

# Richmond Hill NEWS

APRIL 2024 - AUGUST 2024 EDITION

Fun things to do

in Richmond Hill, Cross Green & East End Park,

for everyone aged 55 and over!

Daily activities, events, days out and support services brought to you by local, registered charity RHEA.

Not sure who or what RHEA is? Check the back page for more information.



**35%** of Pensionable Age People Are **STILL Missing Out** on Pension Credit.

Are You One of Them?

Pension Credit is extra money to help you cover your costs if you're over State Pension age and living on a low income. You might be able to get it even if you have other income, savings or assets. It comes in two parts: Guarantee Credit and Savings Credit and it's separate from your State Pension. Guarantee Credit tops up your weekly income to a guaranteed minimum level and Savings Credit is extra money if you've got some savings or if your income is higher than the basic State Pension.

This can all seem quite confusing at first so, if you would like to enquire about Pension Credit, give Nicola a call here at RHEA.

She has helped people claim already and can help you too.

Alternatively, if you are online, there's more information available at [www.gov.uk/pension-credit](http://www.gov.uk/pension-credit).

## New Shopping Scheme.

We're launching a brand new bus scheme to get people to and from the supermarket which will be cost effective with local pick up points. See the next page for more details.



## A Big Congratulations to Gillian!

As of 3rd March, Gillian has now been with RHEA for a whopping 10 YEARS! That's 2,300 working days of running our daily activities, taking people on the annual holiday, organising all the outings that we go on, coming up with new and interesting ideas and of being there for so many people.

Thank you for everything Gillian!



## Our Evening Phone Chat Service is Back.

Every Wednesday, early evening, Nicola and a team of brilliant volunteers will be contacting people over the phone for a friendly check in and a catch up. They will be calling people between 5pm and 7pm on a social basis to see how their day has been and get to know one another.

We found in the past that it's a good way to talk to people who we might not get chance to speak to properly during the busy days and to hopefully lift someone's evening up a bit. If you don't usually come to RHEA but you're interested in this service, don't worry, we would love to at least keep in touch over the phone, just let us know.

When you receive a call from Nicola and the volunteers, you'll get to speak to the same person so you're carrying on with conversations and it can be done at a time that suits you. If you would like one of the team to call you, get in touch with Nicola Harrison today by calling her on 0113 248 5200.

This is one of our many free services so there's never any cost involved to the recipient.



Nicola!

**NEW**



## Welcome to a New Way to Shop.

We all know that the bus service around the area isn't great and doesn't get you to places like the local supermarkets and that getting a taxi instead can prove costly. To try and help with that, we're going to start regular shopping runs every Monday and Tuesday using our accessible minibus and our driver, Graham. This new service will start on Monday 20th May and the pick up points, timings and destinations are all listed below. This is a 12 week trial so we will adjust things as we need to and try different pick up points. You will have to call to book so we know we have enough space. The scheme will be on a donation basis so you only pay what you feel it is worth. You'll then have roughly an hour at the supermarket to do your shopping and Graham will then pick everyone up and take you back to where he picked you up from. As there will only be Graham on the day staff wise, we have to ask that you're able to manage to pack and carry your own shopping. Interested? Give us a call for more information or to book. Easy!

Monday - Meet Graham at Richmond Hill Community Centre at 11:05am and then 1 The Lane, Saxton Gardens at 11:15am. From there we will be going to Morrison's at Hunslet.

Tuesday - Graham will pick up outside St Hilda's Church at 11:10am and then the bus stop by the bowling club at East End Park at 11:20am. The destination is then ASDA Killingbeck.

**NEW**



## Sunday Lunch Anyone?

As much as we'd love to bring Sunday lunch back to the community centre we unfortunately don't have the capacity just yet, so, we're going out for it instead!

Every Sunday one of RHEA's volunteers will be meeting a group at The Crowd of Favours bar and restaurant just by Kirkgate

Market for one of their slap up Sunday lunches and you're invited to come too. How will it work? All you have

to do is call RHEA Monday to Thursday to book and pay for your meal and then join our volunteer and other local

people on the day to enjoy a delicious meal in good company in a warm and friendly atmosphere. When you book you'll be given the volunteers phone number for use just on the day to let them know if (for example) you're running a bit late

have to cancel. Sunday lunch at The Crowd of Favours is £16.50 and you can choose from topside of beef, chicken breast or vegan 'steak' & onion pie. Drinks are extra and bought from the bar. We may visit different venues in the future but for now we've chosen Crowd of Favours as it's an accessible venue and easy to get to by bus or taxi. For more details and to book, call and speak to Gillian. The first get together will be on Sunday 26th May, meeting at the venue at 12:30pm.

