

OPAL NEWS

OPAL
OLDER PEOPLE'S
ACTION IN THE LOCALITY

September/October 2011

Welcome...

Summer seems to be passing us by a little too quickly this year and we are now looking towards the autumn months. We have lots planned, so if you fancy getting out and about then make sure you contact us as soon as possible to book your place.

One-off Events (see page 3)

Advertised previously:

- Friday September 9th – Hull
- Monday September 19th – Murgatroyds
- Tuesday October 25th – Batley Mills

Newly Advertised:

- Monday November 28th – Castle Howard at Christmas

Regular Activities

- **Bramhope Drop In**
Tuesday 13th September & Tuesday 11th October
- **Carers' Group**
Tuesday 20th September & Tuesday 18th October
- **Craft Group**
Friday 2nd & 16th Sept – (page 2)
- **Creative Writing 2pm**
Monday 19th September & Monday 17th October
- **Men's Group**
Monday 5th September & 3rd October (page 9)
- **Shopping** (page 6)
- **Theatre** (page 8)
- **Tea Dances** (page 8)

Recent OPAL Trips...

Bridlington

Despite the prospect of wet and gloomy weather, we had a full coach of OPAL members ready to explore Bridlington for the day. What a wonderful surprise for us all that as we arrived, the sun came out from hiding and shone for most of our time there.

AGM

Wow, what a turn out! Thank you to everyone for coming along and supporting us. We hope you found the information on OPAL interesting, the entertainment from the RTHS students enjoyable and the information about Digital Switchover provided by VA-W, to be useful.

Whitby

We enjoyed the beautiful scenery as the coach took us through the Dales to reach our destination. This was followed by a lovely day where we took full advantage of the gorgeous fish and chips. Scrumptious!



Enjoying the sea air



Great turn out at the AGM



Hattie & Edna at our AGM



A great trip to the Seaside!

Carers Group

The OPAL Carers Group is an opportunity for OPAL members who are carers to take a couple of hours out each month to meet up with other people who are in a similar position.

The group always meet on the 3rd Tuesday of the month and do a range of things such as visits to Golden Acre Park, Lotherton Hall or just sharing tea and scones in a local café.

If you care for someone (they don't have to live with you) and you would like to join the group, why not come and join us?

Just phone Sally-Anne on 0113 2619103. It's a very friendly group with no pressure to attend regularly.



Carers group on their visit to Kirkstall Abbey



Craft Group

As many of you will have seen at our AGM display, the OPAL Craft group try many different forms of arts and crafts such as weaving, collage, felt making, embroidery, painting to name a few.

With the guidance of the very talented instructor, Sandra, they have produced some beautiful pieces and are now looking for new members to come and join their group.

They meet on the 1st and 3rd Friday of the month at OPAL.

If you want to get your creative juices flowing then call us on 0113 2619103.

Thank you to
Headingley Hall
who kindly sponsor
our newsletter.



Headingley Hall



Headingley Hall provides high quality residential care in its beautiful care home and also care and support as and when it is needed in its luxury apartments. In fact Headingley Hall offers real flexibility of accommodation and care so that residents can tailor make their lifestyles depending on their individual wants and needs.

All this is available in our newly extended care centre situated on Shire Oak Road, Headingley.

OPAL members are welcome to visit anytime. Please call 0113 275 9950 or visit www.westwardcare.co.uk



ACTIVITIES PAGE

Trips are advertised twice - 3 or 4 months ahead and again 1 or 2 months ahead so if you think you'd like to go please don't delay your booking.



Please see page 8 for a note on transport to trips.

