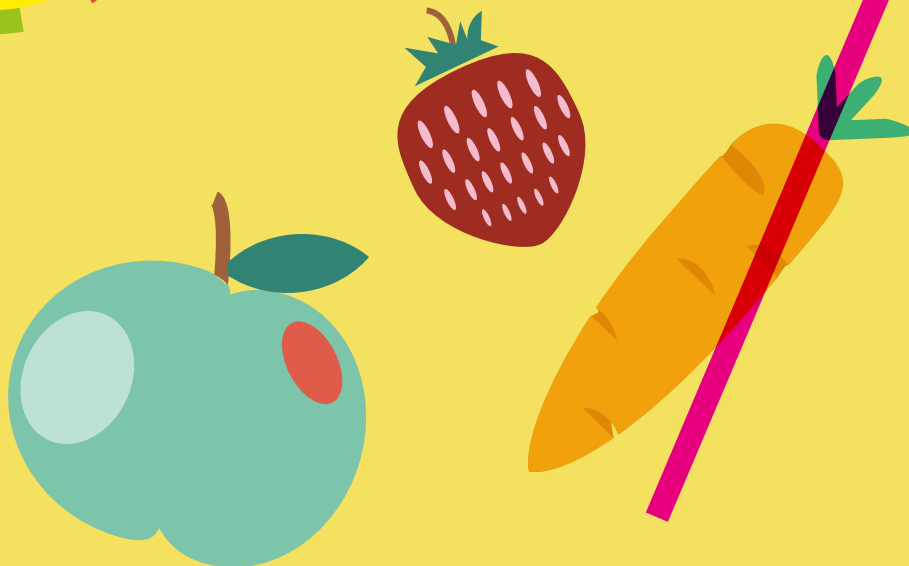
There is something for everyone , with Zumba Gold for the more energetic, EXTEND and chair-based exercise, Yoga, swimming and Tai Chi.

Over 100 people do exercise every week.

‘In combination with sensible eating I have lost a stone and feel more supple and less tired.’
‘Helped to keep me supple at 88 years old.’



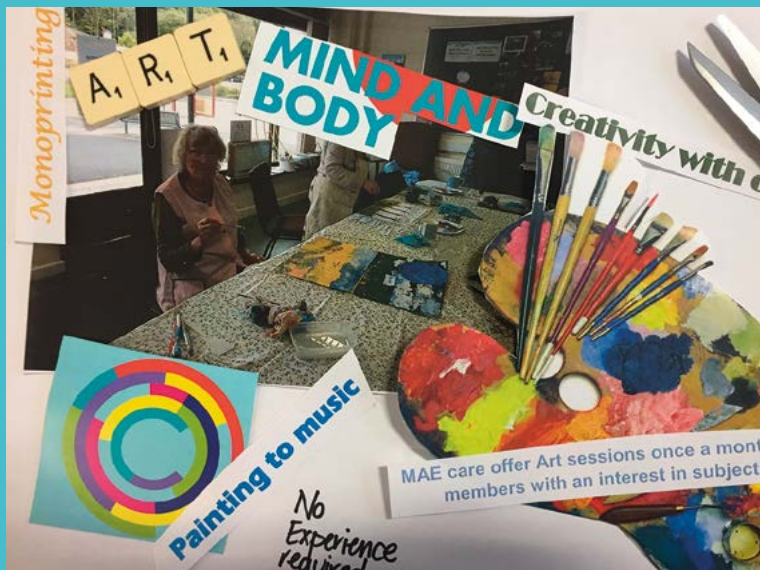
Mind and body – keeping active



Zumba class.

