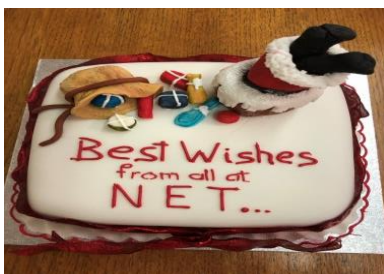




THANK YOU' to so many people who have made this Christmas period a little better for so many others... What better way to say thank you to our wonderful Volunteers STOP PRESS PLEASE SEE CENTRE PAGES!!!



We continue to be overwhelmed by the support from our community, through food donations from major supermarkets, to local businesses, individuals and organisations who have given financial support. NET is proud to be working with Leeds City Council and Voluntary Action Leeds to deliver community support.

We would also like to acknowledge all the work done with funders through positive collaborations with all of the following; Leeds City Council, NET Ward Councillors, Voluntary Action Leeds, Leeds Older Peoples Forum, Leeds Community Foundation, Leeds Healthcare NHS Trust, NHS Local Care Partnership LS25/26. NHS PCN Community Partnerships, the CO OP, Leeds Benevolent Society for Single Ladies and West Yorkshire Neighbourly Community.

We would also like to say a big thank you for all donations received from clients and friends in the local community and to our clients that have left a legacy in their will. Without this level of support NET would not be where it is today.....

THANK YOU TO YOU ALL!

From Monica, the Board of Trustees and all the wonderful staff team



Christmas Tree – Roy Norcliffe

It was a hot July evening, now distant years ago, whilst meandering down my friends' garden, that I espied a brown, and obviously discarded Christmas tree. Maybe about a metre in length it was close to a compost heap and on the edge of a previous small garden bonfire site. Whether it had failed to burn, and then become a discard compost element was something of a mystery – but then no one seemed to care!

I cared because I'd spotted tiny flecks of green in a number of places, despite the absence of soil or much root; and I had that strange feeling-lovers of plants will know that feeling I'm sure.

I turned to my friend Les to ask if I could take it home.

'What for'? He asked.

'Well, I think it might be alive', I boldly suggested.

'No chance' responded Les, and he continued 'it's not even last years, but the years before'!

Anyway I did take it home, and undeterred it was planted in a brand new garden under construction in my recently acquired property. What had I to lose anyway?

To everyone's amazement – except mine – the tree confounded all expectations and flourished at an astonishing speed. By Christmas time and a mere five months later a rich verdant green had covered my 'twig' as it was fondly called.

My tree never looked back and many were the doubters and scoffers who came to pay homage to my tree, which grew and grew and grew. It never looked back as I pruned and carefully nurtured it. I even built a feature wall around it. But my story is only half told!

After about 16 years the height was over 25 feet, with a huge branch circumference, and a trunk firth of just under two feet. Which seemed under threat and something needed to be done?

First of all my son took off the top ten foot of growth, banded them together back to back, and we created a smaller tree, which with lights, decorated the patio. This then became a yearly ritual and using this method we provided a number of 'branch trees' for schools and my own college. This magnificent, and freely giving tree shrugged off its annual haircut and pruning and persisted in growing despite the amputations.

What of all its numerous friends though? We daren't let our little story conclude without giving them a mention. Large birds such as crow and pigeon, rocked back and forth, safe in its great height. Smaller birds, camouflaged by its density, such as tits, a goldfinch family and the lone bullfinch, dwelt, securely in its pervading atmosphere of protection. Indeed all manner of creatures, both large and small revelled in its size. Once it was deemed a twig lest we forget!

Sadly there had to be an end. Like Jack's beanstalk we fully expected a giant to appear out of the tops but he never did. But a large part of the garden and lawn was being completely overwhelmed. So with due ceremony the tree was pruned to represent a totem pole, was embraced by equally aggressive honeysuckle whilst beneath beautifully scented tee roses grow. So all in all it's a very happy ending to my own Christmas fairy story. Whilst I awake to the latter view every morning I'm a lucky man but ---! Those surely formidable roots have been neither severed nor removed. What lies beneath the surface has never been disturbed, so who knows what lurks below, who knows the future and if the sleeping giant will one day awake?



