



# ANNUAL REPORT 2017-18

## CALENDAR 2018-19





Welcome to the MAECare Annual report: once more in the form of a calendar with many pictures telling the story of another successful year. In reflecting on the past year it's a good opportunity to thank all the staff for their hard work.

Most of you will be aware that Carol (our manager) plans to retire in July. During the eight years of Carol's management, she has taken the organisation forward, trebling the number of staff and increasing the membership and activities. We have expanded into 57a giving us larger premises, thus enabling many activities to be held on site. We are now a large hub within the community with the space being used most of the time. In the past 12 months under Carol's leadership, we have gained the PQASSO quality mark and received the Duke of York Community Initiative Award.

We are starting a new venture called 'Making a Match' which involves working with OPAL (Older People's Action in the Locality). This is funded by Time to Shine through the Big Lottery.

We continue to offer many diverse activities ranging from the quiet and reflective to the more energetic. The value of being able to meet together in friendly circumstances enables everyone to make choices.

Our volunteers are a valued and essential part of the MAECare family, providing friendship and support to our service users. We thank them for their hard work and commitment.

# Introduction



Muriel, Hugh and Pauline

We are most grateful to have received some large donations which have been very useful. The Coop donated nearly £4000 in support of our singing group and writing group. The Masonic Foundation donated £2000 towards massage and relaxation. We need to acknowledge the generosity of our own members who have made substantial personal donations. (Please see a full list of funders below).

On behalf of the trustees, staff and service users we wish Carol a happy retirement.

**Pauline Roylance and Muriel Ramsey** (Joint Chairs)  
and **Hugh Norwood** (Treasurer)



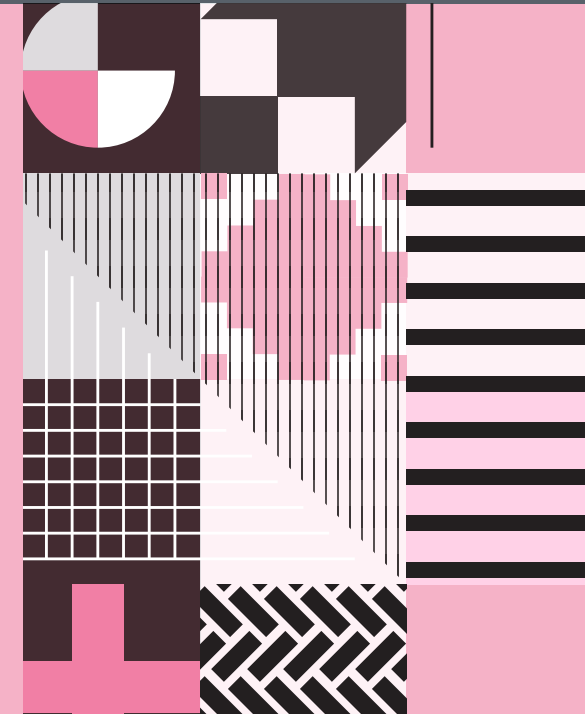


- Adult Social Care
- Outer North East Well-being Fund (Leeds City Council)
- Outer North East Housing Advisory Panel
- Inner North East Housing Advisory Panel
- Big Lottery
- Tudor Trust
- North CCG Third Sector Health Grants
- Leeds Community Foundation
- Winter Health Grants
- COOP local causes
- Morrisons Foundation
- Masonic Charitable Foundation
- Charles Hayward Trust
- Liz and Terry Bramall
- Wharfedale Foundation
- Westward Care
- David Lloyd Leisure Group

# Our funders



- Sobell Foundation
- Evan Cornish Foundation
- Lloyds Foundation
- Alwoodley Parish Council
- Alwoodley Councillors
- Moortown Councillors



Top: The Coop donated nearly £4000 in support of our singing and writing groups.

Bottom: Receiving the Masonic Charitable Foundation grant.

# September 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30



Transport  
is offered  
to all our  
activities.



# Transport



'I appreciate the  
door to door  
transport and  
the support to  
get in and out  
of the car.'



# October 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				





MAECare organises outings and meals to a variety of local places.



## Getting out of the house



'It's years since I was in the city centre at night, I've thoroughly enjoyed the meal and the company.'



