



Summer 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

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Our beautiful front cover painting for this edition was created by Sylvia Wright from our Friday painting and drawing class

In Memory

It was with great sadness that we said farewell to the late Harry Midgley. He was a long serving Trustee and volunteer at our scheme, and a pillar of the community. We are all so grateful for the time and effort that Harry gave to so many of us, in many different ways. A big **Thank You** to the family for their kind funeral donation.



It will be spent on flowers keeping the place looking bright and cheery! Just how Harry liked it!

A word from the office...



Welcome to the summer edition of our newsletter. We hope the sun continues to shine, with lots going on over the coming months from Ice-cream sundaes at the Drop-in, a fully accessible Barge trip to our **Free Summer Health Fayre**, there's something for everyone.

We have just finished a grant application to Leeds City Council for our core funding for at least the next five years, we should know by August if we have been successful - I will keep you all informed. Working closely on the finances has shown just how lucky we are to have so many generous members donating to the scheme through group charges, 100 club and regular donations in kind, bingo and raffle prizes, tea, coffee and biscuits all of which help us to keep our costs down and show just how important our scheme is to all of you.

Our Office Co-ordinator Janet is retiring in June to spend more time with her family, but it's not a full farewell, as she is going to continue as a volunteer on Tuesdays and Wednesdays which is great news for all of us. Please see the minibus trips on page 8 and let's make the most of this wonderful Summer – **Jo Horsfall, Scheme Manager**



**Please note the Scheme will be closed week commencing 10 September
No groups will run during this week.**

Events at Cross Gates

Barge Trip Monday 6 August



Leaving Cross Gates Good Neighbours
at 10.30am

Enjoy a fully accessible Barge Trip with
The Safe Anchor Trust from Shepley
Marina, Mirfield.

We will be using two barges on the day
'The Safe Anchor Lady' and *'Lady
Rhodes'*

On board picnic lunch and hot drinks
included.

Tea and cake on return journey

Return home for 4.30pm (approximately)

£20 | Limited Places

A big thankyou to Doug McQueen and the
Safe Anchor Trust for this wonderful opportunity.

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

Friday 1 June	Hearing Aid visit
Tuesday 12 June	Ice-Cream Sundaes
Tuesday 19 June	Incontinence Talk
Tuesday 26 June	Tom Wilson from Ison Harrison discussing wills and probate
Tuesday 3 July	Carers Leeds
Friday 6 July	Hearing Aid visit
Friday 3 August	Hearing Aid visit
Tuesday 7 August	Smoothie Heaven!
Tuesday 4 September	Stroke Association with Blood Pressure checks
Friday 7 September	Hearing Aid visit
Tuesday 25 September	Stephanie from Lotherton Hall on <i>Mining Memories</i>

Look out for our new Collection Box in the office for donations of tea, coffee and biscuits.

Regular events

Children's
performances
also available
ask for more
details

Sandwich and a Song **First Tuesday of the month**

- Tuesday 5 June
- Tuesday 3 July
- Tuesday 7 August
- Tuesday 4 September

12pm-2pm | £4

Book on 0113 260 6565

Theatre trips | West Yorkshire Playhouse

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

For upcoming theatre trips
please contact the office.

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)

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

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

19 June | Plant potting & Summer
games

17 July | Trevor Woodhead 60s, 70s
& 80s

21 August | Holiday Pics & Sundaes

18 September | John Whalley Sing-a-Long

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

**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** with **'Sunshine on Leith.'** For more details please contact the office.