Peer Talk



Peer Talk is a national registered charity, with 16 established support groups for adults experiencing emotional distress – primarily anxiety and depression, but also similar/related distress.

NET would like to share with you information about an anxiety and depression peer support group based in Leeds.

The Leeds support group meets every Tuesday evening, 6.30 – 8pm in the Acre Room at Headingley Campus of Leeds Beckett University. Full address details can be found on the flyer attached.

It is **free to attend, with no bookings or referrals required**, and the group runs 51 weeks a year (only closing for Christmas).

The group is a confidential, safe and non-judgemental space for attendees to share their experiences, and provide one another through support by listening, offering advice and/or coping strategies. The group is run by fully trained volunteers, who have an excellent understanding of safeguarding, and they proactively manage the space, allowing for the mutual support to flourish.

Just turn up at 6.30pm.....no need to book and it's free

"People
start to heal
the moment
they feel
heard"

LEEDS

PeerTalk®



**Peer Support Group
for those living with
depression, anxiety
or other distress**

EVERY TUESDAY 6.30pm – 8.00pm

James Graham Building,
Acre Room,
Leeds Beckett University,
Headingley Campus,
Leeds, LS6 3QT.



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Together

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Find out more at:

- 📞 07719 562 617
- 🌐 peertalk.org.uk
- ✉ enquiries@peertalk.org.uk
- 🐦 @peer_talk
- 📘 @peertalk1
- 📺 [peertalkcharity](https://www.instagram.com/peertalkcharity)

Better Lives for People in Leeds.



Bowling, balls, bread and more best bits of becoming Shared Lives carers

Hear from [Leeds Shared Lives](#) carer Mick Ward about his experience with the Leeds City Council scheme...

Shared Lives has brought J into our lives along with a whole lot of things we would never have done without him.

We're Mick and Gill, and J comes to stay with us at our home from time to time so we can provide support, but more importantly share each other's lives. It also creates space for his family to do other things.

We support J as part of the Leeds Shared Lives service. Shared Lives is a great concept that moves away from more traditional care models. It brings about a much more equal relationship between the person receiving support and the people providing that support, who share everyday life in as reciprocal a way as possible.

Spending time with J not only helps to expand what he might do, it also gets Gill and I to do things we wouldn't otherwise. We've been ten pin bowling (J followed every good shot with a different premier league footballer's goal celebration), we've danced till midnight at the Leep1 masked ball (*see photo below*) and received a tasty focaccia from him that he baked with Leeds Bread Coop.

It's the simple things too that make our time with J so enjoyable. We didn't want to be the people J comes to who always go out doing things – it's not sustainable nor what real life is like. Plus, J's already busy with lots of daytime and evening activities provided through a range of services.

So, we also spend time simply watching TV, going on short walks and playing cards, or quiz games on the iPad – J is a real quiz master! All punctuated by J's humour, he's a specialist in one-liners and impressions, and it's also great for me to have a new audience for my old jokes and stories!

After working in adult social care for 42 years I was already a champion of Shared Lives but knew little about how it worked in practice. Once I retired I wanted to continue doing something in the broad world of care, health and wellbeing. Gill had already retired and the short breaks element of Shared Lives suited us well due to our other commitments.

You don't need relevant experience; you get full training. From the start the Leeds Shared Lives team were brilliant in explaining how it all works and always responsive to any questions we had. After we made initial contact, we had a visit from a social worker who outlined what would happen whilst checking it would be right for us.

Once we agreed to progress, we booked the core training, completed requests for information such as pen pictures about us, our interests and background etc. as well as practical details about the house, and the time we could commit. We were kept well informed throughout the process despite it happening through the height of Covid.