## The RHEA Recipe Book.

The recipe display that Barbara had on the walls of the centre lately gathered a lot of interest and people mentioned a potential recipe book. For that reason, we would love for you to let us have all your favourite recipes that you have used over the years. Whether it's a main or a dessert or a loaf of bread, we'd love to hear from you. We're then going to create an actual recipe book with all your tried and tested methods in and get it printed, ready to go on sale at a small cost later in the year.

Barbara is waving a wooden spoon as we speak so please get in touch with her to

submit your go to recipe or tip. It doesn't have to be a modern recipe either and you can tell us about yours in any way you want; write it down, email it to [info@rhea-leeds.org.uk](mailto:info@rhea-leeds.org.uk), phone on 0113 248 5200 or tell us about it the next time you're in.



A quick brain teaser for you:

The current dialling code for Leeds is 0113. Can anyone remember what it was before that?

Answer on page 7.

Volunteer Request - Could you help with Sunday Lunch by becoming a volunteer on the day at the venue? Lunch included for free and all the support you need so you enjoy it too. Please speak to Nicola Harrison if you think that could be you and thank you in advance.



# OUR DAILY ACTIVITY TIMETABLE!

Join us during the week at our daily socials. If you've never been before and want to give one of them a try, just give us a call so we know to expect you and can introduce you to other people.

**PLUS** for The Bank Café and the Tuesday and Thursday lunch clubs, we can offer door to door return transport on our accessible minibus for just £2 extra if you live in Richmond Hill, Cross Green or East End Park.

## 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. 10:30am to 12:30pm at Richmond Hill Community Centre.

Line Dancing - Dance tutor Pat is at Richmond Hill Community Centre at 1:30pm with Line Dancing classes, suitable for all levels of experience. £3.50 per session. Yee haw!

Exercise in Disguise - Lily and Louise are here to show you very gentle exercise techniques to help build and maintain strength, stamina and posture. Classes are at Richmond Hill Community Centre, 1:30pm to 3pm and are currently free of charge!

## TUESDAY:

Light Lunch Club - Join other local friendly faces for a light lunch of soup and sandwiches and other delicious delights 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:

Wednesday's Woman - A new monthly social group for ladies to talk about the things that really matter (or even worry) us in a relaxed setting. Meetings are 11:30am to 1:30pm, held at The Vinery Centre, Vinery Terrace, free of charge. More details at the bottom of this page.

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. Starting at 11am for fun and games with lunch served at 12pm. It's £4.50 for lunch and a dessert plus a small (optional) cost for cash bingo. There's a different dish every week from roast dinners, to shepherds pie, fish and chips and vegetarian options too.

## FRIDAY:

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

Zumba Gold! - We've finally been able to restart our Zumba group at Richmond Hill Community Centre. Zumba is a dance exercise class with new tutor Claire. This lively, easy to pick up exercise is £3.50 per session, 1:30pm to 3pm.

## COMING UP FOR THE WOMEN'S WELLBEING WEDNESDAY GROUP.

Every so often, this monthly group (details above) head out to other local places or have guest speakers coming to talk to them. This is what is coming up over the next few months, subject to change. For more information just give us a call.

May - Walking Nature Bingo

June - Swimming at the Quarry House indoor pool

July - Tea and chatter at Temple Newsam House cafe

August - Meet as normal at The Vinery

NEW

## TRIPS, DAYS OUT & EVENTS (ANY EXCUSE TO GET TOGETHER REALLY!)

Booking conditions - All bookings must be paid for in full to guarantee your place, we unfortunately cannot reserve places for people. We have to pay for coach hire, room hire, catering etc in advance and as a charity, we need to cover those costs in full.

BOOKING FOR ALL OF THE FOLLOWING OPENS AT 10AM ON TUESDAY 7TH MAY.



### Fish and Chips at the Wetherby Whaler, Guiseley.

You asked, so we're going! Enjoy a relaxing few hours out of the house at one of our favourite fish & chip restaurants. With 200 seats there's plenty of room for us to relax among good company on Friday 17th May. We'll be leaving RHEA at 11am, back for 3pm. Tickets are £22 per person and include return travel and a three course lunch comprising of soup of the day, fish and chips and a dessert. We may just need a lay down after all that!



