



Summer 2019

**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

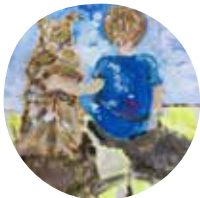
Email admin@crossgatesgns.org.uk

Visit www.crossgatesgns.org.uk

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

Follow us @CrossGatesGNS

To make a referral to us please complete the online form on our website.



Our beautiful front cover painting for this edition was created by Christine Robinson.

Thank you

We welcome our new Administrative Apprentice Sinead Harper. Her post is funded through the money raised from **Crossgates Recreational Club**.

It's fantastic that money raised locally can enable us to employ a local young person to support our office.



A word from the office...



Summer sun and lots of fun is just around the corner, not just for our members who can get out and about, but for those of you that are housebound or find it harder to get to us.

This year not only are we expanding our services into other parts of our area, we are also focusing on building up our Befriending Scheme and extra one-to-one support via home visits and support into groups - see pages 12 and 13.

We are always willing to try new things and are guided by what you, our members, want. We are happy to take on board any feedback, new ideas or improvements that could be made - a Suggestion Box is now available in the office.

Some of you may receive a call from our volunteer Marie. You can request a home visit if any support from staff is required or be put onto our Monthly Contact Scheme where you will receive a call each month. It's a great way of keeping in touch with a friendly voice and listening ear!

So here's to a lovely healthy summer especially as our 'Short Walks' are back - see page 15. As the temperature rises it is important to keep hydrated. Remember we're only a phone call away! - **Jo Horsfall, Scheme Manager**

Please note the Scheme will be closed week commencing 9 September. No groups will run however, the office will be open for emergencies.

Events at Cross Gates

4th Colton Village Gala

Saturday 6 July

Princess Field & Colton Methodist Church | 1pm-4pm

Variety of stalls, children's races, carnival games, fire engine, face painting, bouncy castle, BBQ,

We'll be there! Come along, and visit our stall.

Cross Gates & District Good Neighbours' Scheme CIO
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Summer Fayre

Wednesday 7 August

1pm-3.30pm | Free Entry

Browse our stalls including The Live Well Team and meet young people from 'The Challenge'.

Bun Stall, Tombola, Bric- a- Brac and donations to be received no earlier than Friday 2 August - thank you.



Run by the Challenge and our team of volunteers

Drop-In special events

Our Drop-In coffee mornings run on Tuesday and Friday from 9.30am-11.30am. Our volunteer, Andy, is available every Tuesday and Friday (except the first Friday of the month when he is at our St Mary's Drop-in) to change batteries and tubes in your hearing aid.



Tuesday 11 June	Fire Service Visit
Tuesday 18 June	Summer Special
Tuesday 16 July	Chris Sharp Leeds Industrial Museum
Tuesday 13 August	Smoothie Special
Tuesday 20 August	Darren Meade Leeds Cancer Awareness
Tuesday 3 September	Briony NHS Hydration
Friday 6 September	Co-op Estate Planning legal, funeral and inheritance plans
Tuesday 10 September	No Drop-In - Week Closure
Friday 13 September	No Drop-In - Week Closure
Tuesday 17 September	Roy Cressey Shipshape
Friday 20 September	Roy Cressey Shipshape

**Look out for our new
Suggestion Box in reception!**



Regular events

Children's
performances
also available
ask for more
details

Sandwich and a Song

First Tuesday of the month

- Tuesday 4 June
- Tuesday 2 July
- Tuesday 6 August
- Tuesday 3 September

12pm-2pm | £5

Book on 0113 260 6565

Theatre trips Leeds Playhouse

There are no upcoming theatre trips at the moment. Please contact the office for more details.



Carers Group

Run by Carers Leeds

First Wednesday of the month 2.30pm-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

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

18 June | Quiz & Hand Massage

16 July | Summer Crafts and Ice Creams

20 August | Terry Williams - Singer

17 September | Reminiscing and Games Session

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

For more information about Shared Tables please contact the office.