The first big step is being matched with someone wanting to use Shared Lives, and after a couple of options were explored, we were matched with J. I'm sure the matching process is complex, but I suspect it helped that J is, like me, a huge Leeds United fan. Before we met I knew he was a football fan but not which team. Imagine my relief that he was wearing a Leeds United top when we first met!

That first meeting was at our house, with J, his mum and the social worker, to get an initial sense of who we all were and to talk about how it might work out. J was able to look round the house and see his room for when he stayed. Over the next few weeks we met J on his own at a nearby café a couple of times and he visited us again at home. That showed we really got on and everyone agreed to J stopping for his first night.

All went smoothly and we have gradually built up to regular stays, initially just a night at a time, then sometimes two. We recently did our first five nights, in addition to the usual one-night stays every couple of weeks. It was great having that full week to get a stronger sense of J's life and how we can continue to support him.

And as we all get to know each other better, we're finding new things to do together, from J's love of going out to eat exotic food (from calamari to sushi to Korean BBQ), to organising a trip to watch some women's football, to planning to go to some art event openings...

It really is about sharing lives.

Call: 0113 378 5410

Email: shared.lives@leeds.gov.uk

www.leeds.gov.uk/SharedLives



Keeping Warm and Well During Winter.....



Keep warm to keep well. We all want to watch the pennies but turning down the thermometer may not benefit your health' - it is recommended to keep your home between 18 - 21 degrees (ask NET for a thermometer). This is especially important as we get older and become more susceptible to the cold.

Top tips include: prevent any draughts, keep doors closed and curtains drawn to help keep your home warm. Wear layered clothes, use a blanket on your lap and have lots of hot drinks and at least one hot meal per day.

NET has a stock of items to help you keep warm this winter such as blankets, gloves, hats, scarves, socks and slippers. Speak to one of the staff, or see the winter stall at Dover Street. We are able to provide these items following a generous cash donation by Leeds Benevolent Society for Single ladies

Elaine or Michelle are also available to support at home if you would like advice, information or just a chat. Our outreach services include advice, support and signposting on all manner of issues including keeping warm at home, eating well, benefits and financing and home adaptations. Call the office to book an appointment and chat through any concerns that you may have.

Financial support:

- Winter Fuel Payments should be paid in November and December. If you were born on or before 25 September 1957 you're likely to qualify for a Winter Fuel Payment in the winter of 2023-24, as long as you were living in the UK during the qualifying week. The qualifying week is the week beginning from the third Monday in September. This year it will include a 'Pensioner Cost of Living Payment'. This is between £150 and £300, so the total payment will be either £500 or £600 per household.
- Cost of living Payment for those on some means-tested benefits (including pension credit) £300, to be paid between 31st October and 19th November.
- Warm Home Discount – opens 16th October 2023. If you received Guarantee Pension Credit on 13th August 2023 (the qualifying date) and your energy supplier is part of the scheme, you will receive credit on your electricity bill. automatically early October 2023 -31st March 2024. You may also

receive this if you receive some means-tested benefits and your home has a high energy cost score. You'll receive a letter by early January 2024 telling you about the discount if you're eligible. Most eligible households will receive an automatic discount.

Your letter will say if you need to call a helpline by 28 February 2024 to confirm your details.

- Cold Weather Payments – an additional payment of £25 for those on means tested benefits if the weather in your area is zero Celsius or below for 7 consecutive days between 1st November 2023 and 31st March 2024. This will be paid automatically for each 7 day period.

- NET is providing the Household Support Fund through our Leeds Community Anchor Network Membership. NET will identify primarily older people, families and individuals in need of extra support be it food, energy costs or other items and will work with other local community organisations to ensure we are reaching those most in need.

Fuel Poverty - We will also use this funding to support households in fuel poverty and offer support in fuel vouchers and services given by the Green Doctor.

If you are struggling with bills or food shopping, please call the office and we will do our best to support you.