# November 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
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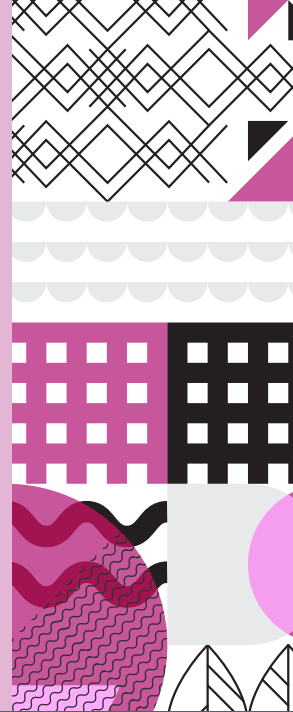
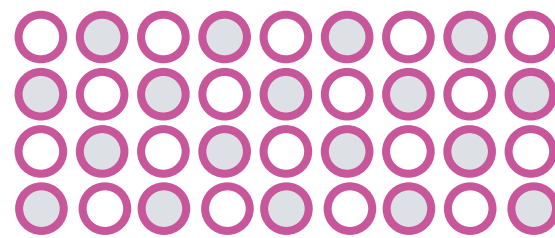


'Thank you for all your help and support. Maturity sneaks up rather unkindly but with people supporting us we can manage.'

## Circles of Support



**Circles of Support is our project to support people living with dementia to ensure they live as well as possible and are able to make choices.**



# December 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						





The pen  
pals project  
goes from  
strength to  
strength.



Intergenerational



‘Lovely to hear  
what primary  
school children  
are up to these  
days.’



# January 2019

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	1	2	3	4	5	6
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28	29	30	31			



Befriending by volunteers is a way to prevent people becoming isolated especially if they find leaving the house difficult.



## Befriending



'I look forward to Dolly coming, we always have something to talk about.'



# February 2019

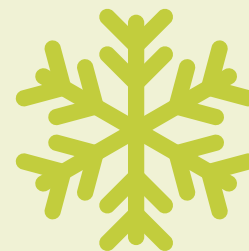
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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18	19	20	21	22	23	24
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## Support in the winter

We make extra efforts to support people in the winter especially when the weather is bad.



‘The time passes so slowly in the winter, I am glad to get out and meet others.’



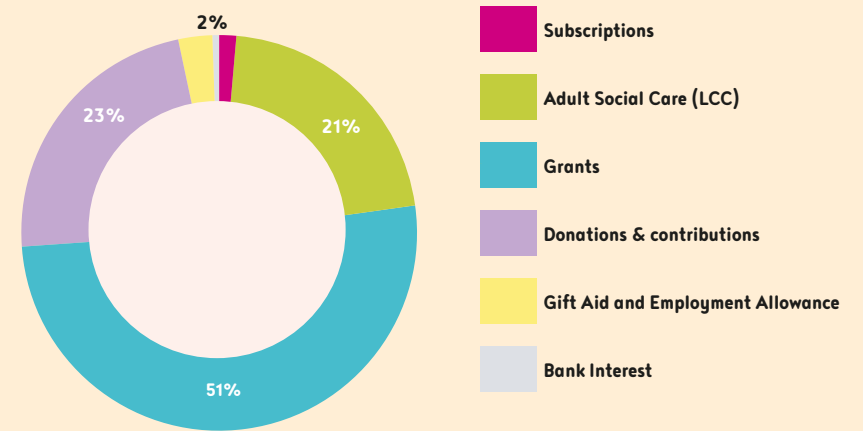
# March 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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The pie charts give a snap shot of our income and expenditure in 2017-18. The full accounts will be available in September 2018. Our major expenditure is on salaries. Many of our activities are paid for by contributions from the service users.

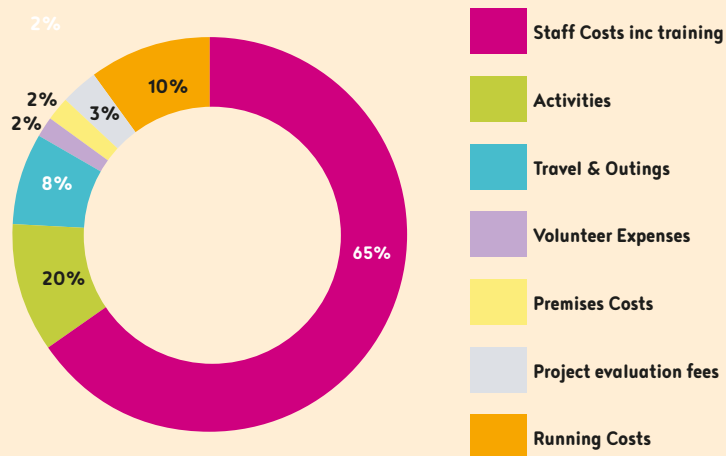
## Income 2017-2018 £318,899



## Finance



## Expenditure 2017-2018 £295,205



'2018-19 is a crucial year for MAECare as some of our large grants come to an end.'



