

Mackintosh Times

Dear Resident,

Welcome to the March edition of the Mackintosh Times newsletter.

Sheila Whiteley



Sadly, our much loved resident Sheila passed away on Friday 11 November 2022. We wanted to remember her in our newsletter and her lovely family agreed.

Sheila moved into Mackintosh Homes on 25 November 2017 and loved every moment. Sheila often remarked it was 'just like being on holiday'.

When we first started as Wardens, and had 43 residents names to remember, we fondly referred to Sheila as 'gin lady' due to her gin themed doormat (and maybe also because she was partial to a gin or two). Sheila was very friend and family orientated, often putting others before herself, and her genuine kindness was obvious from the first day we met her.



Upcoming Events

March 17

Coffee morning 10:30am

April 21

Coffee morning 10:30am

May 7

King Charles III Coronation Party

May 19

Coffee morning 10:30am

June 9

Coffee morning 10:30am

Site updates

Work has commenced on flat number 12.

The garage is to be cleared and taken down to create more space.

Sheila lit up a room with her smile, was an amazing inspiration to her family and was so friendly to everyone. Words can't really describe just how much Sheila brought to the community at Mackintosh but we all feel very grateful to have known her. Sheila will be greatly missed.

Armchair Yoga

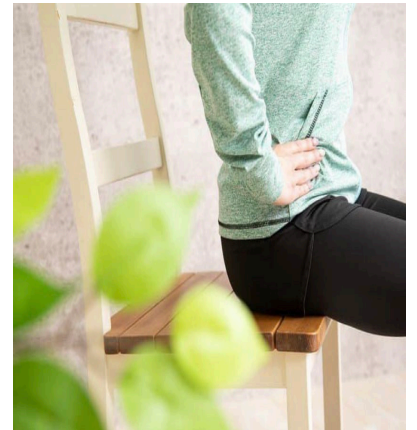
Benefits of Yoga-

- Helps to strengthen bones
- Reduces stress
- Improves sleep
- Helps flexibility and mobility
- Helps aches and pains

Armchair Yoga by Adele runs 2.00-3.00pm every other Tuesday (March 14, March 28 and so on) in the Community Room at Waterhouse Homes. Friends and family are welcome.

The cost per resident is £4.00 per session.

Please note the Charity contributes towards the total amount to keep the cost as low as possible.



Kings Charles III Coronation Party

We are planning on holding a party to celebrate King Charles III Coronation. The Coronation is on Saturday 6 May so we are looking to hold the party, in line with other celebrations around the country, on Sunday 7 May. We will confirm further details, such as times, as soon as possible.

Welcome to our new residents

Yvonne and Stven Curry have moved into number 6 Mackintosh Homes. Thank you to all the residents for making Yvonne and Steven welcome at Mackintosh Homes- they love living here and have said it 'feels like home'.

Social Events

Regular coffee mornings are now in the diary for the coming months. We will be planning in other activities but wanted to have regular dates up and running for the coffee mornings.

We will be holding an Easter Service in the community room at Waterhouse Homes- a date and time will be confirmed as soon as possible.

Cath and John - holiday dates

On 24/03, 31/03, 03/04, 04/04 we are taking holiday but will have the work mobile in case of any emergencies.

On 13/04, 14/04, 30/05 and 31/05 we are taking holiday - Carol and John will provide cover, and will have the work phone (again for any emergencies).

Cost of living crisis

With the cost of living rising we are all mindful of trying to keep costs down. Both Age UK and Calderdale Council have useful information to help. Below are a few helpful points:

- Run the washing machine at a lower temperature – you can often do everyday washes at 30°C. Washing clothes at 30°C uses around 40% less electricity over a year than washing at higher temperatures.
- Make sure you keep your living room (or whichever room you use most) warm during the day while you're at home at 21°C (70°F). If there are rooms you don't use as much, like a bedroom, turn off or lower the heater in them and close doors.
- Keep heaters clear so hot air can circulate. Don't forget to draw your curtains to minimise heat loss.
- People often think they're not entitled to government help with things like energy bills, care or housing – but you might be surprised. If you're eligible, there are payments you're entitled to, which can include things like Pension Credit, Attendance Allowance, Housing Benefit and the Warm Home Discount.

If you feel you are struggling financially, at any point, please speak to Cath or John.