### It's Back!

What is a RHEA Bingo Brunch you ask? It's a fun morning of cash bingo games where all money taken in is paid out in prizes. And, not forgetting the brunch part, your ticket includes a freshly cooked full English breakfast with tea or coffee! Bacon, egg, sausage, tomatoes, mushrooms, beans, toast - the lot!

Tickets are £5 plus bingo cost of 50p per bingo ticket (2 games). We'll be playing 4 full games then a special flyer for £1 extra. Book your spot for Thursday 13th June at Richmond Hill Community Centre, 10am until 12pm.

### "Oh, Wouldn't It Be Lovely" to Go and See My Fair Lady?

It certainly would so you are invited to sit back, relax and enjoy the live performance of My Fair Lady in comfort at The Leeds Playhouse with us on Thursday 20th June. We're meeting at the Playhouse at 1pm for the show at 1:30pm. Tickets for the show should be between £15 and £60 but thanks to the "lovely" people at the Playhouse, we have them for just £10 per person. We aren't providing transport on our minibus but if you wanted to meet at RHEA to share a taxi with others just let us know when you book.



### Three Hour Relaxing Cruise on the River Trent in Nottingham.

Take in the historic and natural sights of Nottingham between Holme Pierrepont and Wilford Church. There's an informative live commentary and a companion cruise map so that you can follow your journey and pick out the historical and local points of interest. Not only that but afternoon tea will be served to you at your table as you relax and take in the surroundings. Tea consists of freshly made sandwiches with salad garnish and crisps, warm scones, clotted cream and jam and tea or coffee.

The cruise should cost £49 for return travel, the cruise and tea but thanks very generous funders, we're able to reduce it to £35 per person. Sail your cares away with us on Monday 8th July. Leaving 10am, back for 4pm.



### A Wander Around Whitby.

Whether you want to take the famous 199 steps up to see the ruins of Whitby Abbey or take it easy with fish and chips and browse around the shops, Whitby has something for everyone. Although the Abbey side is quite steep, the other side is a lot more level and this is where the coach will drop us off. The full day is then yours to enjoy by doing as much or as little as you like. Lunch wise, Gillian will be meeting anyone who wants to come for a fish and chip lunch at the Trenchers which is £12.95. Or, you can carry on having a wander around Whitby and pick your own lunch spot. We are Whitby bound on Tuesday 30th July and tickets are £18 for the travel or £31 with travel and lunch. We're leaving RHEA at 9:30am, back for 5:30pm.



## The Stunning Belvoir Castle in Grantham.

Crowning a hill top in rural Lancashire, this ancestral home is the fourth castle to stand on the site and was built in the early 1800s for the 5th Duke and Duchess of Rutland. The current family take great pleasure welcoming visitors and sharing its grand historic beauty which can be seen in the popular series 'The Crown' as it doubles up as Windsor Castle, as well as films such as 'The Young Victoria' and 'Victoria & Abdul' starring Judi Dench. After a two-year restoration, the gardens at Belvoir Castle now look better than ever. Return coach travel, entry into the house and grounds and an afternoon cream tea (yes we're throwing that in too) should cost £51 but thanks to Windmill Community Transport, we're able to reduce it to just £35 per person. If you want to live like a Duke or Duchess for the day, join us on Thursday 15th August, leaving RHEA at 9:30am, getting back for around 6pm.



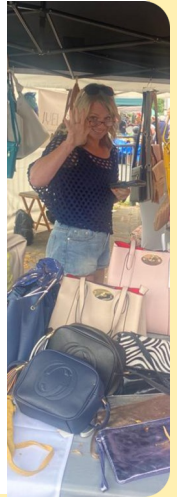
## Frodsham Market and Chester Market.

Two markets in one day trip!

Starting at Frodsham you can browse their traditional street market selling fruit and veg, meats, cheeses, jams and preserves, flowers and plants, baked goods and sweets from yesteryear.

We'll then drive down to Chester to their indoor, more artisan market. It's all on one single level so it's nice and accessible and there's a big eating area to relax in. It's packed with shops and stalls handmade foods, homemade cosmetics, pet supplies, a florist, gifts, barbers, pasty shop and more. You could always have a stroll around the historic Chester city centre too if you have the time.