<p>Friday 9th Sept 10am - 4pm Farrar Lane £8 ** Advertised in Jul/Aug. **</p>	<p>Hull</p> 	<p>Over the last few years, Hull has transformed itself into a real gem with a perfect mix of museums & shopping. There's Wilberforce House, the Streetlife Museum and the spectacular aquarium The Deep. The coach will make a stop in a lay-by so the toilet on the coach can be used by those who need it.</p>
<p>Sat 17th Sep 2pm - 5pm. FREE No transport **New event**</p>	<p>Garden Party at Headingley Hall</p> 	<p>Enjoy the last of the summer sunshine, relax in the landscaped gardens and join Headingley Hall for a drink and good food. Listen to the live jazz as you meander around card, craft, jewellery, knitwear, flower arranging, plant and cake stalls. Also have a look around the Hall. ** No transport can be provided by OPAL **</p>
<p>Mon 19th Sep 12– 2pm Transport £4 ** Advertised in Jul/Aug. **</p>	<p>Murgatroyds</p> 	<p>Come & have yummy fish and chips amongst friends. Lifts can be arranged £4 per person. Please book your place even if you are making your own way there. Food is extra and is to be paid for on the day.</p>
<p>Tue 25th Oct 10.30 – 3.30pm Farrar Lane £6 ** Advertised in Jul/Aug. **</p>	<p>Batley Mills</p> 	<p>Why not come and pick up some Christmas bargains or just treat yourself! There is the choice of four restaurants and plenty of shops for gents and ladies fashions, the home and food.</p>
<p>Mon 28th Nov 10—4pm Farrar Lane £13 ** New trip **</p>	<p>Christmas at Castle Howard</p> 	<p>The last trip this year to see the house by candlelight and dressed for Christmas. The price includes the bus and entry to the house. This is being grant subsidised. The house is wheelchair friendly.</p>

We have a great team of volunteers who offer assistance to OPAL members in many different ways. If you need assistance from a volunteer, we politely ask that you pay for any charges they might incur whilst assisting you. For example this might be an entrance fee whilst on a day trip or car parking fees if they are transporting you to an appointment. We always have 4 people to help on day trips and you are not required to pay for their place on the trip or pay for their refreshments.

Wills and estate planning



Guidance from the Age UK publication 'Wills and Estate Planning'.

Why is it important to make a Will?

There are many reasons to make a will these include:

- To ensure your wishes are carried out.
- To avoid disputes amongst relatives and to remove doubt about your wishes.
- Saving on Inheritance Tax
- Your funeral

What if you don't make a Will?

If you die without making a will your property and money may not go to the people intended. There are Laws of Intestacy and your estate will be divided out according to that framework which is very complicated. Ultimately it can mean your wishes are not followed, leave problems for those left behind or your estate could pass to the Crown, that is the Exchequer.

What to do before you make your Will

Before arranging to have your will written it's worth drawing up a list of assets and debts.

Assets include:

- Property
- Savings
- Insurance, life insurance
- Pension funds with a lump sum payment
- Investments
- Vehicles
- Jewellery or other valuable items
- Furniture and antiques

Debts include:

- Mortgage
- Credit card balance
- Bank overdraft
- Loan
- Equity release

Choosing Executors

4 When you make a will you need to choose your executors, who are the people who deal with distributing your money after your death.

Being an executor can involve a lot of work and responsibility, so consider carefully whether the people you want to appoint are suitable and check that they are willing to act on your behalf. It is a good idea to appoint more than one executor to share the responsibility.

Another option is to appoint a professional executor, such as a solicitor or accountant. They will charge for their services and this will be paid out of your estate. Age UK could also carry out this service in certain circumstances please contact them below.

How to make a Will

You can make your own will, or instruct a solicitor to do it for you. If you decide to make your own will, you must make sure that it is valid. It's usually best to get advice from a solicitor, except in very simple cases. 'Off the shelf' forms are available but it's easy to make mistakes and then cause problems for your beneficiaries after your death.

Who can help you make a Will

OPAL have lists of solicitors who have been recommended by other OPAL members or by Age UK. Alternatively you could contact Age UK Leeds who offer a will writing service.

What to include in your Will

You should make it clear what you want to happen to your whole estate. You can make specific gifts to particular people and then state where the rest of your estate is to go. Alternatively you can divide your estate between a number of people in certain proportions. You should also state what will happen if a beneficiary should die before you do. You can leave money to charities in your Will too.

How to change a Will

You should review your Will at least every five years and after any major change in your life, such as moving house.

You can revoke (cancel) a Will and make a new one or add a codicil to an existing Will.

Important documents relating to your Will.
It may help executors to know where you keep important documents such as:

- The Will itself
- Deeds to your property
- Insurance policies
- Documents relating to savings
- Passport/driving licence/TV licence

Age UK produces the LifeBook, a handy book where you can keep all your useful information in one place. For a free copy call **0845 685 1061**.

How much does making a Will cost?

The cost of writing the Will depends on how complicated your affairs may be. If your affairs are relatively simple a solicitor should be able to give you a good guide to the likely price.

Age UK Executor Service
020 3033 1421

Age UK Leeds 0113 245 8579

Age UK have a number of free fact sheets & guides available about wills, estates & help with legal advice.

