

MENSTON CARES

Is a voluntary organisation set up in 2002 by local bodies including the churches and Menston Good Neighbours. Whilst, happily, our village still enjoys a sense of community, sometimes we need additional help which friends or neighbours may be unable to give.

Like other groups working with vulnerable adults, we have an Adult Protection Policy. If you are concerned about inappropriate treatment of such people by anyone else, you can contact our Named Person, Allyson Hargreaves, or in her absence, Jane Pratt, both of whose numbers are given below.

All our volunteers -

- **Carry identification cards**
- **Are protected by insurance cover**
- **Provide two references**
- **Receive appropriate training**
- **Are police checked.**

If you need help from one of these groups, or would like to offer help please ring the named CONTACT or ask your LINK person to put you in touch. Please make your phone calls between 9am and 9pm. For general enquiries please contact:

Jane Pratt 876945

Allyson Hargreaves 870528

All phone numbers are code 01943

OUR SUPPORT SERVICES

Menston Cares Links

Would you like to keep 15-20 homes in your area informed about Menston Cares and put them in touch with the support groups as appropriate? LINK people are needed to ensure no one is neglected and to aid communication.

Contact: David Brown 873875

Visiting and Befriending

Do you need a regular visitor because you are housebound or feel isolated? Would you welcome the opportunity to talk to somebody? Some members of the group may also be able to provide occasional brief respite for carers.

Contact: Shirley Thompson 877266

Returning Home

Returning home from hospital can be a lonely or frightening experience, especially if you are on your own. Our volunteers would call, see how you are and provide reassurance and support. This is in addition to any help provided by nursing or social services.

Contact: Ann Hill 877995

Odd Jobs

Help for people who cannot perform simple tasks themselves e.g. changing light bulbs, putting up shelves, garden tidying, hanging and washing curtains, removing rubbish, fixing a fence etc. Advice is given where to obtain help for bigger jobs.

Contact: Billy Hill 876887

Strolling for Health

For those who can manage only short walks, but enjoy company. The group meets on the 1st and 3rd Tuesdays of the month, 10am at the Co-op, Main Street. Also escorted walks for those not confident to walk alone.

Contact: Elizabeth Greenwood 879362

Menston Good Neighbours

Occasional transport for local hospital visits; doctors, dental and chiropody appointments. A few days notice is required. Help is provided with shopping, collecting prescriptions, changing library books etc.

Contacts: Gwenan Hock 874939

Susan Kennedy 877711

Suzanne Rennie 879181

(Treasurer) Brian Hobson 873573

Excursions

Qualified drivers, using the Ilkley Community minibus, provide escorted outings and shopping trips for Menston residents who are housebound, disabled, or unable to use public transport.

Contact: Jane Pratt 876945

Cornerstone

A cafe for the community at the Methodist Church, Main Street. Open Monday, Tuesday, Thursday 10am-2pm for refreshments and light lunches. Saturday 10-12.

All welcome.

OTHER SERVICES IN THE AREA
LS29

A parent-led group for families who have pre-school and primary-aged children with special needs who live in the LS29 area. It offers support, activities and fun for all the family.

Contact - 609861, www.ls29.org.uk
email ls29groups@yahoo.co.uk

Village Cameo Club

Homemade lunch with the company of others on the second Wednesday of each month at 11.45 am at the Methodist Church Hall. For anyone living alone or having difficulty getting out and about. Transport provided.

Contact: Mrs J Pitts 874697

Bereavement Visitors

Trained visitors provide understanding and support for those who have been bereaved whether recently or some time ago. A visitor is available for a confidential word at Cornerstone on Tuesdays between 10-12 o'clock.

Contact: Margaret Christelow 872807

Horizon

A friendly group for bereaved people in Menston. Meets for coffee and a chat on the last Friday in the month at St John's Parish Room from 10am.

Contact: Mrs Sue Navias 875466

Hockney Group

For people who are blind or partially sighted. Fortnightly on Thursday afternoons.

Contact Mrs A Hall 862370

Contact the Elderly

Sunday afternoon outing for tea at someone's home, once a month. A chance to meet other local people. Transport provided by a regular driver. For the over 70's who live alone.

Contact: Angie Griffin 879307

Carers' Resource

An award - winning Yorkshire Charity which provides free confidential support and information to unpaid carers. It offers emotional and practical help to enable them to cope and opportunities for training or socialising.

Contact: Bradford office - 01274 449660
Skipton office - 01756 700888

Talking Newspaper

Free weekly audio-cassette or CD of local news for anyone who has difficulty with printed words.

Contacts: Stella Murdoch 465115
Lorraine Hockey 600869

Citizens Advice Bureau – Otley

Independent, confidential, impartial advice on a wide range of issues e.g. benefits, debt, consumer issues, work, housing. Drop-in service Courthouse Street, Otley Telephone advice – 01943 466976

Website www.adviceguide.org.uk

Toddler Groups

Creative play and socialising for babies and children with parent or minder.

MONDAYS 9.30 – 11.30am,

Contact: Rachel Waite 871545

TUESDAYS 9.30 – 11.30am,

Contact: Jennifer Rhodes 871663

WEDNESDAYS 1.30 – 3.00pm;

Contact: Julie Jennings 876455

MENSTON CARES

In partnership with
**MENSTON GOOD
NEIGHBOURS**



Associated member of Ilkley & District Council for Voluntary Service and in association with Menston Community Association

2011/12

*Please keep this leaflet
for future reference
It could be useful to you or your
neighbour.*