April 2018

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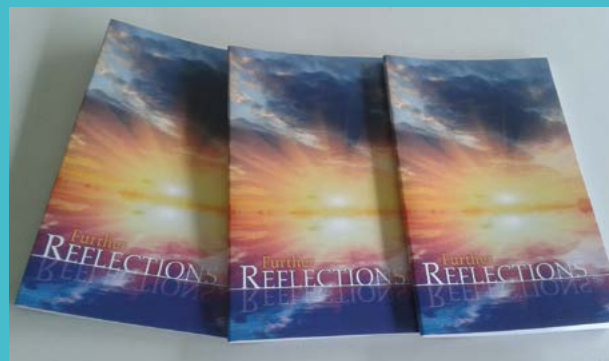
Art Zine.

'I surprised myself by what I was able to achieve.'



Talent at MAECare

No one is ever too old to try new things and develop their talents. The photos illustrate the range of activities our service users have been involved in from photography, art and creative writing.



Reflections poetry anthology with Becky Cherriman.



Zine photography club with Lizzie Coombes.

May 2018

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Staff members Wendy and Rhonda with volunteer Jean.

“I wanted to give something back.’
‘I feel my contribution is valued.’



Moor Allerton
Elderly Care

Volunteers make a difference

We have over 120 volunteers ranging from 16 years to 90 plus. They make an amazing difference to our work offering time, enthusiasm and their skills.



Valentina and Angie (volunteer) Treetops.



Peter (volunteer).

June 2018

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'I now have 2 people in my life who are close and getting closer to me. I am doing things I missed out on with my own grandchildren because of distance. It's like having a new adopted child and daughter.'



Building community connections between the generations

Our adopt a grandparent scheme has got off to a great start. MAECare makes the connections and then the families just get on with it.



Gillian and Nyran on her mobility scooter.

July 2018

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Penpal project get together.

‘Having no family I have missed a lot of pleasures many of my friends have with their grandchildren. This is a way of gaining the same contact they have with the young. Already I’m able to join in... It’s lovely.’



Partnership – the penpal project

MAECare works in partnership with many organisations in the area. One of the most fruitful has been the one with Alwoodley Primary School. Children in Years 5 and 6 write old fashioned letters to older people. Some great friendships have developed and our ‘get togethers’ are enjoyed by everyone.



Young people’s choir.

August 2018

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Mindfulness.

Emotional well-being is just as important as physical well-being and MAECare has some specific activities to support that including massage and meditation and special events such as at 'Beat the January Blues'.



Mind and body – emotional well-being

'Meditation helps me manage the stresses and worries that I have in my life.'



Mask making.

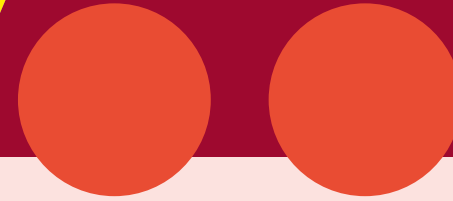
September 2018

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Jo (from Butterfly Care and Transport) with Shirley.

'I never have to worry how I'm going to get to things at MAECare.'



Transport

Transport to events is vital and can often be the biggest barrier to becoming less isolation. At MAECare we use accessible minibuses and coaches, volunteer drivers and taxis to get people to MAECare activities.

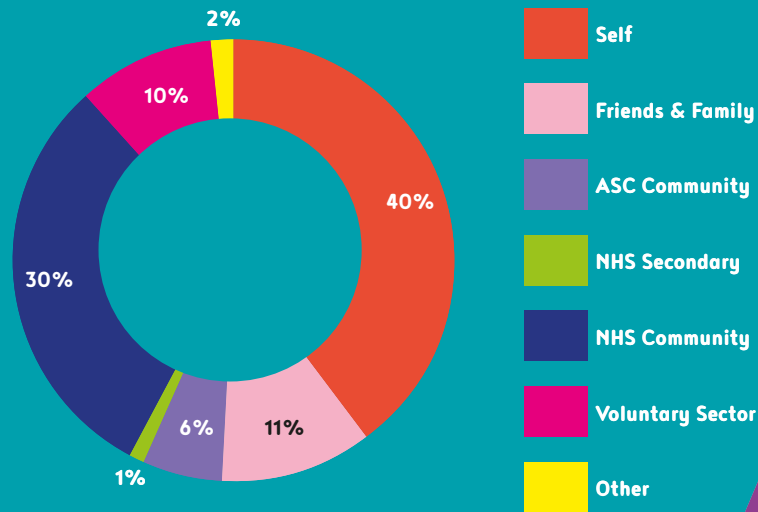


The PHAB bus.