Call FREE on 0800 169 65 65

OPAL'S FUTURE...



Thinking about your own death and making plans for when you have passed away, can be really uncomfortable. We are asking you to do both but for very important reasons.

Hopefully you will have read on page 4 about why it is important to write a will. We would also appreciate it if you would consider ways that you can help secure OPAL's future. We are currently overly reliant on statutory funding and although we are relatively financially secure for the moment, we are in a precarious position for the long term future.

Can you help make a difference?

Why Support OPAL?

OPAL works to improve the health, wellbeing and quality of life of older people in Leeds16. We do this by creating opportunities for the over 60's to remain independent and remain socially involved with their local community. We are an established local resource for local older people and their concerns.

As a charity, OPAL is dependent on financial support from individuals as well as grant giving bodies in order to carry out its work. If you have been lucky enough to get good personalised support from a small scale service then please think about leaving a legacy to OPAL so that others can get similarly great support in the future.

What are legacies?

A bequest from a donor's will. Charitable legacies reduce the amount of inheritance tax due from the estate. Legacies are left through the donor's will or simply by a declaration to the executors with instructions as to how and to which charity a legacy is to be distributed.

There are two types of legacy:

Residuary bequests. This means that once the family and loved ones have been provided for, the remainder or a proportion of the deceased's estate is pledged to one or more charities.

Pecuniary bequests. This means that the deceased pledges a specific sum of money to a particular charity.

Don't want to leave a legacy to OPAL?

Then please consider a gift to OPAL in lieu of flowers at your funeral. Several OPAL members who have passed away, have supported OPAL in this way and it has been greatly appreciated.

If you want to discuss this with us, please call Ailsa at the OPAL office on 2619103



Quiz Time

Send in your answers, and you could win a prize. Thank you to everyone who sent in answers for Olive's Find the Connecting Word. The winner is Kath Neal, please call into the office to collect your prize. The answers are up in the window now. To get a copy, ring us at the office.

1. Who was the leading man in 'African Queen'?	
2. Who wants you to go ahead and make his day?	
3. Who was the leading lady in 'Call Me Madam'?	
4. Who played Shane?	
5. Who produced nearly all the Bond films, before his untimely death?	
6. Who played Von Ryan?	
7. Who was the leading man in the 1960 version of 'Psycho'?	
8. Who sang 'Singing in the Rain'?	
9. Who was the lead man in the 1969 version of 'True Grit'?	
10. Who danced with Fred Astaire in 'Top Hat'?	
11. Who played the king in the 1956 version of 'The King and I'?	
12. Who was the original Dr Spock?	
13. Superman is known as 'The Man of...'	
14. Who played Dr Zhigavo?	
15. What is Cary Grant's real name?	
16. Who played Harold in the film of Steptoe and Son?	
17. Who sang, 'Because You're Mine'?	
18. Who played the leads in 'The Dirty Dozen'?	
19. Who played the lead man in 'Ben Hur'?	
20. Who did Liz Taylor marry twice?	

OPAL Shopping trips.

Join Anne and our OPAL volunteers for shopping. Please phone the office to book if you would like to go. The cost is £4 and we pick you up from your home. If you would like assistance, either help walking around or you need a wheelchair **please book well in advance**, as we do have limited space.

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All shopping trips are Thursdays 12-4pm.

- 1st September - Owlcotes
- 15th September - Aldi at Meanwood
- 29th September - Owlcotes
- 13th October - Sainsbury's & Stephen Smith's Garden Centre at Otley.
- 27th October - Owlcotes.

If you would like to visit any other stores please let us know.



MEMBERS' CORNER



Church Ladies With Typewriters.

These sentences (with all the BLOOPERS) appeared in church bulletins or were announced in church services:

- ◆ Ladies, don't forget the rummage sale. It's a chance to get rid of those things not worth keeping around the house. Bring your husbands.

- ◆ Miss Charlene Mason sang 'I will not pass this way again', giving obvious pleasure to the congregation.

- ◆ For those of you who have children and don't know it, we have a nursery downstairs.

- ◆ Next Thursday there will be tryouts for the choir. They need all the help they can get.

- ◆ Irving Benson and Jessie Carter were married on October 24th in the church. So ends a friendship that began in their school days.

- ◆ A bean supper will be held on Tuesday evening in the church hall. Music will follow.