	Mixed
	Singles

Food and a Film

Fourth Tuesday of the month | 12pm - 3pm



Food and a Film' takes a break over the Summer and returns on **24 September** with **'The Terminal'**

Bereavement Support Drop-In

Fourth Wednesday of the month

- 26 June
- 24 July
- 28 August
- 25 September

3pm-4pm | Cost £1

Shared Tables

Date	Location	Time
2/6	La Cantina	2pm
8/6	The Devon	12.30pm
9/6	Harvester	1pm
16/6	La Cantina	2pm
20/6	Black Olive	5.30pm
23/6	La Cantina	2pm
30/6	Zorbas	1pm
7/7	Marimonte	2pm
14/7	La Cantina	2pm
20/7	Skyliner	12.30pm
21/7	La Cantina	2pm
25/7	Marimonte	5.30pm
28/7	Devon	12.30pm
4/8	La Cantina	2pm
11/8	Grillo	1pm
17/8	Spice Zone	6pm
18/8	La Cantina	2pm
25/8	Harvester	1pm
29/8	Masala Hut	5.30pm
1/9	Sorrentos	6pm
8/9	La Cantina	2pm
15/9	La Cantina	2pm
21/9	Grillo	1pm
22/9	Masala Hut	5.30pm

Tuesday Minibus trips



Home pick up and drop off
£3 extra for our less mobile
members. 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
Tue 9/7	Ice cream and Wallabies at Charlotte's Ice Cream Parlour	11am	2.30pm	£6
Tue 23/7	Helmsley Walled Garden, Walk around some beautiful gardens.	10am	4pm	£20 inc. Garden £12.50 Helmsley only option
Tue 13/8	Pub Lunch – Crooked Billet	11.30am	2.30pm	£16 inc. two courses & tea/coffee
Tue 27/8	Safe Anchor Barge Trip and Picnic with Doug	10.30am	4.30pm	£20 inc. picnic
Tue 3/9	Seaside trip to Bridlington	9.30am	4.30pm	£14
Tue 17/9	Yorkshire Wildlife Park	9.30am	4.30pm	£22 inc. admission

New Services



We are currently working in partnership with Clarion Futures, to help support older people within their area.

Weekly Drop-In Service

A member of staff will now be available every Thursday at The Pavilion, Back Sutton Approach, Leeds LS14 6AH from 11am-2pm. We will also have access to iPads for anyone that would like to try them out. We will have some transport available via our minibus with priority given to those on the William Sutton Estate. Please book via the office on 0113 260 6565 and speak to Jo or Sandra.

Live Well Café

The Live Well Café coffee morning takes place every Thursday from 10am–11am. It is free to attend, open to all and offers support from local NHS providers and our staff. The cafe is an opportunity to speak directly to a local nurse, GP or member of our team, make new friends, take part in fun activities and listen to guest speakers on a range of different topics.

One member said *“Today was the best coffee morning I’ve had in a long time. I really enjoyed it.”* A great way to start your Thursday!



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> <hr/> <p>Ukulele (Intermediate)</p> <p>11.30am -12.30pm: £5</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> <hr/> <p>Luncheon Club</p> <p>12pm--1.30pm</p> <p>Cost £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 / £3 minibus</p>	<p>Line Dancing at the Newman Centre</p> <p>1.15pm-2.45pm</p> <p>Cost: £3.50</p> <hr/> <p>Short Walks</p> <p>10.30am See p15 or check dates with the office</p> <p>Cost: £3</p>	<p>Joan's Flexi</p> <p>book 1.30pm</p> <p>exercise suitable with osteoarthritis</p> <hr/> <p>Leeds Carers Group 2.30pm</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 data-bbox="109 1358 184 1406"></td> <td data-bbox="188 1358 442 1406">Weekly Groups</td> </tr> <tr> <td data-bbox="109 1410 184 1449"></td> <td data-bbox="188 1410 442 1449">Monthly Groups</td> </tr> </table>		Weekly Groups		Monthly Groups	<p>Sandwich and a Song</p> <p>12pm-2pm First Tuesday of the month Cost: £5</p>	<p>Bereavement Drop-In 3pm-4pm</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>We offer a service to those who are home bereaved, feeling isolated.</p> <p>Please contact us for more information.</p>					
<p>Food and a Film</p> <p>12pm-3pm Fourth Tuesday of the month.</p> <p>Sept - May Cost: £5</p>						

