



Spring 2018

**Cross Gates & District
Good Neighbours' Scheme CIO**
Working with and for older people



Call 0113 260 6565
www.crossgatesgns.org.uk

Contact us

If you are over 60 and live in the area shown on the map on the back cover of this newsletter you can join our mailing list for **FREE**. Call in or telephone with your details. Alternatively email or visit our website.

Telephone 0113 260 6565

Visit us at Cross Gates & District Good Neighbours' Scheme CIO, Station Road, Leeds LS15 7JY

Email admin@crossgatesgns.org.uk

Visit www.crossgatesgns.org.uk

'Like' us at www.facebook.com/crossgatesgns

Follow us [@CrossGatesGNS](https://www.instagram.com/CrossGatesGNS)



Our beautiful front cover painting for this edition was created by Joyce Long at our Thursday Halton Activity Group.

Thank you!

A big thank you to the family of the late Eileen Smith for their kind donation towards our 'Birds of a Feather' Monthly Dementia Group.



Her family told us that, *'Mum absolutely loved this group and would natter until we got there!'*

A word from the office...



Welcome to the Spring edition of our newsletter. The flowers are blooming and the birds are singing!

We are leaving last year on a high with over 100 of you attending our 15th Birthday Celebration AGM. We welcomed Hillary Wadsworth, Time to Shine Programme Manager who gave us an overview of the great work we are doing to combat social isolation and loneliness. After all the singing, dancing and eating of cake, we hope that you enjoyed our new style Annual Report calendar and will continue to make use of it throughout the year. Take a look for the regular mini bus trip dates and call the office to find out the destination.



We say farewell to our project worker Kathie Cooper who is now studying full time - we wish her well and thank her for all her hard work whilst with us. At groups you will notice a new face as we welcome Ilona Janosz-Floyd as a new Group Support Worker. Having extra support at groups will allow for additional staff time to concentrate on projects and casework to benefit some of our housebound and frailer members. Take a look on page 14 for our new Winter Support Scheme - **Jo Horsfall**

**Please note the Scheme will be closed
week commencing 7 May
No groups will run during this week.**

Events at Cross Gates

Millstones Get Together

Tuesday 22 May

10.30am-5pm • Cost £20

Arrive at Millstones at approximately 11.15am for morning coffee and a mini bacon sandwich. You will then have time to relax and browse the well stocked Farm and Gift Shop. A two-course lunch will be served at approximately 12.30pm