- ◆ At the evening service tonight, the sermon topic will be 'What Is Hell?' Come early and listen to our choir practice.

- ◆ Eight new choir robes are currently needed due to the addition of several new members and to the deterioration of some older ones.

- ◆ The church will host an evening of fine dining, super entertainment and gracious hostility.

- ◆ Potluck supper Sunday at 5:00pm - prayer and medication to follow.

- ◆ The ladies of the Church have cast off clothing of every kind. They may be seen in the basement on Friday afternoon.

- ◆ This evening at 7.00pm there will be a hymn singing in the park across from the Church. Bring a blanket and come prepared to sin.

- ◆ The pastor would appreciate it if the ladies of the Congregation would lend him their electric girdles for the pancake breakfast next Sunday.

With thanks to Frances Cundell

OPAL ACTIVITIES



Tea Dance

Come and join us for a lovely afternoon of music and dance. A friendly welcome is guaranteed. You can join in or just sit and watch whilst soaking up the lovely atmosphere and enjoying the music.

Tuesdays 1pm - 3pm.
27th September
11th October

At the Friend's Meeting House, New Adel Lane.

This Year's volunteer event.

If any of our lovely volunteers would like to attend this year's volunteer event it will be on **Wednesday 7th September.**

We will be doing a gentle walk from Golden Acre Park and then go to the Lawnswood Arms for a 'pay for yourself' lunch. Please keep your fingers crossed for lovely weather.

If you would like more information or you would like to go on the walk and/or lunch please **contact Sally-Anne at OPAL.**



Theatre

Unfortunately again there are no theatre dates finalised by the time we went to press so please contact OPAL if you are interested in going to the theatre in September or October.



Age UK Leeds will be working with OPAL at our office.

Every Wednesday 10-1pm.

Free and confidential advice on

- Welfare benefits
- Consumer
- Form completion
- Your rights.
- Housing
- Social Care
- Money Matters

No appointment necessary for more information call 0113 389 3004 or the OPAL office 261 9103.

OPAL Men's Group



The men's group is a great opportunity to enjoy the company of likeminded fellows. We meet once a month, always use accessible transport and always have a really nice time. If you would be interested in joining this group, contact Ailsa at the OPAL office.

Programme

Monday 5th September

Pub lunch at Fox and Hound, Horsforth
11.30am – 2pm
£6.50 for transport and lunch

Monday 3rd October

Tropical World
10.30am – 2pm
£7.50 for transport and entry.

Monday 7th November

A visit to St George's Crypt to find out about their work of providing care and support for homeless, vulnerable and disadvantaged.
1pm - 4pm
£4 if you need transport. Otherwise, free (but please bring your bus pass)

Monday 5th December

The Dyneley Arms, Pool Bank
10.30am – 2pm
£12 for transport and 2 course meal.

Charlotte now offering Ling Chi Healing Art to OPAL members.

Charlotte says "My hands need a rest as I have massaged for 24 years and over 5 years for OPAL.

Ling Chi is a Chinese energy healing (similar to Reiki).

Ling - means pure, spiritual.

Chi - is fine energy, life force.

How it works: I will place my hands on different parts of your body and you may feel some sensations, warmth, peace or relaxation and in that state of deep rest or relaxation your body will heal and balance itself.

At the end of the session you will feel relaxed, at peace or some wellbeing."

Sessions will be 45 min (like massage) and cost £ 8.00.

You are recommended to have 2 consecutive treatments.

Charlotte trained with a Chinese Master for 2 years and she highly recommends Ling Chi.



INFORMATION PAGES

TV Digital Switchover has reached Leeds.

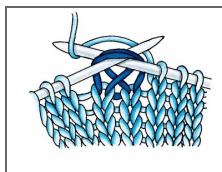
The Yorkshire TV region is switching to digital TV between 3 August and 21 September 2011.

For most people the switchover will be a simple process as most TVs are digital ready, and most TV aerials will give the new signal (so be wary of anyone trying to sell you an aerial you may not need). However, if your TV is not digital ready, you can make it ready by purchasing a set top box from most electric retailers. For those over 75 and/or registered disabled, there is a help scheme available which provides easy to use equipment and help with installation. If you would like more information on the help scheme call 0800 40 85 900.

At the OPAL office, we have information and leaflets on the digital switchover and you can also call OPAL's handyman scheme on 2619103 if you need help retuning your TV. Our handyman costs £5 per job.

Knit, Stitch and Natter.

