Cross Gates & District Good Neighbours’ Scheme CIO
Working with and for older people
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 Carmel Roarty.

Summer Fayre

Over 150 people attended our Summer Fayre on 7 August. A big thank you to the young people of The Challenge project from National Citizen Service who planned and ran stalls that helped us raise an amazing £427.
We have had a lot of highs over the Summer, but sadly a real low was the burglary of our Demijohn donations jar from the office. A big thank you to the local community and especially Katrina Slater from Crossgates, Present, Past, and Future Facebook page, for setting up a JustGiving page to replace the stolen monies and more... This has restored our faith in our local community and will ensure members still have plenty of fun at our Christmas Parties.

We have received extended funding via SWIFt to provide extra one-to-one support as well as additional funding to employ a Digital Inclusion Worker to increase our digital work - please see pages 12 and 14. We are currently looking at other exciting new ideas, so watch out for them!

Join us at our 17th AGM on 3 December when we take time out to celebrate all of our achievements over the last year as a Scheme and look forward to the future with the launch of our new website – see page 4 for details.

Finally, we say a sad farewell to our Admin Apprentice Sinead Harper who has been a great asset to our Scheme and brought a breath of fresh air to the office. She will be missed but we wish her all the best in her new career.

Jo Horsfall, Scheme Manager
Events at Cross Gates

Please join us for our 17th

Annual General Meeting

Tuesday 3 December

1pm • Guest Speaker Liz Messenger, Head of Public Health (Older People) Leeds City Council

Annual Report, Meeting and New Website launch

2.15pm • Tea and cakes followed by a sing-a-long with John Whalley

Come help us celebrate all that we have achieved over the years

All welcome but please RSVP

If you have a question or issue to raise in the ‘Any Other Business’ part of the meeting please submit it to the office by 15 November in an envelope marked AGM.
## 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.

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>Friday 20 September</td>
<td>Roy Cressey</td>
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<td>Tuesday 8 October</td>
<td>Abel Kubare</td>
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<tr>
<td>Tuesday 15 October</td>
<td>Sir Montague Burton</td>
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<tr>
<td>Friday 25 October</td>
<td>Wiltshire Farm Foods demonstration</td>
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<td>Tuesday 5 November</td>
<td>Bonfire Night fun!</td>
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<tr>
<td>Tuesday 12 November</td>
<td>David Rickus</td>
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<tr>
<td>Tuesday 19 November</td>
<td>Darren O’Donovan</td>
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<tr>
<td>Tuesday 26 November</td>
<td>Live Well Café</td>
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<tr>
<td>Tuesday 3 December</td>
<td>No Drop-In</td>
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<tr>
<td>Friday 13 December</td>
<td>Carols and Orchestra at St Mary’s Church</td>
</tr>
<tr>
<td>Tuesday 24 December</td>
<td>Mince pies and company</td>
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</tbody>
</table>

Raffle donations for our AGM & Christmas events wanted. Drop off from 8 November.
Regular events

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
15 October | Autumn Picture Collages and Games
19 November | Caring Touch Pamper Session and Games
17 December | Christmas Party Special!
21 January | Winter Blues Buster with John Whalley
18 February | St Valentine’s Love Special

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

Sandwich and a Song
First Tuesday of the month | Please book your place
An opportunity to get together and sing - all welcome!
- Tuesday 1 October
- Tuesday 5 November
- Tuesday 3 December
- Tuesday 7 January
- Tuesday 4 February
- Tuesday 3 March

12pm-2pm | £5
Book on 0113 260 6565

AGM Special on 3 December!

Look out at the office for Leeds Playhouse tickets!
**Bereavement Support Drop-In**
Fourth Wednesday of the month
- 25 September
- 23 October
- 27 November
- No December Drop-In
- 22 January
3pm-4pm | Cost £1

**Food and a Film**
Fourth Tuesday of the month | 12pm - 3pm
- 24 September with *The Terminal*
- 22 October with *Slumdog Millionaire*
- 26 November with *Blindside*
- 24 December Christmas Special
- 28 January with *Stan & Ollie*

Lunch at midday. Cost £5
Tickets in advance

For more information about Shared Tables please contact the office.