October 2018

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Source of referrals



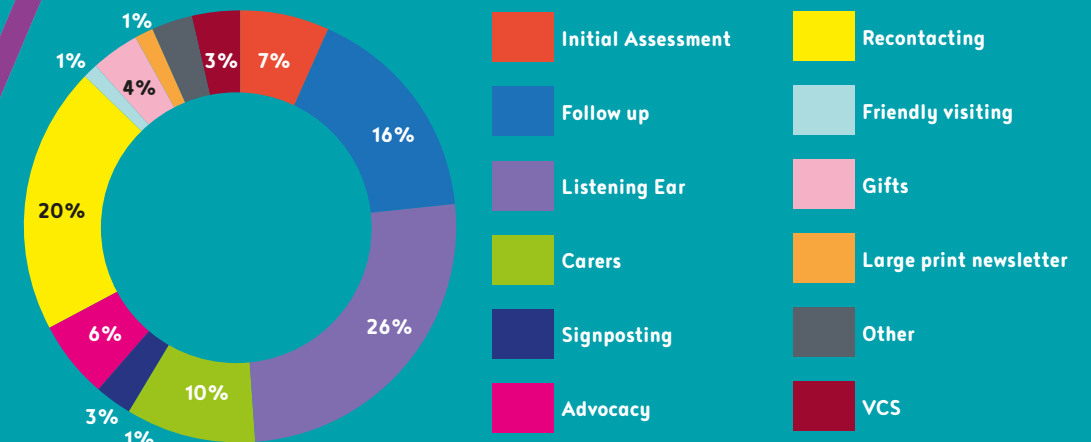
The pie charts left and below show the different ways that we support people on an individual basis, a hidden part of our work. We make many home visits and also support many people through a simple phone call.



One to one support

'I can't cope with those automated telephone systems, I'm glad I can use the phone at MAECare.'