Starting in September.



Friday 2nd September (every week) 10.30 - noon.

Wednesday 7th September (1st Wednesday of every month) 6.30pm - 7.30pm

At Holt Park Library

All ages and abilities welcome. Visit the library for details or call **0113 336 8188**

RNID

now

ACTION ON HEARING LOSS

Do you have an NHS hearing aid?

Do you want to know more about your hearing or hearing aids?

Do you need help with fitting, cleaning, batteries, tubes etc?

Then come along to the OPAL coffee afternoon on Friday 14th October when Cat Bradshaw is visiting.

The coffee afternoon is 1.30 – 3.30pm and costs £1. Transport from home is available for £2.

Please call **OPAL** if you require transport.

We had very good feedback when Cat visited us in July.

RADAR National Key Scheme



The RADAR key offers access to over 8000 locked toilets and is priced from £3.50.

The National Key Guide details where these toilets are to be found and is priced from £12.50.

RADAR can be contacted on **0207 250 3222** or we can order one for you at the **OPAL** office.

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Tai Chi

Tai Chi is widely recognised as having value in treating and preventing many health problems.

It's a low-impact, slow motion exercise that you can start even if you aren't in the best of health or fitness and it can reduce falls and increase strength.

OPAL has 2 weekly classes run by Colin, an excellent tutor who has "unlimited patience". Why not give one of the classes a try?

Yoga

Dru Yoga is a graceful form of yoga, based on flowing movements and directed breathing. It improves strength and flexibility, creates core stability and gives you a feeling of positivity. It is both relaxing and rejuvenating.



Our Tai Chi class at Bramhope

If you want to join a larger group so you can 'hide amongst the numbers' then try our class on Thursday, 10-11am at Adel Community Centre. Alternatively, if you would like more space and attention then try the class on Wednesdays 10.15-11.15am at Bramhope Methodist Church.

It's a much smaller group and they would welcome new members. (£3 per class)

Charlotte the instructor, is gentleness personified and she will make you very welcome if you want to join in.

The class is held on Thursdays 11am-12.15pm at Friends Meeting House and is great for body and mind! (£3 per class)



Chair Based Exercise

This class is for those of you who want to exercise but need something a little less demanding. We have 2 classes Tuesday and Thursday, both at The Hub, Silk Mill Drive 2-3pm. The instructor, Jenny is great fun and makes sure you exercise at the right level for your health needs. Transport can be provided and you must complete a health questionnaire provided by OPAL if you would like to attend.

The bonus of this class is you get tea and biscuits afterwards! Call OPAL on 2619103 if you want to join in. (£3 per class)



Gentle exercise

Our gentle exercise class is great for improving your muscle strength and tone which is also great for improving flexibility, mobility and stamina. Camilla the instructor always has a cheerful smile to keep you going. If you fancy trying it out, the classes are held on Wednesday 11am-12pm at The Stables, Adel. Transport can be provided. (£3 per class)



Coffee Afternoon

At The Tinshill Community Hub, 10 Silk Mill Drive, Tinshill, LS16 6DX.
Fridays 1:30pm – 3:30pm

The coffee afternoons are open to everyone, so if you have family or friends who would like to attend, they are more than welcome.

We charge £1 for attendance and transport is available to OPAL members for £2.

If you would like to come along, just turn up on the day, but if you need transport, please leave a message for Rowan on 261 9103 before Friday.

OPAL members, volunteers and staff enjoying our wonderful Zumba session in July.



2nd September	Beetle Drive.
9th September	Table football, indoor bowls and skittles.
16th September	Hear about 'Assisi Place' a housing complex fostering links with multicultural society.
23rd September	How food and drink has changed.
30th September	Rowan on canals and navigable rivers - history and pictures.
7th October	International Day of Older People Anne Little Music and movement.
14th October	Quiz and Cat Bradshaw from Action for Hearing Loss.
21st October	Games including dominos and cards, plus chat and tea.
28th October	Singer Terry Williams to entertain with old time medleys of the 60s and beyond.

This publication can be provided in large print and audio, please telephone 0113 2619103 if you require any of these services.

OPAL, Unit 10, Holt Park District Centre, Leeds, LS16 7SR.

Telephone: 0113 261 9103
www.opal-project.org.uk
admin@opal-project.org.uk



Thanks... Many Thanks to all who baked for our cake stall held at Leeds Met. With your help we raised over £200.