New Group!

	Thursday	Friday
<p>Arts Group 10am-12pm Arts, crafts, board games. Tea and coffee.</p>	<p>T-Days Coffee Morning 9.45am-12pm Crossgates Working Men's Club Cost: £1</p>	<p>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</p>
<p>Club 10am-12pm</p>	<p>Creative Writing Group 10am-12pm Cost: £3 T-Days Exercise class 10am-10.45am Cost: £3</p>	<p>St Mary's Drop-In 10am-1pm Opportunity to call in for a chat. Tea, coffee & biscuits. Light lunch / breakfast menu available at low cost. Cost: £2</p>
<p>Exercise - please 11am-3pm Gentle exercise suitable for those with arthritis Cost: £3</p>	<p>The Pavilion Drop-In 11am-2pm Cost: £1 tea and coffee £5 Inc. lunch, Bingo and games</p>	<p>St Mary's Drop-In 10am-1pm Opportunity to call in for a chat. Tea, coffee & biscuits. Light lunch / breakfast menu available at low cost. Cost: £2</p>
<p>'Support 11am-4pm First Thursday of the month</p>	<p>T-Days Big Breakfast 11.30am First Thurs of month Crossgates Working Men's Club Cost: £4</p>	<p>Painting & Drawing 1pm-3pm Places Limited. Cost: £4</p>
<p>Support 12pm-4pm Fourth Thursday of the month</p>	<p>T-Days Lunch Club 12pm Crossgates Working Men's Club Cost: £4</p>	<p>IT Support Drop-In Come along and find out more! 1pm-3pm Cost: £2</p>
<p>befriending older people housebound, isolated, lonely or contact us for details</p>	<p>Cryptic Crossword Club 1.30pm-3pm - new members welcome Cost: £2 Halton Activity Group 1.30pm-3.30pm Art&Craft, painting, games, knitting, chat and refreshments. Christ Church, Chapel St. Cost: £3</p>	<p>St Mary's Gentle Exercise 1.30pm Cost £3 Young at Heart with Wendy</p>

Reducing Loneliness & Isolation



Our **‘Living la Vida Local’** project led by Marion (pictured left) is now well and truly underway. Our first Building Connections progress report has been submitted to the funders, with very positive feedback.

What’s been happening?

You may have seen our **new coasters** in local cafés, pubs and restaurants which have been developed as part of our campaign to recruit more volunteer befrienders. Having more volunteers will enable us to expand our existing befriending service to support more isolated older people who are housebound or unable to access group activities, by providing regular companionship in their homes.



If you are interested in volunteering as a befriender, please get in touch. We would love to hear from you.

Further outreach work

To increase our outreach work and expand our service more widely to support more people within our local community, we have started a new weekly Friday Drop-In advice and information café at **St Mary’s Community Centre** in Whitkirk.



If you live in the Colton, Austhorpe or Whitkirk areas of Cross Gates come along and join us. A member of staff is always on hand to discuss any issues or concerns you may have and help with any support you may need. Sandra



(pictured right), who is leading on the SWIFt project, will also be available each week at St Mary's.

As well as unlimited tea, coffee and biscuits you can enjoy a light breakfast or lunch prepared and served to you by our wonderful team of volunteers. If you wish, you can stay on and join in the fun with the **gentle chair-based Exercise Class** from 1.30pm. An opportunity to work off those biscuits!