An important message from Leeds Public Health

Respiratory viruses are more widespread in winter, so it's especially important to get your vaccinations. Vaccinations are particularly important this winter as flu and coronavirus levels are expected to rise.

Last year's flu vaccinations prevented around 25,000 hospitalisations in England. Even with this success, the health impact of last year's flu season remained severe, estimated to be responsible for over 14,000 excess deaths and tens of thousands of hospitalisations.

Seasonal flu vaccination remains a critically important public health intervention and a key priority for 2023 to 2024 to reduce illness, deaths and hospitalisation associated with flu.

Flu vaccination is safe and effective. It is offered every year through the NHS to help protect people at risk of getting seriously ill from flu.

Flu Vaccination eligibility criteria

The below groups will be eligible for a flu vaccine from September 2023:

- those aged 65 years and over
- those aged 6 months to under 65 years in clinical risk groups
- pregnant women
- all children aged 2 or 3 years on 31 August 2023
- school aged children (from Reception to Year 11)
- those in long-stay residential care homes
- carers in receipt of carer's allowance, or those who are the main carer of an elderly or disabled person
- close contacts of immunocompromised individuals
- frontline workers in a health or social care setting without an employer led occupational health scheme



How to get the flu vaccine

If you are eligible for an NHS flu vaccine, you can get your vaccine from:

- your registered GP surgery
- a pharmacy that offers NHS flu vaccination (if you are aged 18 or over)
- some maternity services (if you are pregnant)
- Book online using the National Booking Service

To note: You may receive an invitation to get vaccinated, but you do not have to wait for this before booking an appointment.

Respiratory viruses are more widespread in winter, so it's especially important to get your vaccinations. Vaccinations are particularly important this winter as flu and coronavirus levels are expected to rise.

Covid vaccination programme – Winter 2023/2024

As winter approaches, COVID-19 variants are also expected to be in circulation, increasing the risk to pregnant women, older people and those in vulnerable groups especially at risk of getting seriously ill.

It is therefore important that as many eligible people as possible have their flu and COVID-19 vaccines to build up their protection against severe illness before winter hits. We know that those who take up the offer of a vaccine are more likely to have milder symptoms and recover faster, cutting their risk of being hospitalised and reducing pressure on the NHS.

The UK COVID-19 vaccination programme has now entered its third autumn season. Vaccination helps to protect against severe illness, hospitalisations and deaths from **COVID-19**.

The advice for this autumn is to offer the vaccine to those at high risk of serious disease and who are therefore most likely to benefit from vaccination.



Covid vaccine eligibility criteria

JCVI (Joint Committee on Vaccination and Immunisation) advises the following groups be offered a COVID-19 booster vaccine this

Autumn:

- ***residents in a care home for older adults***
- ***all adults aged 65 years and over***
- ***those aged 6 months to 64 years in a clinical risk group***
- ***frontline health and social care workers***
- ***those aged 12 to 64 years who are household contacts***
- ***those aged 16 to 64 years who are carers***

How to book a covid vaccination

- ***If you are eligible, you can get a COVID-19 vaccination from a walk-in site***

without an appointment. Find a walk-in COVID-19 vaccination site - NHS

(www.nhs.uk)

- ***Select the find a walk-in site button to look for walk-in sites near you.***
- ***You can book at a local pharmacy using the NHS app, NHS booking system***
Book, cancel or change a COVID-19 vaccination appointment - NHS
(www.nhs.uk) or call 119 (translators available)
- ***Your registered GP surgery if the surgery has opted into the COVID-19 programme. Your GP surgery will be able to confirm.***

Provision in Leeds

- ***All eligible people will receive an invitation from the national booking system for covid vaccination or contact from the GP surgery for flu vaccination.***
- ***In some areas GPs will not deliver the covid vaccine – in these areas local community pharmacies and other healthcare providers will provide the vaccine instead.***
- ***Winter vaccinations will run through the whole campaign with vaccine supplies being spread out over this period. Therefore, clinics and appointments are also spread out across the campaign.***
- ***Timings of invitations from GPs offering vaccinations will vary according to the size of their patient lists and the different numbers of people in each eligible cohort.***
- ***Patients at highest risk will be invited first.***



Forget-me-not Cafe



Weekly – Tuesday 1pm-3.30pm.