Join us on Wednesday 4th September, leaving 9:30am, back for 5:30pm Tickets are £19 for the return travel.



## Bernie's Bus Trips!

If a full day out might be a bit much, Bernie has it covered. Join the gang for some local, shorter rides out to interesting places on RHEA's fully accessible minibus. All trips are £5, leave RHEA at 10am and we're back for 3pm at the very latest. And, as these trips are proving popular, we're going to each destination twice so more of you can join us.



17th July - Junction 32 shopping outlet in Castleford. Lots of bargains and tasty treats to be had in the many shops there!

7th August - It's over to the very nice Tong Garden Centre with huge garden shop, homeware and gifts department, café and aquarium.

18th September - Back to Junction 32.

16th October - Back to Tong Garden Centre in time for their Christmas shop and displays.

## BRAND NEW COURSE AVAILABLE HERE AT RHEA!

### Strength and Balance Program.

A few years ago, Active Leeds hosted their very popular Strength and Balance Programme here at RHEA and we're really pleased to say that they are back. The programme is designed to improve strength, balance and co-ordination for people with low mobility, those who have had or are at risk of having a fall, and those who live with mild to moderate frailty. The sessions involve a mixture of chair based exercises and standing strength and balance exercises, all led by trained professionals. The program begins on Wednesday 3rd April, 12:45pm to 2:45pm at Richmond Hill Community Centre. It's a rolling program too so you can join any time and it's completely free of charge.

**ACTIVE**  
LEEDS



Another brain teaser for you:

According to Oxford Dictionaries, what is the only English word that ends in the letters "mt"?

Answer on page 7.

## OTHER NEWS AND SERVICES FROM RHEA AND AROUND THE AREA.

We're happy to publish news and events from other organisations here, provided that it's community focused, open to all and not for profit. If you want to share something, feel free to get in touch.



### Hearing Aid on the Blink?

Fear not. If you use an NHS prescribed hearing aid and it's not working properly, Lindsey from BID Services will have a look at it for you, check it over and replace batteries and tubing if needed, all for free!

Lindsey will be here at Richmond Hill Community Centre, 10am to 12pm, on Friday 24th May and Friday 23rd August.

Call RHEA today on 0113 248 5200 to book your appointment.

### Free Legal Advice from Andrew.

Andrew, from Levi Solicitors, offers half an hours free legal advice to all RHEA members on a regular basis. He 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. There's no obligation or pressure, just a bit of free advice so you know what your options are in legal matters.



### PCSO Contact Point.

Don't forget that our local PCSO's are here at Richmond Hill Community Centre on Thursdays:

16th May	6th June	27th June
18th July	8th August	29th August

You can call in and see them between 10:30am and 12:30pm if you want to talk to them face to face, get advice, discuss a concern or address an issue that you feel they should be aware of.

These sessions take place whilst our Thursday Lunch Club is on but there are private rooms available if you wanted to talk about something confidentially.



### THE "RICHMOND HILL RANGERS" LITTER PICKERS.

You may have seen people out and about in the area picking up litter, usually using distinctive purple rubbish bags. Did you know that they're all volunteers who do this in their own time to help keep the ward litter free?

It came about from an initiative set up by Keep Britain Tidy and very soon our own version called the Richmond Hill Rangers will launch. Working with Cleanup UK this means that RHEA will be a hub for local residents to borrow litter picking equipment to either join one of our events (coming soon), go out on your own or join another group like the brilliant Cross Green Crawlers. We will keep you posted but if you have any questions in the meantime, feel free to give us a call and speak to Donna.



Everybody needs to know about...



### Looking for a Painter, Electrician or a Cleaner?

Leeds Directory is a database of checked and vetted trade professionals and it's a safer and easier way to find the service you're looking for. Most of the traders carry a "Green Tick" which means they have proven that staff in direct contact with customers have been police checked and that they are members of the proper regulatory bodies. The directory has everything from painters and plasterers, to removals and cleaning as well all sorts of other services that are available in Leeds. You can visit the Directory website [www.leedsdirectory.org](http://www.leedsdirectory.org) or call their team on 0113 378 4610, Monday to Friday.



And another one! It's an anagram of a world famous landmark on the Colorado River, USA, which needs a lot of vacuuming.  
ERVOHO AMD (the answer is below).