What's happening next...

Marion has attended a number of local community networking events and workshops to improve awareness of and promote the work we do here at Cross Gates & District Good Neighbours' Scheme CIO. These meetings also increase partnership working, especially with local health professionals and businesses to improve access to the services and activities available to the over 60s in our local area.

If you'd like any more information please contact Marion on 0113 260 6565.

Keeping Healthy



We are a healthy bunch with three gentle chair based exercise groups, a line dancing class and a walking group each week. How do we fit it all in?

Weekly Exercise Schedule

- **Monday** | Walking group - 12pm-3pm
- **Tuesday** | Line Dancing at The Newman Centre - 1.15pm-2.45pm
- **Wednesday** | Joan's Flexi-cise at The Newman Centre - 1.30pm-3pm
- **Thursday** | T- Days Exercise Class at Crossgates Working Men's Club - 10am-10.45am
- **Friday** | Wendy's Young at Heart at St Mary's Community Centre - 1.30pm-2.30pm

Short Walks are back!

Our new Transport Co-ordinator Stephen Bostridge will be starting up the much missed **Short Walks** in June.

These walks will leave from the Drop-In on Tuesdays when we don't have a minibus trip booked. We will be starting our Short Walks of approximately one mile at local parks around Leeds.



Short Walk Dates

- 4 June | Roundhay Park
- 18 June | Woodlesford Lock
- 2 July | Middleton Park
- 16 July | Stanley Ferry
- 30 July | Meanwood Valley Park
- 6 August | Springhead Park
- 20 August | Pugneys Country Park
- 24 September | Golden Acre Park



Walking is simple, free and one of the easiest ways to get more active, lose weight and become healthier. Please book via the office cost £3.

Third Annual Sponsored Walk

On Saturday 22 June, our Walking Group and some of our staff team will walk either the **Harewood Hobble** a 4.5 mile walk or the **Wharfedale Wander** a 7 mile walk. Both routes go by Lofthouse Farm, Hollin Lane, New Laithe Farm to Harewood (at this point the shorter walk returns to the start on a good woodland track). Walkers to meet at the Office at 10am.

If you cannot join us, please consider sponsoring either a member of staff or the walking group. You can do this by contacting our office or donating on our JustGiving page www.justgiving.com/crossgates-goodneighbours

All monies raised will go towards the running cost of our minibus.

Volunteer Noticeboard

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

Hospitality and 1-1 support in groups Thursday at Cross Gates Working Men's Club 10am -1pm and Halton Christ Church 1.30-3.30pm. Friday 10am-1pm at St Mary's Community Centre Whitkirk.

Volunteers for our New '**Living La Vida LOCAL**' project. - see page 12. We need befrienders both male and female for our short term and long term placements and group support

Urgently needed drivers with own car to transport our members to groups. Please ask your children could they spare as little as an hour a week?

Driver and hospitality required for our Volunteer Games night Tuesdays 4-6pm

National Volunteers' Week
3-7 June 2019

Volunteer Celebration and Thank You Event for all our volunteers.

Friday 7 June
1.30pm – 3.30pm, at St. Mary's Community Centre, Whitkirk.

Mini bus drivers required.
Full MIDAS training offered

Supporting Independence



One of the ways we help **support independence** and **increase social interaction** for members both mobile and housebound, is by increasing their confidence to use **IT through the computer and social media skills** that Joe Birch, our volunteer Trustee, provides.

Frances, a new member, has mobility problems and finds it difficult to get out and about independently. Her family bought her an **iPad** for her 80th birthday and Frances expressed real interest in being able to use it more fully. As part of his **IT service**, Joe has visited Frances at home for one-hour a week over the last few weeks, to show her how to get the most from her tablet.