Bereavement Support Drop-In

Fourth Wednesday of the month

- 27 June
- 25 July
- 22 August
- 26 September

3pm-4pm | Cost £1

Shared Tables

Date	Location	Time
16/6	Black Olive	12.30pm
17/6	The Station	12.30pm
23/6	The Devon	12.30pm
30/6	The Skyliner	12.30pm
8/7	Black Olive	12.30pm
14/7	Sorrentos	6pm
21/7	Wetherspoons	12.30pm
22/7	The Devon	12.30pm
28/7	The Barnbow	12.30pm
5/8	La Cantina	2pm
11/8	The Harvester	12.30pm
18/8	The Skyliner	12.30pm
19/8	The Barnbow	12.30pm
25/8	Gascoignes	12.30pm
2/9	Zorbas	1pm
8/9	The Devon	12.30pm
15/9	Black Olive	12.30pm
23/9	The Harvester	12.30pm
29/9	Wetherspoons	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



Take advantage of our regular Summer Monday minibus trips, supported places are available.

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.

Date	Location	Depart	Return	Cost
11/6	Walk by the river in Ilkley	10am	4pm	£5.50 (plus lunch.)
25/6	Burnby Hall and Gardens Bring a picnic or lunch in the café.	10.30am	4.30pm	£12.50
9/7	Yorkshire Sculpture Park	10.30am	4.30pm	£6.50
23/7	Helmsley Walled Garden. Five acres in the shadow of Helmsley castle. Café and shop too!	10.30am	4.30pm	£20 garden entry. £12.50 to Helmsley.
20/8	Newby Hall and Gardens	10.30am	4.30pm	£20
24/9	Yorkshire Wildlife Park	10am	5pm	£20

T-Days Update



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

We are now offering a new telephone **Contact Support Scheme**. If you live in the Killingbeck and Seacroft

Ward you may receive a call from our project worker Dee

(pictured right). She will check to see if you are interested in any of the groups below or would like one of our workers to visit you to see if there's any other support we can offer. We also have some food hampers to distribute.



T-Days Activities

- Coffee Morning | 9.45am-12pm
- Exercise Class | 10am-10.45am
- T-Days Lunch | 12pm
- Big Breakfast | First Thursday of the month 11.30am



A big thank you to the Local Ward Councillors via the Inner East Community Committee for funding our new Telephone Contact Support Scheme.

All welcome to drop by our Information Stand at the Crossgates NatWest branch on Thursday 12 July, 10am - 3pm



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>Ukulele (Beginners)</p> <p>12.30am -1.30pm: £5</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 1359 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>Birds of a Feather</p> <p>1.30pm-3.30pm Third Tuesday of the month.</p> <p>Cost: £2.50</p>	<p>Bereavement</p> <p>Drop-In 3pm-</p> <p>Wednesday of</p> <p>Cost: £1</p>
		Weekly Groups				
		Monthly Groups				
<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-11.30am Gentle exercise suitable for those with arthritis Cost: £3	T-Days Exercise class 10am-10.45am Cost: £3	Painting & Drawing 1pm-3pm Places Limited. Cost: £3
' Support 10am First of month	T-Days Big Breakfast 11.30am First Thurs of month Crossgates Working Men's Club Cost: £4	New iPad Support Drop-In Come along and find out more! See p17 for more info! 1pm-3pm Cost: £2
Support 12pm Fourth of the month	T-Days Lunch Club 12pm 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.
	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

Time to
Shine

Our **Supported Wellbeing Project** funded by Time to Shine is now over a year old. We have recruited 17 volunteer befrienders and have delivered 26 befriending placements in total so far.

Angie and Joe...

Angie lives independently in Cross Gates but is supported by carers who visit every day.

Angie (pictured below) enjoys using her PC but she was having to use it in her bedroom as it was too bulky and heavy to be moved as it had been set on a table measured to the correct height. Although Angie really enjoyed using her PC it meant that she was spending every day largely in her bedroom and not interacting with her carers.



One of the services our Supported Wellbeing Project offers is support from a befriender on how to get the most out of using an iPad. Angie had been involved with a previous project via GP referral which had already introduced her to the iPad so she was happy to find out more.

Angie's Volunteer Befriender Joe (pictured above and right), has helped to select her wedding photos to print off

at the local Photo Shop, he has helped her get to grips with emails and Facebook, replaced the worn out stylus twice (without which she is not able to use the iPad) and he introduced games such as jigsaws which can be made from her own photos.