MENU

- Supreme of Chicken wrapped with Bacon
 - Prawn & Salmon Salad
 - Roast Beef with Yorkshire Pudding
- All served with potatoes, vegetables and sauces
- ~~~~~
- Spotted Dick & Custard
 - Traditional Sherry Trifle
 - Strawberry Pavlova

After lunch the Resident Entertainer will take to the stage for an hour of music, sing-a-longs and dancing with an interval for tea, coffee and cakes.

Thank you to Councillors Pauleen Grahame and Peter Gruen, Crossgates and Whinmoor, for funding transport costs for this trip.

Drop-In special events

All the events below take place during our Drop-In coffee mornings on Tuesday and Friday from 9.30am-11.30am

Tuesday 6 March	Live Well Team- Medical Advice
Tuesday 13 March	Green Doctor
Tuesday 27 March	Reminiscing with Toys with Ilona
Tuesday 3 April	Easter Special
Friday 13 April	Hearing Aid
Tuesday 17 April	Roy Cressey <i>'Shipping on the River Ouse'</i> - Part 1
Friday 20 April	Roy Cressey <i>'Shipping on the River Ouse'</i> - Part 2
Tuesday 24 April	Curator from Temple Newsam talking about WW1
Tuesday 8 May and Friday 11 May	No Drop-In Scheme Closure
Tuesday 15 May	Connect for Health
Tuesday 22 May	No Drop-In Millstones Trip

Donations of toiletries needed - please speak to Janet in the office.



Regular events

Children's
performances
also available
ask for more
details

Sandwich and a Song First Tuesday of the month

- Tuesday 6 March
- Tuesday 3 April
- Tuesday 1 May
- Tuesday 5 June

12pm-2pm | £4

Book on 0113 260 6565

Theatre trips | West Yorkshire Playhouse

10 March | This House - 2pm

31 March | The Damned
United - 2.30pm

12 May | Sunshine on Leith
- 2pm

16 May | The Girl on The
Train - 7.45pm

20 June | Searching for the
Heart of Leeds - 7.30pm

**Sorry no transport.
Tickets £11 via Irene on
Tuesday mornings**

Carers Group Run by Carers Leeds

**First
Wednesday of
the month
2pm-4pm**

Please call to
confirm we are
meeting as usual.

We sometimes
go out on a trip.

Call Angie on
0113 380 4301 or
email [info@
carersleeds.org.uk](mailto:info@carersleeds.org.uk)



'Birds of a Feather' for people living with dementia & their carers

20 February | Love Reminiscing Special

20 March | March Mayhem with
John Whalley

17 April | Easter Special

15 May | Sing-a-Long with Mandy Perry

**Third Tuesday of the month
1.30pm - 3.30pm | £2.50 per person**

Regular events

	Saturday
	Sunday
	Men Only

Food and a Film

Fourth Tuesday of the month | 12pm - 3pm

27 February | Mrs Caldicot's Cabbage War

27 March | The Notebook

**Lunch at midday.
Cost £4 | Tickets in advance**

Please note: 'Food and a Film' takes a break over the Spring and Summer and returns on 25 September.

Bereavement Support Drop-In

Fourth Wednesday of the month

- 28 February
- 28 March
- 25 April
- 23 May

3pm-4pm | Cost £1

Shared Tables

Date	Location	Time
25/2	La Cantina	2pm
3/3	The Barnbow	12.30pm
11/3	The Station	12.30pm
17/3	Oceans	12.30pm
18/3	La Cantina	2pm
24/3	The Harvester	12.30pm
31/3	The Devon	12.30pm
7/4	The Skyliner	12.30pm
14/4	The Devon	12.30pm
15/4	La Cantina	2pm
21/4	Black Olive	12.30pm
28/4	The Harvester	12.30pm
6/5	The Devon	12.30pm
12/5	The Barnbow	12.30pm
19/5	The Skyliner	12.30pm
20/5	The Station	12.30pm
26/5	Oceans	12.30pm
3/6	La Cantina	2pm
9/6	The Harvester	12.30pm

Due to popularity table numbers have been limited. Please book via the office and remember to cancel if you cannot attend. **Thank you.**

Monday Minibus trips



Home pick up and drop off £3 extra. A deposit must be paid at the time of booking and will not be refunded if you cancel, unless we are able to fill your place.

A big thank you to the late John Shippen's family for the kind donation towards our mini bus trips

Date	Location	Depart	Return	Cost
26/2	M&S Archive followed by short walk	10am	3pm	£2.50 (plus lunch at the University)
12/3	Fish & Chips at The Empire, Wakefield	11.45am	2.30pm	£12.50
26/3	Wentworth Woodhouse Garden Centre and Historic Walled Garden	10am	3pm	£8 (plus lunch.)
16/4	The Arium Plant Nursery	10.30am	2pm	£2 (plus lunch.)
30/4	Visit the penguins at Lotherton Hall	10.30am	3pm	£7
21/5	Charlotte's Ice Cream Parlour	10.30am	2pm	£5.50 (plus lunch.)