Frances is thoroughly enjoying Joe's visits and has *"learned something instead of just using it for entertainment"*. As well as using it confidently to order online, Frances uses it to keep in touch with family who live abroad. It has opened up a whole new world of independence for Frances. She knows when she's *"done something not quite right"* when she reads the comments made by her younger family members. Frances enjoys the fact that they can all laugh together at her 'learning experiences!'. 😊

Thank you



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

A big thank you to **Tesco Community Worker Jen** for organising a tombola in store **assisted by our volunteer Val**. They raised an amazing **£110.50**.

Thank you to **Leeds Community Foundation** for part-funding our Wednesday Cross Gates and Thursday T-day Lunch Clubs.

Thanks to the **Department for Digital, Culture, Media and Sport** and **The National Lottery Community Fund - Building Connections**, through our 'Living La Vida Local' project. Our Minibus now has a new automatic passenger lift which enables us to support even more, less mobile people into our groups.



Thanks to **Leeds City Council** for securing funding to extend our SWIFt Project until October.

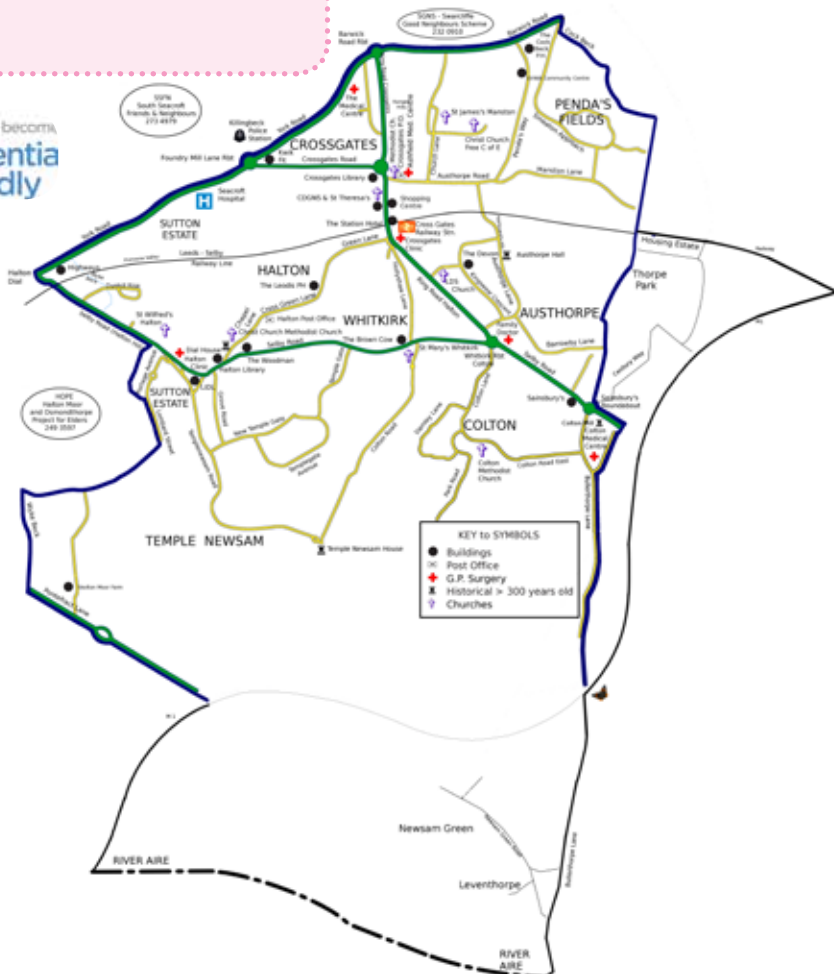


Useful contacts

Organisation	Contact
Action on Elder Abuse Helpline	www.elderabuse.org.uk 0808 808 8141
Adults 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
Epilepsy Action	0808 800 5050 www.epilepsy.org.uk
Housing Leeds	0800 188 4000 or 0113 376 0410
Leeds Bereavement Forum	0113 225 3975 http://lbforum.org.uk/
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