Angie sometimes still needs ongoing support to use the iPad but the difference it makes to her life is immeasurable. Angie can now use technology in her living room where the carers can interact with her whilst doing their routine duties. She can also have her TV on at the same time.

One of her carer's commented, '*Angie can do lots more on the iPad as games on the PC rely heavily on using the mouse which Angie cannot do.*'

Angie's thoughts on Joe, her iPad befriender, '***I wouldn't be without him.***'

Joe's thoughts on volunteering, '***I got into volunteering when my working life ended and it is the best thing I have ever done. Interacting with people and helping where I can is both enjoyable and rewarding. I can't understand why everyone doesn't do it.***'

If you could like to find out more about our Supported Wellbeing Project either as a befriender or as someone who would like a little extra support please contact the office on 0113 260 6565.

Keeping Healthy



Please find a quick round up of what's been happening over the last few months at the Scheme and our upcoming Sponsored Walk and Summer Health Fayre.

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?



Winter Support Scheme update

339 of our members benefited through our Winter Support Scheme this year funded by local ward councillors via the **Outer East Community Committee Wellbeing Fund**.

All received a support telephone call and if required a home visit. One hundred of our members received a free food hamper and we also signposted to organisations such as Welfare Rights, the Access Bus service and Assisted Bin Collection. Forty members are now on our regular Monthly Contact Scheme list. We are hoping that this project will be repeated in the future as this is a much needed service in the Winter months.

Help support us to run our minibus - why not sponsor a walker?

Summer Health Fayre



Date: Wednesday 25 July

Time: 1pm-3.30pm

Venue: The Newman Centre

Cost: Free



Browse our stalls including Carers Leeds and the Stroke Association, meet young people from 'The Challenge' and watch the Feel Good Theatre 'Active Ageing Show.'

Meet local Councillors, GPs and Health Professionals

All Welcome

The Fayre is part funded by Councillor Brian Selby



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

A big thank you to all the volunteers who have helped with these sessions. We are currently waiting to see if we are chosen to be M&S charity of the year for the third year running. Please look out at the office for the outcome. We have had a great two years and are grateful for this opportunity.

Welcome to David Smith, our Befriender volunteer who has been co-opted onto the Board.



Newsletter post- people

Needed once per quarter to post our newsletters. We only had to post 15 of our annual reports - amazing!

Fundraising Volunteer

to help raise funds for the Scheme in lots of different ways!

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



Come along on a Friday afternoon and meet Joe and Rob at our new iPad Group.

Have you wondered about computing and the internet Everything appears to be going 'online.' What are you missing out on?

Why not pop in for a cuppa and see for yourself. You never know, you may enjoy it! Our new groups starts on **Friday 22 June at 1pm**, we are offering access to a number of iPads for people to look at and play with, yes, play with! What have you got to lose? The two-hour session is hosted by Joe and Rob and people can come and go as they wish.

General Data Protection Regulations

The new GDPR came in to force on the 25 May. These regulations replace the existing Data Protection Act and have been brought in to give you more control of your information.

We record information about you in order to help us provide our services to you, this includes sending you this newsletter and telling you about our activities.

If you do not wish us to keep this information or contact you in the future please let us know by telephone on 0113 260 6565 or email charley@crossgatesgns.org.uk.

Thank you

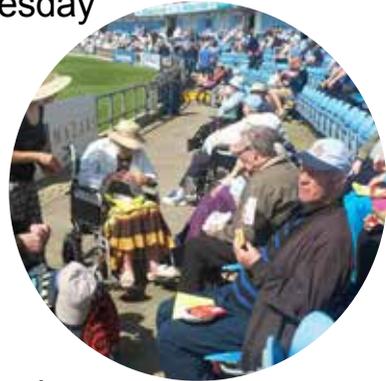


As ever we have lots of people to thank in this edition of our newsletter.

