

LIVE AT  
**HOME**

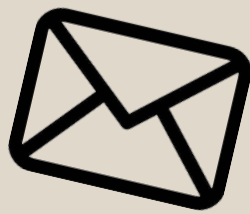
## What We Do

Pudsey Live at Home works to reduce isolation and promote independence for anyone 60 and over in the Pudsey area, by providing a variety of activities, support and advice within the community.

Membership of the Live at Home is FREE and we will keep in touch with you through our newsletter, letting you know about activities and groups in the area, advice and news.

We have a fantastic team of volunteers who support the community through, befriending, transporting people in their cars, assisting at groups and various other valuable help.

If you would like to volunteer with us for as little time or as long as you could spare, please don't hesitate in getting in touch.



GET IN TOUCH

To find out more about MHA's Live at Home Schemes or to become a volunteer contact:

### **Pudsey Live at Home**

53 Richardshaw Lane

Pudsey

LS28 7NB

**T: 0113 256 2717**

**E: [pudsey.liveathome@mha.org.uk](mailto:pudsey.liveathome@mha.org.uk)**

**W: [www.mha.org.uk/liveathome](http://www.mha.org.uk/liveathome)**



MHA Live at Home is part of Methodist Homes  
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**PUDSEY**



**[www.mha.org.uk/liveathome](http://www.mha.org.uk/liveathome)**

# Group and Activity Dirary - You are very welcome to join us

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OUR REGULAR GROUPS AND ACTIVITIES			
<u>DAY</u>	<u>EVENT NAME &amp; VENUE</u>	<u>START TIME - END TIME</u>	<u>PRICE</u>
Every Monday	<b>Gentle Exericise</b> - Chapel Green	10:30 am- 11:30am	£3.00
Every Monday	<b>Friendship Group</b> - St Andrew's Methodist Church	1:30pm - 3:30pm	£2.50
Every Monday	<b>Dementia Social Group</b> - Crimbles Community Centre	1:30pm - 3:30pm	£2:50
Monday (Fortnightly)	<b>Walking Group</b> - To Various Locations	1:00pm - 3:30pm	£4.00
Every Tuesday	<b>Tai - Chi</b> - St Andrew's Methodist Church	10:15am - 11:15am	£3.00
Every Tuesday	<b>Games Group</b> - St Andrew's Methodist Church	1:30pm - 3:30pm	£2.50
Every 2nd & 4th Tuesday	<b>Penny Lane Dementia Cafe</b> - Pudsey Congs Cricket Club	2:00pm - 4:00pm	£2.00
Wednesday (Fortnightly)	<b>Mainly Mens Group</b> - To Various Locations	11:00am - 2:00pm	£4:00
Every Thursday	<b>Indoor Bowling</b> - Christ The Saviour Church, Swinnow	10:00am - 12:00pm	£3:50
Every Thursday	<b>Craft and Bingo</b> - Claremont Community Centre	1:30pm - 3:30pm	£2.50
Every Friday	<b>Door to door Shopping</b> - Morrisons / Asda	10:00am - 12:00pm	£4:00
Every Friday	<b>10 Till 2 Lunch Group</b> - St Andrew's Methodist Church	10:00am - 2:00pm	£5.00

We offer limited help with transport

We offer help with 'Emergency Shopping'

We provide 1- 1 befriending & weekly telephone befriending service

Quarterly Newsletter

We have monthly outings

We can provide information and signpost to other service



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