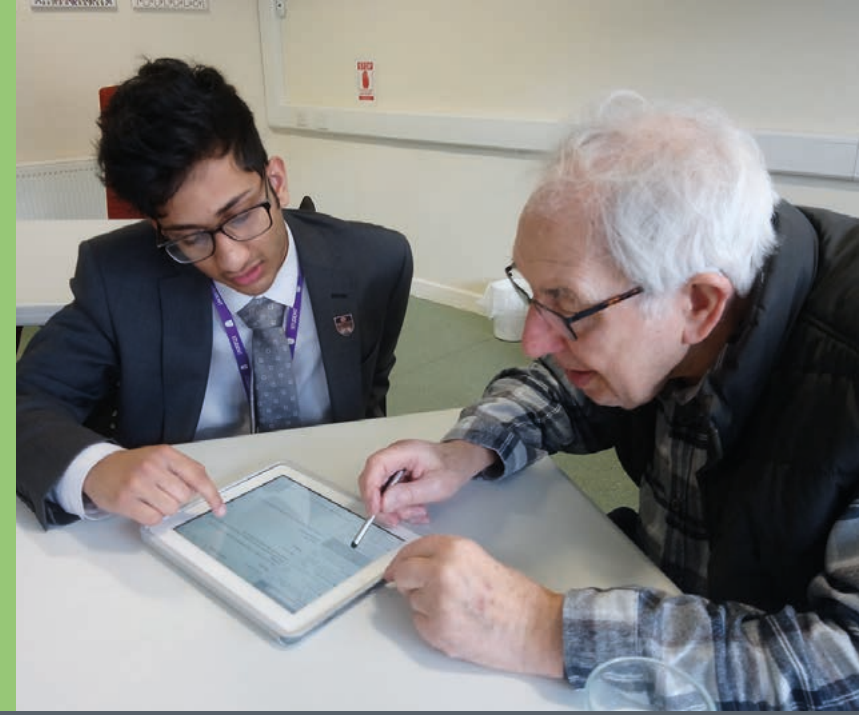


# April 2019

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29	30					



We want to make sure everyone has the opportunity to be digitally connected. Sessions on google maps and shopping on line have been popular.



# Digital inclusion



'I am technophobic and I resisted calls for a long time to get to grips with technology. I am less frightened and more competent even though I have only had two lessons.'



# May 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1	2	3	4	5
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20	21	22	23	24	25	26
27	28	29	30	31		



Keeping well physically can be a protective factor to ensure **good health.** MAECare offers 7 different types of exercise.



## Physical wellbeing – Tai Chi



'Tai Chi really stretches and strengthens my muscles.'





# June 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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There are a wide variety of events on offer to suit all interests and tastes.



## Meeting up



‘There as so many different things on offer at MAECare.’

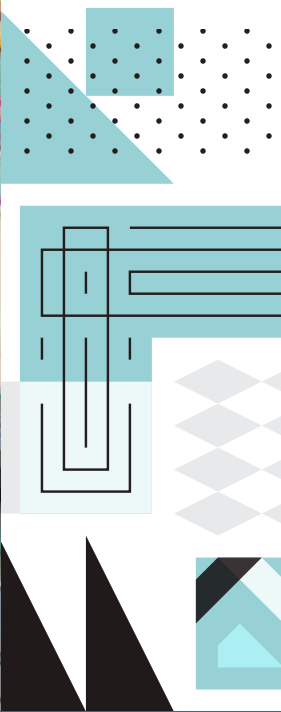


# July 2019

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22	23	24	25	26	27	28
29	30	31				



Looking after our mental well being is just as important as maintaining good physical health.



## Mindfulness and massage



‘Sometimes I get so stressed and coming for a massage helps me calm down.’





# August 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1	2	3	4
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19	20	21	22	23	24	25
26	27	28	29	30	31	



'It was a honour to attend the ceremony and I was so pleased to be able to talk to Prince Andrew.'