A big thank you to Myra Dobson and all from **Colton Institute Sports and Social Club** for their kind donation of £762 plus Gift Aid from the Charity Fundraising Day. It was a real team effort, from fresh vegetables for sale to apple pie and cream a real treat! Monies raised will fund our 'Birds of a Feather' Dementia café that runs on the third Tuesday of every month for a full year!

Thank you to **Leeds Community Foundation** for part funding both our Lunch Clubs for the next year.

Thirteen of our members enjoyed a day out to see Yorkshire Cricket v Nottinghamshire match. A great day in the sun with a picnic too! Thanks to Beth Cook



- Health & Wellbeing Manager at **Yorkshire Cricket Foundation** for this opportunity.



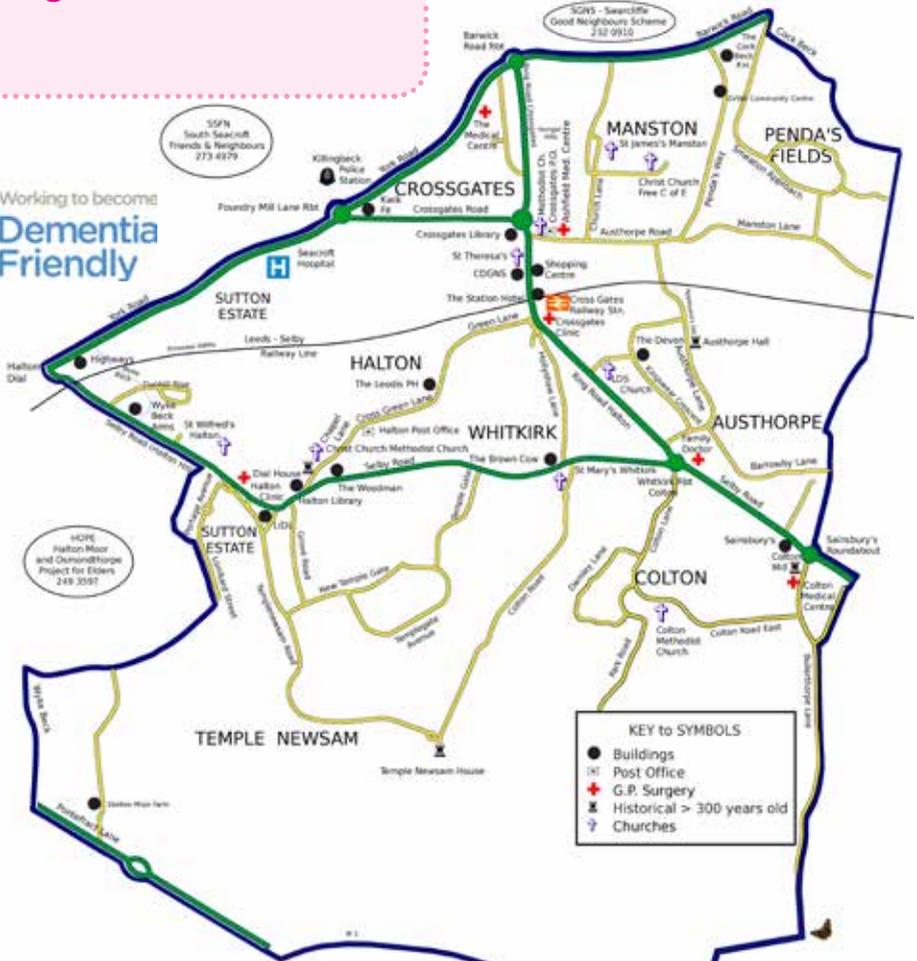
Finally, thank you to **Derek and Barbara Grimston** who have been kindly growing flowers from seedlings for us to sell as a fundraiser. If any of you have any seedlings, cuttings or bulbs, they would be much appreciated for next year's crop.

Useful contacts

Organisation	Contact
Action on Elder Abuse Helpline	www.elderabuse.org.uk 0808 808 8141
Adult and Health 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
Epilepsy Action	0808 800 5050 www.epilepsy.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 www.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