11/6	Walk by the river in Ilkley	10am	4pm	£5.50 (plus lunch.)

T-Days Update



Our T-Days Group runs every Thursday at Crossgates Working Men's Club.

We asked one of our volunteers to tell us a little about this group.

"Our Coffee Morning starts at 9.45am and runs alongside a gentle chair based exercise group. That really wakes you up and gets you going. We even have access to a great snooker table, so some of the men have a game before enjoying a light two-course lunch. On the first Thursday of every month we have a big breakfast this is one of my favourite weeks. Were a really friendly bunch and even have a mini bus to get you here"

Our events are as follows:

- **Coffee Morning 9.45am-midday**
- **Exercise Class 10am-10.45am**
- **T-Days Lunch midday**
- **Big Breakfast first Thursday of the month 11.30am**



If you are interested in any of the groups above or would like one of our workers to visit you and see if there's anything else that we can offer please call the office on 0113 260 6565.

A big thank you to Leeds Convalescent Society for helping fund our Exercise Tutor.

Regular activities

Monday	Tuesday	Wednesday				
<p>Computer Lessons with Joe, including laptops and tablets</p> <p>10am-4pm</p> <p>Individual lessons. Please book with the office.</p> <p>Cost: £2</p>	<p>Drop-In Coffee Morning</p> <p>9.30am-11.30am</p> <p>See Friday for details</p>	<p>Mixed Activity</p> <p>9.45am-11.45pm</p> <p>crafts and table</p> <p>Includes tea and</p> <p>Cost: £3</p>				
	<p>Ukulele (Intermediate)</p> <p>11.30am -12.30pm: £5</p>	<p>Luncheon Club</p> <p>12pm--1.30pm</p> <p>Cost £4</p>				
<p>Walking group</p> <p>12pm-3pm</p> <p>Walks of approximately 3-4 miles led by qualified leaders. Meet at Cross Gates & District Good Neighbours.</p> <p>Cost: £1 / £2.50 minibus</p>	<p>Line Dancing at the Newman Centre</p> <p>1.15pm-2.45pm</p> <p>Cost: £3.50</p>	<p>Joan's Flexi</p> <p>book 1.30pm</p> <p>exercise suitable</p> <p>with osteoarth</p>				
	<p>Sandwich and a Song</p> <p>12pm-2pm First Tuesday of the month Cost: £4</p>	<p>Leeds Carers</p> <p>Group 2pm-4pm</p> <p>Wednesday of</p>				
<p>Our activities take place in a variety of locations. Please check before attending.</p> <table border="1" data-bbox="109 1358 442 1449"> <tr> <td style="background-color: #fce4ec;"></td> <td>Weekly Groups</td> </tr> <tr> <td style="background-color: #e1bee7;"></td> <td>Monthly Groups</td> </tr> </table>		Weekly Groups		Monthly Groups	<p>Drop-In Advice Session,</p> <p>St Mary's, Whitkirk Third Tuesday of the month</p> <p>11am-12pm Cost: Free</p>	<p>Bereavement</p> <p>Drop-In 3pm-</p> <p>Wednesday of</p> <p>Cost: £1</p>
		Weekly Groups				
		Monthly Groups				
<p>Birds of a Feather</p> <p>1.30pm-3.30pm Third Tuesday of the month.</p> <p>Cost: £2.50</p>						
<p>Food and a Film</p> <p>12pm-3pm Fourth Tuesday of the month. Sept - March</p> <p>Cost: £4</p>						

New Group!

Day	Thursday	Friday
Arts Group 10am Arts, board games. and coffee.	T-Days Coffee Morning 9.45am-12pm Crossgates Working Men's Club Cost: £1	Drop-In Coffee Morning 9.30am-11.30am Opportunity to call in for a chat. Tea, coffee & biscuits. Information, events and advice. All welcome. Cost: £2
Club ...	Creative Writing Group 10am-12pm Cost: £2	Painting & Drawing 1pm-3pm Places Limited. Cost: £3
Exercise - please 10am-3pm Gentle exercise for those with arthritis Cost: £3	T-Days Exercise class 10am-10.45am Cost: £3	Technology Fridays with Joe and Robert! Drop-In Help with iPads, laptops etc 1pm-3pm Cost: £2
'Support 10am First of month	T-Days Big Breakfast 11.30am First Thurs of month Crossgates Working Men's Club Cost: £4	In addition we offer a befriending service to older people who are housebound, bereaved, lonely or feeling isolated. Please contact us for more details.
Support 12pm Fourth of the month	T-Days Lunch Club 12pm Crossgates Working Men's Club Cost: £4	
	Cryptic Crossword Club 1.30pm-3pm - new members welcome Cost: £1	
	Halton Activity Group 1.30pm-3.30pm Art&Craft, painting, games, knitting, chat and refreshments. Christ Church, Chapel St. Cost: £3	

Reducing Loneliness & Isolation