Garforth Methodist Church, Church Lane, Garforth, LS25 1NW.

The Forget Me Not Café, in partnership with Garforth Methodist Church, has been very well attended and proved a wonderful success. The sessions feature activities ranging from **Reminiscing**, to **Craft & Games**, providing a safe place to **Socialise**.

Singing stimulates the brain, increases well-being and creates a positive atmosphere, so each attendee will be invited to choose from a range of songs for the group to sing. If you would like to come along, please give the office a call on: 0113 2874784 to make a booking.



DAA
Leeds Dementia
Action Alliance



Everybody needs
to know about...
LEEDS
DIRECTORY
Supporting you to live well



GARFORTH LEG CLUB AT NET DOVER STREET - 8.30-12noon

Garforth Leg Club follows the award-winning Leg Club model founded by former district nurse Ellie Lindsay OBE. Leg Clubs offer holistic treatment on a drop-in basis, in a non-medical setting, through a partnership of nurses, members (patients) and volunteers from the local community. The emphasis of the Leg Club is to empower members to participate in their care, in an environment which helps to reduce the social isolation often associated with lower limb conditions.

ROTHWELL LEG CLUB AT ROTHWELL METHODIST CHURCH HALL, BUTCHER LANE - 1.30-4.30pm

The Rothwell Leg Group launched on 2nd November 2022 as an extension of the community led service which has successfully operated in Garforth over the last few years. The Rothwell Leg Group takes place on a Wednesday afternoon between 1:30 – 4:30pm on a weekly basis. We have a team of extremely experienced and dedicated nurses from Primary and Community Care who are passionate about good leg care. This includes assessing and treating leg ulcers, managing lymphedema, diagnosing and treating skin conditions, treating varicose veins as well as offering advice and help with the maintenance of good leg health.

Rothwell Leg Group is supported by a team of wonderful volunteers and staff from Garforth Neighbourhood Elders Team (NET), who make refreshments and ensure that all members are looked after whilst they are waiting their turn to be seen.

For more information please contact Bernie Almond, Garforth Leg Club Lead Nurse, on 0113 287 7321 or Jayne Turner Leg Club Team Leader 0113 287 4784



Getting Outdoors



Wellbeing Walks RSPB St Aidan's Nature Park Walks are on the last Wednesday of each month, meeting at St Aidan's Visitor Centre at 11.00am. A gentle sociable stroll around St Aidan's Nature Park to improve physical and mental wellbeing. These monthly walks, are around one mile and last for about an hour, accompanied by RSPB Volunteer Rangers. No booking needed, just turn up! (Walks will be subject to weather conditions).

.....

“It has been one of the best things I have ever done. I feel like I’ve found the real me again, I am healthier, fitter, happier, more confident and have made so many new friends” – This could be you!

.....

Future dates – 31st Jan, 28th Feb, 27th March and 24th April 2024
Find out more at St Aidan's Nature Park, Astley Lane, Leeds LS26 8AL
Tel: 0113 232 0529



FALLS PREVENTION
Active Leeds - Strength and Balance programme.