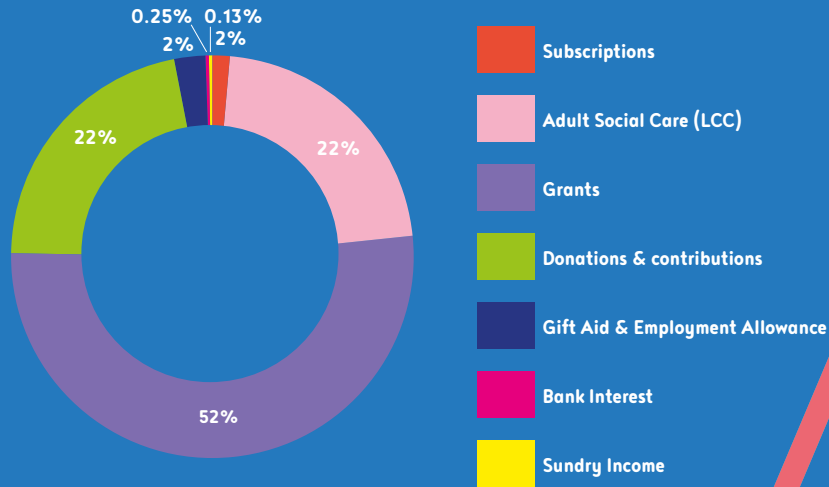
Our one to one contacts



November 2018

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Income 2016-2017 £310,722



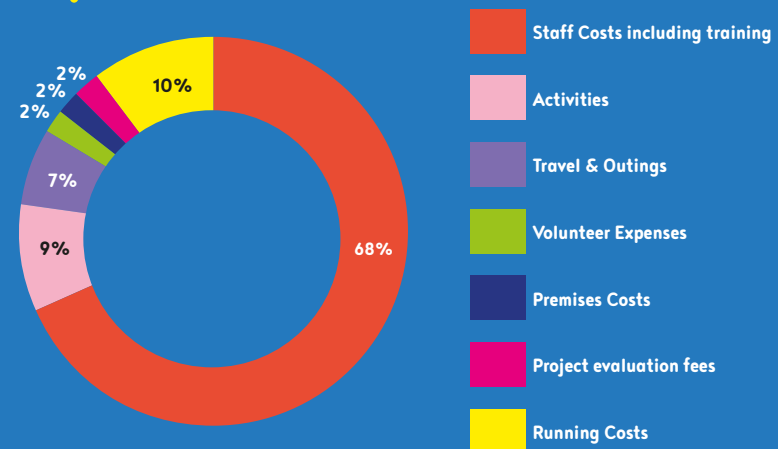
The pie charts give a snapshot of our income and expenditure for 2016-17. The full accounts will be available in September 2017. Our major expenditure is on salaries. Many of our activities are paid for by contributions from the service users.



Where does our money come from?

'We are grateful to our many donors who allow us to expand our work. Fundraising is becoming increasingly competitive and we need to work hard to maintain our level of activity.'

Expenditure 2016-2017 £282,167



December 2018

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Lisa Baker
Project Support and
Communications



Barbara Bailey
Project Worker,
Community Connections



Carol Burns
Project Manager



Geoff Fennell
Finance Worker



Julie Harrison
Project Worker,
Advocacy and Case Work



Who's who at MAECare



Wendy Headley
Project worker,
Capacity and Skills



Karen Linstrum
Project Support



Maria Nalty
Project Worker,
Activities and Social
Isolation



Jenny Nayak
Project Worker,
Circles of Support



Rhonda Ward
Project Worker,
Mind and Body



Moor Allerton
Elderly Care

Moor Allerton Elderly Care

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Registered Charity Number 1100645
Company Limited by Guarantee No. 4352867



Management Committee

Margaret Aveyard – Joint Chair
Pauline Roylance – Joint Chair
Maureen Darnbrough – Treasurer
(until September 2016)
Cynthia Chandler
Lindsay Cradock
Joan Hurst
Louise Lightfoot
Eileen Ludlow – Minutes Secretary
Liz Malia

Hugh Norwood
(Treasurer from September 2016)
Muriel Ramsey
Joan Roberts
Dorothy Taylor
Pauline Trousdale
Irene Wyatt
Councillor Sharon Hamilton
– In attendance

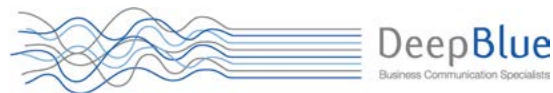
Funders

MAECare are indebted to all those who support us in any way, either with money or in kind. The list has now become too long to name everyone individually but our main funders are named below.

Adult Social Care
Outer and Inner North East Community
Committees Well – being Fund
Outer North East Housing Advisory
Panel.
Big Lottery
Tudor Trust
North CCG Third Sector Health Grants
Leeds Community Foundation Winter
Health Grants
Sobell Foundaiton
Evan Cornish Foundation
Peoples Health Lottery

Lloyds Foundation
Alwoodley Parish Council
Alwoodley Councillors
Moortown Councillors
Harewood Councillors
Sainsbury's Moor Allerton Branch
Peter and Gail Hartley Trust
Sylvia and Colin Shepherd Trust
Barchester Foundation
COOP local causes
AV Foundation
Wharfedale Foundation
Westward Care

Calendar sponsored by



Headline funders



NHS
Leeds North
Clinical Commissioning Group

Alwoodley and Moortown Councillors



the
Tudortrust