Our weekly **Shared Table's Project** gives an opportunity for single, independently mobile people to meet and enjoy a meal or light lunch in company at a local eatery, hosted by one of our volunteer team at the weekends. Please see page 7 for more information.

National Holidays

Our Volunteer Treasurer Irene Midgley continues to organise group trips through **National Holidays**. If you would like a holiday with a groups of friendly, fun people, then you can book via the office with Irene. Please note as this is booked through National Holidays, a £30 non-transferable deposit is required when booking

Here are a few destinations and dates we have in mind, but there are more on the Notice Board in the office.

- **23 March | Bournemouth - three days | £99**
- **30 April | Buxton at The Palace - three days | £99**
- **18 May | Llandudno - three days -| £129**

You must not require any one-to-one support as these trips are not staffed.

Monthly drop-in at Whitkirk

Our Monthly drop-in advice session will now be on the **Third Tuesday** of every month at St Mary's Church Hall from 11am-midday

Meet Sandra

Sandra joined our Scheme and then went on to not only use the service but to volunteer as a Walk Leader



'Five years ago I lost my sister. Prior to this we spent most of our time together and did all sorts of things: from shopping to some fabulous holidays or simply having a cup of tea and chat about everything and everybody.

After losing her I was very lost and lonely (our families had flown the nest to slightly distant places). An acquaintance suggested I should come to 'Good Neighbours'. After dithering for a while I decided to go along to see if anything would appeal to me to help fill this loneliness.

Good Neighbours has come to mean a great deal to me, I attend activities on three days each week which help keep me both physically and mentally active. The staff are welcoming and friendly and the other members are great, some of whom I now consider to be my friends.



Bereavement isolates and loneliness is debilitating so I consider myself very fortunate (as do my family on my behalf) to have found Cross Gates Good Neighbours, a group of like-minded people with whom I can smile and have fun and for whose support I am profoundly grateful.'

Keeping Healthy



Some of you may soon receive a call from Charley or one of our volunteers as we are very happy to announce we have received funding from the local Ward councillors via the Outer East Community Committee Wellbeing Fund, to provide a telephone support scheme throughout the colder months.

Winter Support Scheme

Members may be contacted to see if any extra support is required, this may be a referral to the Access bus for shopping, assisted bin collection or Green Doctor for the 'Warmth for Wellbeing' service to name a few. You can also request a home visit from one of our staff.

We will also be distributing one hundred small food hampers to any of our members that are unable to get out due adverse weather conditions or ill health.

If you feel that you know anyone that would benefit from this scheme, or you would benefit yourself, please give the office a call on 0113 260 6565 and speak to Charley or Jo.



Line dancing - Beginners welcome!

The good news is that our Tuesday Line Dancing Class will continue and become a permanent group, it is really popular and people are really enjoying themselves.

If you would like to attend please come and join us every **Tuesday at 1.15pm-2.45pm** at the Newman Centre - a great way to get fit and have fun.



Sponsored Walk

On **Saturday 30 June** our Walking group will walk either the **'Wharfe Wander'** a four-mile walk around the outskirts of Tadcaster, Rudgate lane to Newton Kyme and back along the Wharfe. Or half way along the walk they can turn west and go to the edge of Clifford this is the **'Clifford Clomp'** and is 8.5 miles.

Please support and sponsor our walkers - you can do this by contacting our office or donating on our just giving page - www.justgiving.com/crossgates-goodneighbours All money raised will go towards the running costs of our minibus which is enjoyed by so many of our members.