WEEKLY- FRIDAYS - 9.30-12.00 NET, DOVER STREET, GARFORTH

Active Leeds offers a structured Falls Prevention Programme of exercise for people at the risk of falls. These Strength and Balance sessions are designed to improve strength, balance and co-ordination for people with low mobility. There is a focus on improving confidence and reducing the fear of falling. Building and maintaining strength and balance can help individuals carry on doing the things they enjoy and stay independent. The sessions involve a mixture of chair based exercises and standing strength and balance exercises. Our postural stability programme is perfect for those older adults who want to participate in activities to increase strength and balance, or those who feel like they have lost some confidence. Each session includes a coffee/tea and chat! To attend the Strength and Balance Programme individuals can be referred by their physiotherapist or a health professional. We have also introduced the option of a self-referral. **Please contact NET on 0113 2874784.**



Good News Story – An extract from the Active Leeds for Health Newsletter

Tony, one of our Strength and Balance 'Graduates'. Tony has always led an active lifestyle and is a qualified Nordic walking instructor. Following a health scare, a fall which left him with a broken hip, as well as two knee replacements, Tony knew his mobility and balance had deteriorated. However, he was determined to get back to being active. The Strength and Balance programme began his journey back to health and fitness. He gained confidence and his fear of falling has reduced. Tony recently attended a charity event in which he walked 10 times round the track, which is 4,000 metres. Tony told us: 'I was determined to walk round the track and do as many laps as I could'. Well done Tony!

NET Computer Social Group.

At Garforth Library in the My space room, we are pleased to invite people to come along to the Computer Social Group on Wednesday mornings, 10am – 12 noon.



The group has been looking into scams – emails from bogus delivery companies, charities etc.

Places for this group must be booked in advance to enable us to monitor numbers. To find out more call the office on: 0113 2874784

'TALKING POINTS', Adult Social Care Drop in service at Dover Street Garforth. This wonderful service returns to Dover Street for 2023. Every Tuesday 9am – 12.noon.

'Talking Points' give you the opportunity to have informal face to face conversations with the Adult Social Care Team in your area. Leeds is one of nine local authorities changing adult social care by developing community-led social work. This involves offering more local solutions to people seeking support. The aim is to respond better to individuals' aspirations instead of fitting them into existing services. The focus is on face to face conversations help to talk through options, get advice and get involved in a more personal way. **If you would like further information or to make an appointment with the Adult Social Care Team on a Tuesday between 9am -12 noon please contact NET on 0113 2874784.**

THE PHYSIOTHERAPY DROP IN SERVICE AT DOVER STREET.

If you would like advice on exercise, how best to manage some aches and pains, preventing falls or walking aids then pop along to see us. Your local community physiotherapist will be available for advice between **8.45am-12.noon on a Thursday morning** at NET Dover Street, Garforth LS25 2LP. **Please contact Jayne at NET on 0113 2874784 for more information**



Regular Activities

Take a look at our regular events programme

All events held at Dover Street, Garforth unless indicated otherwise.

Monday

CONNECT COFFEE MORNING Halliday Court Garforth – every Monday 10am-12noon.

AFTERNOON CABARET AND MEET THE STARS! Come along to a wonderful singalong and meet the stars Johnny and Emma on every third Monday in the month.

15th Jan, 19th Feb, 18th March, 15th April 2024 – 1.30-3.30pm

SHARE – Bereavement Group - Last Monday in the month 1.30-3.30pm

29th Jan, 26th Feb, 25th March, 29th April 2024.

CARERS LEEDS SUPPORT – Information, Advice & Support - 2nd Monday of the month at the Miners Welfare Hall, Main Street, Garforth 1-2.30pm Contact the NET office or Carers Leeds advice line on 0113 380 4300 to reserve a place.

Tuesday

ASC 'TALKING POINTS' DROP IN SERVICE – every Tuesday 9am -12.00 noon.

CHAIR YOGA WITH DANIELLE - every Tuesday 10.00am – 11.30 am.

WELCOME SPACES – every Tuesday **St Mary the Less, Church Community Room, Allerton Bywater** 9.30am -12.00 noon. **Churchville Community Room Micklefield** every Tuesday 10am-12noon. **Astley Court, Swillington** every Tuesday 10am -12noon

PILATES – every Tuesday 1.30-3pm



FORGET ME NOT CAFÉ every Tuesday at Garforth Methodist Church, Church Lane, Garforth, LS25 1NW, 1pm – 3.30pm.