## Awards



**We were delighted to achieve the Practical Quality Assurance System for Small Organisations (PQASSO) and to be awarded the Duke of York Community Award Initiative.**



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## Including men

**We aim to offer a service that encouraged men to attend as well and to feel included.**



‘Its good to know that you are not the only man when you go to activities.’

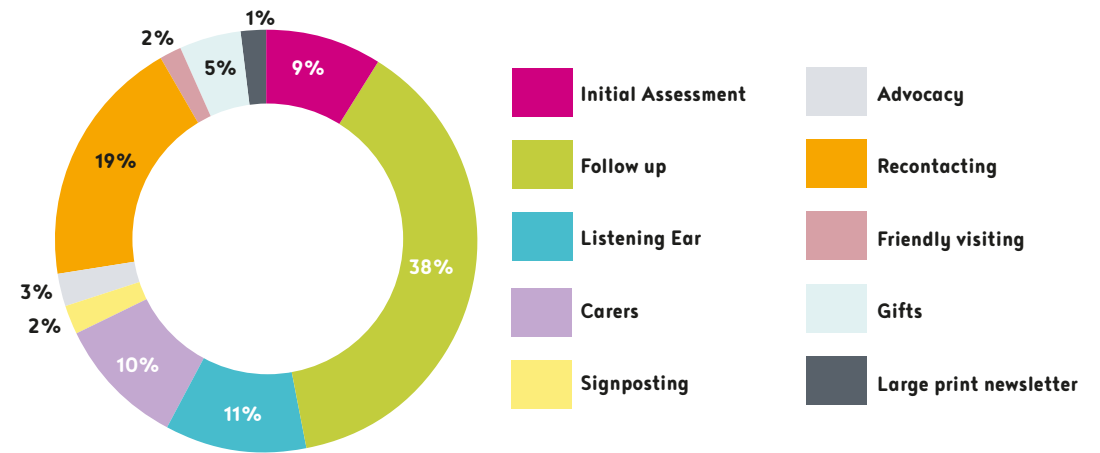
# October 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			



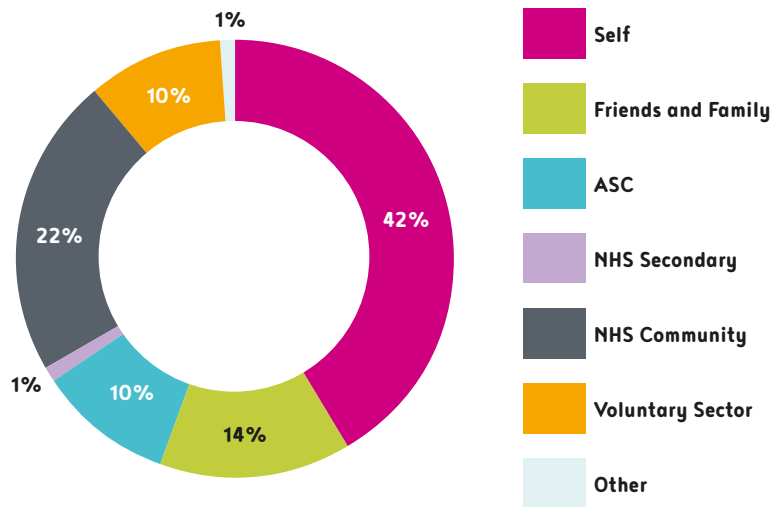
The pie charts show the different ways that we support people on an individual basis, a hidden part of our work. We make many home visits and also support many people through a simple phone call.

## Our one to one contacts



# Individual support

## Source of referrals



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

# November 2019

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				1	2	3
4	5	6	7	8	9	10
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**It's important  
to have  
volunteers from  
a wide range of  
backgrounds  
and ages.**



## Volunteers



‘Being a volunteer has increased my confidence and I am completely different since I began volunteering at MAECare.’



# December 2019

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2	3	4	5	6	7	8
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30	31					





**Our theatre group is one of the longest standing MAECare groups and meets once a month to decide which shows to attend.**



## Companions in concert



'I wouldn't go to the theatre if it wasn't for this group. Going with someone you know is much more enjoyable.'