Walkers to meet at the Office at 10.00am.

Please inform the Office by end of May if you can take part and which walk you will undertake.

Walking is simple, free and one of the easiest ways to get more active, lose weight and become healthier. Why not join our Monday Walking group?

Volunteer Noticeboard

If any of these roles take your fancy please contact the office, we'd love to hear from you!

Marks and Spencer bag packers

Can you spare just one hour per month to volunteer as a bag packer for hourly shifts on 2, 3 March; 6, 7 April; 5, 6 May; 3, 4 June - thank you!

Thank you to our Volunteer Birthday Card Writer who is retiring at the age of 91!

Newsletter post- people
Needed once per quarter to post our newsletters.

Art Tutor

for our Thursday afternoon Activity Group in Halton.
paid position - please speak to Jo.

Fundraising Volunteer to help raise funds from local businesses

Drivers - urgent needed to transport our members to and from their homes to the Scheme

Befrienders - Male and Female
Needed for our short term and long term placements.

Supporting Independence



With everything going 'Online' now, are you curious to find out more? We have iPads for you to use so that you can see what all the fuss is about and be shown how to use them. We can help you learn about:

- The Internet.
- Social media.
- Youtube.
- Facebook
- Email
- Skype
- Recipes
- News
- Contact and keep in touch with friends and family.
- Join online groups and make new friends.
- Information both local and international on practically anything that may be of interest to you.
- And much, much more.

Come along on a Friday afternoon and meet Joe and Robert who run our **Technology Friday** sessions from 1pm-3pm.

Have a cuppa, a chat and just watch or give it a try. What have you got to lose?



Thank you



A big thank you to the **Holiday Inn** in Garforth. 157 of us enjoyed a wonderful meal at our Christmas Party in December.

We raised £354 on our annual raffle receiving over fifty prizes. These included: £50 Mark and Spencer voucher from **Pure Retirement**; Will

Making voucher from **Ison Harrison**; watch and necklace from **Yorkshire Jewellers**, Austhorpe Road; 2 x £25 cash from **Tetik Jk Events**; £10 cash from **Waites Building Company**; £10 from **Sainsbury's**; £10 from **Wilkinson's**; Bingo voucher from **Mecca Bingo**, £20 from **ASDA**, to name just a few as well as donations from our members.

Thanks to **Harrison and Potter Trust** who gave us £675 for our new chairs with arms and a water boiler that is been used at all our groups.

Thank you to **Ison Harrison, Leeds Convalescent Society** and **Cross Gates Methodist Church** who all part funded our Annual Report and thanks to **Sir George Martin Trust** funded £1,350 for three new office computers.

A final thank you to the family of the late **James Else MBE**, who donated through Just Giving - www.justgiving.com/crossgates-good-neighbours as the family live outside Leeds.

We are grateful for the donation of funeral collections and always try to use them on something that the late member enjoyed when at the Scheme.

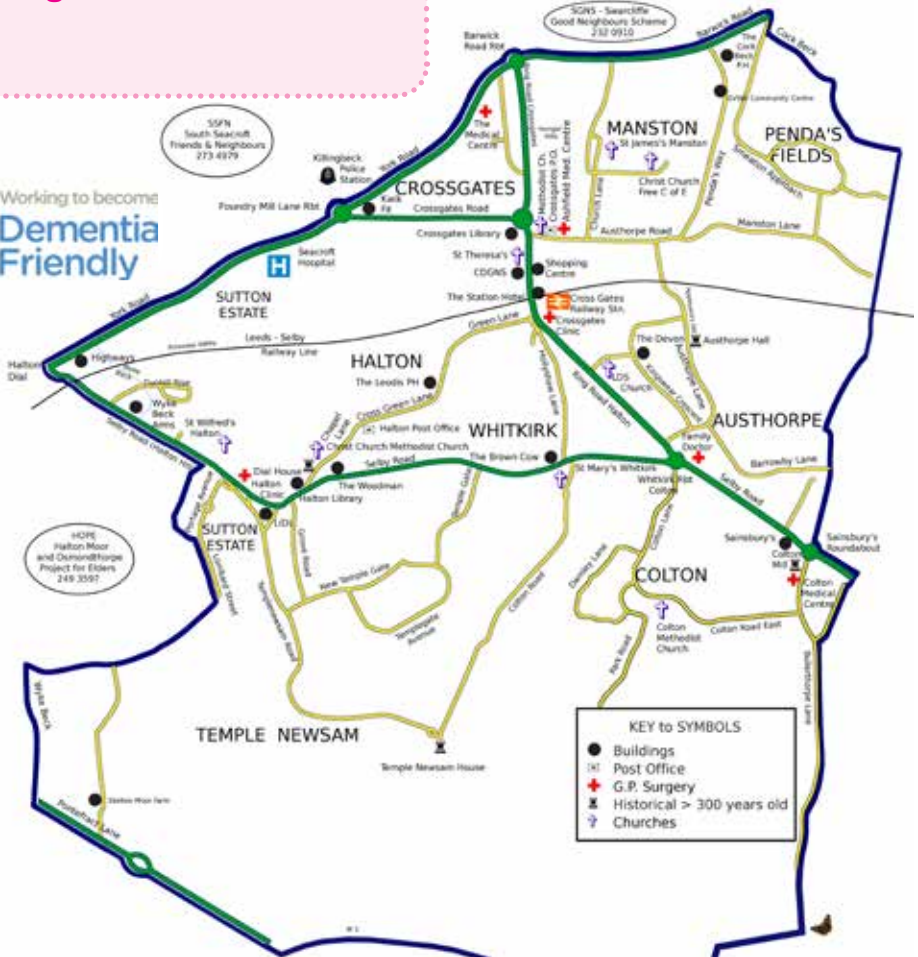


Useful contacts

Organisation	Contact
Action on Elder Abuse Helpline	www.elderabuse.org.uk 0808 808 8141
Adult Social Care and Leeds Safeguarding Adults	0113 222 4401 Out of hours: 0113 240 9536
Age UK	www.ageuk.org.uk 0113 389 3000
Alzheimer's Society (Leeds)	0113 231 1727 leeds@alzheimers.org.uk
Care and Repair	www.care-repair-leeds.org.uk 0113 240 6009
Carers Leeds	www.carersleeds.org.uk 0113 246 8338
Cruse Bereavement Care	0844 477 9400 www.crusebereavementcare.org.uk
Housing Leeds	0800 188 4000 or 0113 376 0410
Leeds Mind	0113 305 5800
Fire Safety	Please ask us for more information
Leeds Directory	0113 391 8333
NHS Direct	111
Police non-emergency	101
The Silver Line	0800 4 70 80 90 thesilverline.org.uk

If you would like to get involved with any fundraising events to support us please get in touch!

Do we cover your area?



Scan me to visit website



Registered Charity Number: 1160095