MENS GROUP OUTINGS – Tuesdays – 30th Jan, 27th Feb, 26th March and 30th April 2024

Wednesday

'LEGS 11' LEG CLUB AT NET DOVER STREET GARFORTH. Every Wednesday 8.30am-12noon.

'LEGS 11' LEG CLUB AT ROTHWELL METHODIST CHURCH HALL. Every Wednesday 1.30pm – 4.30pm

COMPUTER SOCIAL CLUB – every Wednesday 10am -12.00 at Garforth Library. (Term time only)

WELCOME SPACES Elders Community Centre, St Aidan's Estate, Great Preston LS26 8AZ. Every Wednesday 10-12 noon.

DANCERCISE at Garforth Methodist Church Community Room, Church Lane Garforth. Every Wednesday 10am – 11am

SONGS WE REMEMBER - Wednesday - 1.30pm – 3.30pm. 17th Jan, 7th & 21st Feb, 6th & 20th March, 3rd & 17th April 2024.

WALKING GROUP – Future dates – 31st Jan, 28th Feb, 27th March, and 24th April 2024.

Thursday

CONNECT COFFEE MORNING DOVER STREET. Every Thursday 9.30am -12noon

WELCOME SPACES Kippax Methodist Church. Every Thursday 10 am -12 noon

KNIT/ CRAFT OR BRING YOUR OWN - A RELAXED AND SOCIALABLE SESSION- Every Thursday 1.30pm – 3.00pm. Please ring the office for further details.

THE PHYSIOTHERAPY SERVICE AT DOVER STREET. Appointments start from 8.15am. If you would like to book in for an appointment please contact Jayne at the NET Office on 0113 2874784.

Friday

ACTIVE LEEDS FALLS PREVENTION STRENGTH & BALANCE – Every Friday – 10.00-12.00

CHAIR EXERCISE CLASS – Garforth Methodist Church, Church Lane 1.30-3pm Every Friday

WELCOME SPACES - St Benedict's Garforth – every Friday – 10.00 - 12 noon.

WELCOME SPACES - Hollins Grove, Allerton Bywater. Every Friday 10 - 12noon

CARERS LEEDS SUPPORT - Supporting carers of people with dementia and memory problems –First Friday in the month at the Miners Welfare Hall, Main Street, Garforth 2-3pm Contact the NET office or Carers Leeds advice line on 0113 380 4300 to reserve a place.

WELCOME SPACES AT A GLANCE IN OUR COMMUNITY

Dover Street, Monday 11-1pm, Tuesday 1.30 – 2.30pm, Wed 1.30pm 3.30pm, Thursday 1.30-3pm.

Astley Court, Swillington Tuesday 10am- 12noon

Churchville Community Room, Micklefield - every Tuesday 10am-12 noon

St Mary the Less, Allerton Bywater– every Tuesday 9.30am -12 noon.

Great Preston, Elders Community Centre – every Wednesday 10am-12.00 noon.

St Mary's Garforth – every Monday 1-3pm and Wednesday 10am -12noon

The Heritage Café - Garforth Library Wed 10am -2pm, Thurs 10am-2pm, Friday 10am – 2pm

Primrose House, Swillington – every Thursday 11.am - 1.pm.

Kippax Methodist Church – every Thursday 10.00am-12 noon.

Hollins Grove, Allerton Bywater – every Friday, 10am -12 noon.

St Benedict's Garforth - every Friday – 10.00 am - 1pm.

LUNCHEON CLUBS

Victoria Close, Allerton Bywater – every Wednesday, 11.15am – 1.15pm.

Please call or email to get in touch. We will respond as quickly as we can.

Telephone 0113 2874784 Email info@netgarforth.org Visit www.netgarforth.org

Revised Transport Costs are Garforth £2.50 each way £5.00 return

Any village outside of Garforth, £3.00 each way, £6.00 return journey.

If you attend a luncheon club in the same village it will be charged at £5.00 return

Please note these charges are still heavily subsidised by NET.