## Management Committee

Margaret Aveyard  
Maureen Darnbrough  
Joan Hurst  
Louise Lightfoot (Deputy Treasurer)  
Eileen Ludlow  
Liz Malia  
Hugh Norwood (Treasurer)  
Muriel Ramsey (Joint Chair)  
Pauline Roylance (Joint Chair)

Pauline Trousdale  
Irene Wyatt  
Cynthia Chandler  
Joan Roberts  
Mike Creedon  
Howard Foreman  
Gill Mason  
Lindsay Craddock

## Staff team 2017-18

Carol Burns (Project Manager)  
Julie Harrison (Senior Project worker to July 2017)  
Maria Nalty (Senior Project worker from July 2017)  
Rhonda Ward ( Project Worker, Case work and Advocacy)  
Julie Morrison ( Project Worker, Mind and Body)  
Barbara Bailey (Community Connections)  
Geoff Fennell (Finance Worker)  
Wendy Headley ( Building Capacity and Skills)  
Jenny Nayak (Circles of Support)  
Lisa Baker (Project Support and Communication)  
Karen Linstrum (Project Assistant)

### Moor Allerton Elderly Care

57 Cranmer Bank, Leeds LS17 5JD  
t 0113 266 0371 e info@maecare.org.uk  
www.maecare.org.uk



## Our volunteers

Evangelina Antonopoulou  
Peter Argyle  
Diane Argyle  
Margaret Aveyard  
Rachel Baines  
Shadha Beden  
Martin Bland  
Margaret Booth  
Angie Bourdillon  
Audrey Bowen  
Margaret Buchan  
Mavis Bulman  
Margaret Butts  
Olivia Butterworth  
Barbara Catley  
Cynthia Chandler  
Dominika Ciach  
Joe Cole  
Peter Corscadden  
Valerie Coulter-Lenthall  
Lindsay Craddock  
Michael Creedon  
Maureen Darnbrough  
Dolly Das  
Kevin Dawson  
Gemma Denby  
Barry Dewhirst  
Joseph Downey  
Maya Dudko  
Tom Eastwood

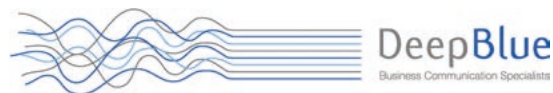
Marian Emlý  
Chris Feetenby  
Howard Foreman  
Pamela Godward  
Anthony Goff  
Marie Goff  
Dena Golf  
Janet Gourley  
Michele Gray  
Rachel Guthrie  
Kathleen Haigh  
Mahnoor Haq  
Philip Harriman  
Doreen Haupt  
Stephen Higgins  
Malcolm Hird  
James Hogg  
Allan Horswill  
Rebecca Hull  
Joan Hurst  
Louise Iduas  
Bella Jackson  
Judith Jackson  
Danielle Jackson  
Barbara Jewitt  
Benjamin Johnson  
Harry Jones  
Rachel Kasher  
Amir Khan  
Louise Lightfoot  
Jean Lister

Helen Lorie  
Eileen Ludlow  
Milly Lund  
Liz Malia  
Celia Martin  
Gill Mason  
Rebecca Mathews  
Christel Matthews  
Rachel Mendel  
Rebecca Mitchell  
Verity Mulkeen  
Christine Norwood  
Hugh Norwood  
Krystyna Orlinski  
Ann Pearce  
Angela Peet  
Neena Punnu  
Masooma Qurashi  
Saniya Rabbani  
Jean Rajfeld  
Muriel Ramsey  
Chantelle Rawson  
David Rivett  
Joan Roberts  
Lila Roots  
Anne-Marie Rose  
Pauline Roylance  
Tom Ryder  
Rana Salem  
Ravinder Saundh  
Arthur Selman

Les Sewter  
Margaret Shaha  
Sheila Shaw  
Tony Shen  
Joan Shiers  
Rebecca Shoemaker  
Poppy Siddell  
Patricia Sims  
Carole Smith  
Alan Swift  
Margaret Talintyre  
Bharti Tanna  
Dorothy Taylor  
Susan Thirkill  
Ralph Thompson  
Qing Tian  
Pauline Trousdale  
Geoffrey Walker  
Margaret Walmsley  
Penny Watterson  
Elise Weaver  
Mary Wilson  
Jean Wilson-Goddard  
Irene Wyatt  
Jessie Wyatt  
Lynsey Yardley  
Ruth Youngman

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Calendar sponsored by



Headline funders



Alwoodley and Moortown Councillors