### New Weekly Car Boot Sale on Pontefract Lane.

Every Sunday from 25th February at the Temple Green Park and Ride on Pontefract Lane. Sellers can arrive from 11am and buyers from 12:30pm (so no really early mornings!) Admission as a buyer is just £1 so it's the perfect excuse to have a mooch around and find a bargain. Indoor toilets and free parking are available and hopefully it will become as big as the former Cross Green car boot sale that we all knew and loved!



### Lark in the Park – the BIG Annual Community Fun Day!

Expect a fun packed day with lots to do for adults and children alike. Lark in the Park is all about community so you will see organisations from across the ward hosting all sorts of stalls from games to entertainment, activities, food and drink, music, demos and information stands. It's entirely free to come to and the stalls are all very reasonably priced if there is a cost, so it's affordable and fun. Team RHEA will be there with a gigantic tombola so be sure to come and say hello. Pop it in your diary, cross your fingers for good weather and we'll see you there!



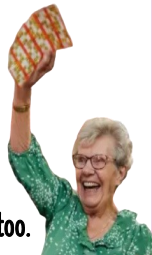
### Crown Green Bowling. Have You Tried it Yet?

Crown green bowling is a great sport for all ages and abilities. It's easy to learn and a good way to keep active. If you've ever wanted to try it, there's a warm welcome waiting for you at East End Park Bowling Club. Membership is free, bowls are provided and there's free coaching too! Want to give it a go? Contact Steve on 07504 824 210 or email him at [steveolivant@hotmail.co.uk](mailto:steveolivant@hotmail.co.uk). The bowling season runs from April to September every year.

### Over 55's Bingo Group.

There's a long running group of bingo lovers who meet every Wednesday afternoon at Richmond Hill Community Centre from 1pm to 3pm and they have spaces for anyone aged 55 or over to join them.

They play around 8 games per session and it's all for cash prizes. 8 games costs between £1 and £6 depending on how many tickets you want to play. No need to book and are refreshments included too.



### Bingo Group Bridlington Trip.

The same group have spaces on their annual day trip to Bridlington and are offering them to anyone aged 55+ for the reduced rate of £10 each.

Although this isn't a RHEA trip, you can contact us/call in to book and we'll pass your details on. Join them on their day out on Wednesday 26th June.



### Cross Green Growing Together.

If you haven't heard of them, Cross Green Growing Together are a hidden gem in the local area that have a whole range of activities and events throughout the year for all ages. Centred around their community allotment, the Cross Green Hub, people get together to plant and grow their own produce. They also hold events such as gardening, woodwork, community meals, parties, learning courses and loads more. The growers group even covered a local railway bridge with planters to brighten it up.

You can find the Cross Green Hub on Copperfield Mount, LS9 0BL (you can't miss it) where gardening happens every Monday, 10am - 2pm and there's a coffee morning every Thursday 10:30am - 12pm too. A perfect reason to get out into the fresh air as we step into spring and summer! You can call 07952 885 560 for more info or just bob in and see them.



The dialling code for Leeds before it was 0113 was 0532. Remember now?

The only word ending in "mt" is DREAMT, as in "last night I dreamt I'd won the lottery".

The anagram spells out HOOVER DAM. Get it? Needs a lot of vacuuming? HA HA HA!

Your Local Ward Councillors  
Want to Hear From You.



**Asghar Khan**  
Councillor's Khan, Farley and Manaka are here to help and are keen to hear from you if you need their advice, support or guidance with something.



**Luke Farley**  
You can contact Asghar on 07761 230 027, Luke on 07407 091 449 and Nkele on 07905 128 273. Or you can always drop in (no appointment needed) to one of their regular advice surgeries:



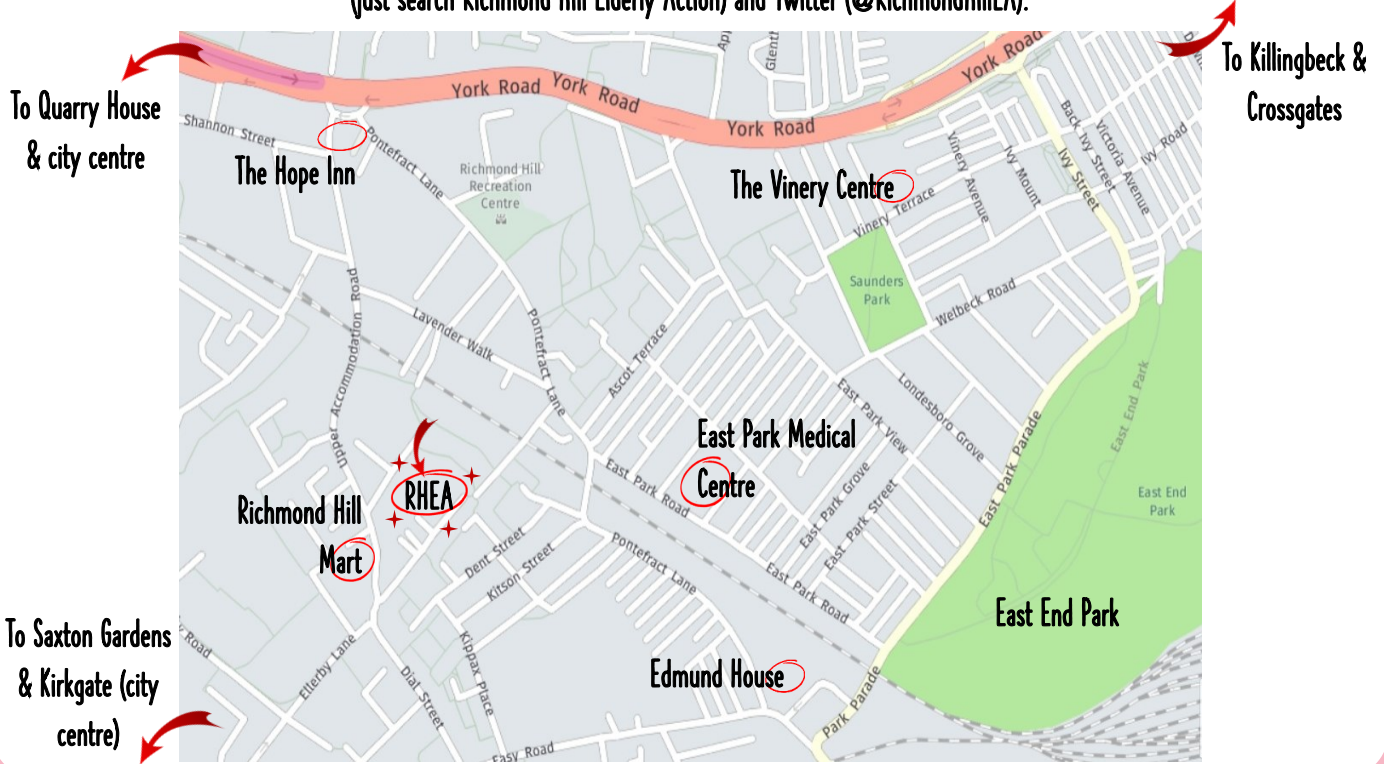
**Nkele Manaka**  
1st Friday of the month, 6pm - 7pm - Saxton Gardens Community Room, 1 The Lane, LS9 8HQ.  
1st Saturday of the month, 11.15am - 12.15pm - The Vinery Centre, LS9 9LR.  
3rd Tuesday of the month, 12.30pm-1.30pm -, St Vincent's Support Centre, 4 Berking Avenue, Leeds, LS9 9LF.  
3rd Tuesday of the month, 1.45pm - 2.45pm - Burmantofts Community Hub, Rigton Lawn, Burmantofts, LS97QA.

### NEVER HEARD OF RHEA?

RHEA (which stands for Richmond Hill Elderly Action) is dedicated to working with and for, all people aged 55 and over in the Richmond Hill ward which includes Cross Green and East End Park. If you don't live in the ward, you're still very welcome to come to our daily activities of your own accord. If you want to know which charity serves you where you live, give us a call and we will look it up for you. These charities for older people are collectively called Neighbourhood Networks and every single street in Leeds is covered by one!



We're open Monday to Friday, 8:30am until 3:30pm. Our address is Richmond Hill Community Centre, Long Close Lane, Leeds, LS9 8NP. Call us on 0113 248 5200 or email us at [info@rhea-leeds.org.uk](mailto:info@rhea-leeds.org.uk). Check some of our amazing photos on Facebook (just search Richmond Hill Elderly Action) and Twitter (@RichmondHillEA).



RHEA is funded and supported by:



Leeds Benevolent Society for Single Ladies