<table>
<thead>
<tr>
<th>Date</th>
<th>Location</th>
<th>Time</th>
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<tbody>
<tr>
<td>5/10</td>
<td>Travellers Rest</td>
<td>1pm</td>
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<tr>
<td>12/10</td>
<td>Brown Cow</td>
<td>1pm</td>
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<tr>
<td>13/10</td>
<td>Barnbow</td>
<td>1pm</td>
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<tr>
<td>19/10</td>
<td>Oceans</td>
<td>2pm</td>
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<tr>
<td>20/10</td>
<td>Skyliner</td>
<td>1pm</td>
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<tr>
<td>26/10</td>
<td>Zorbas</td>
<td>1pm</td>
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<tr>
<td>3/11</td>
<td>Harvester</td>
<td>1pm</td>
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<tr>
<td>9/11</td>
<td>Wetherspoons</td>
<td>1pm</td>
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<tr>
<td>10/11</td>
<td>La Cantina</td>
<td>2pm</td>
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<tr>
<td>17/11</td>
<td>Black Olive</td>
<td>1pm</td>
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<tr>
<td>23/11</td>
<td>Devon</td>
<td>1pm</td>
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<tr>
<td>24/11</td>
<td>Marimonte</td>
<td>1pm</td>
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<tr>
<td>1/12</td>
<td>Harvester</td>
<td>1pm</td>
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<tr>
<td>7/12</td>
<td>La Cantina</td>
<td>2pm</td>
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<tr>
<td>8/12</td>
<td>Brown Cow</td>
<td>1pm</td>
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<tr>
<td>14/12</td>
<td>Grillo</td>
<td>1pm</td>
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<tr>
<td>22/12</td>
<td>La Cantina</td>
<td>2pm</td>
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<td>29/12</td>
<td>Zorbas</td>
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<tr>
<td>5/1</td>
<td>Oceans</td>
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<td>11/1</td>
<td>Wetherspoons</td>
<td>1pm</td>
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<td>12/1</td>
<td>Britannia</td>
<td>12pm</td>
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<tr>
<td>19/1</td>
<td>Spice Zone</td>
<td>3pm</td>
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<tr>
<td>25/1</td>
<td>Devon</td>
<td>1pm</td>
</tr>
<tr>
<td>26/1</td>
<td>Travellers Rest</td>
<td>1pm</td>
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</table>

Look out at the office for Leeds Playhouse tickets!
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.

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<tr>
<th>Date</th>
<th>Location</th>
<th>Depart</th>
<th>Return</th>
<th>Cost</th>
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<tbody>
<tr>
<td>Tue 8/10</td>
<td>Murgatroyds Fish and Chip Restaurant.</td>
<td>11.30am</td>
<td>2.30pm</td>
<td>£15 inc. lunch</td>
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<tr>
<td>Tue 22/10</td>
<td>Kelham Island Museum, Sheffield</td>
<td>10am</td>
<td>3pm</td>
<td>£14.50 inc. admission to Kelham Island</td>
</tr>
<tr>
<td>Tue 12/11</td>
<td>Oswaldtwistle Mills, Award winning shopping</td>
<td>9.30am</td>
<td>4pm</td>
<td>£13</td>
</tr>
<tr>
<td>Tue 26/11</td>
<td>The Balloon Tree, Gate Helmsley, Christmas lunch.</td>
<td>11.30am</td>
<td>3pm</td>
<td>£20 inc. lunch</td>
</tr>
<tr>
<td>Tue 10/12</td>
<td>Lotherton Hall – Christmas at the Hall.</td>
<td>11am</td>
<td>2.30pm</td>
<td>£5</td>
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<tr>
<td>Tue 17/12</td>
<td>Tong Garden Centre</td>
<td>10.30am</td>
<td>2.30pm</td>
<td>£5</td>
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</tbody>
</table>
Christmas events

**Holiday Inn Christmas Lunch**

**Thursday 19 December**
Midday for 12.15pm lunch

3 course lunch followed by tea/coffee

**Cost: £23**
(£5 non-refundable deposit required)

Limited transport available
Priority for existing transport users £5 return

**Bookings taken from 1 October**

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**A Christmas Carol**

**Wednesday 20 November**

**Time:** 1.30pm | **Cost:** £5

**Venue:** The Newman Centre

Northeast Producers Ltd presents *A Christmas Carol*. The story of Ebenezer Scrooge, visited by the ghost of his former business partner Jacob Marley and the spirits of Christmas Past, Present and Yet to Come...

Followed by tea and mince pies.

**All Welcome**
## Regular activities

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
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<tbody>
<tr>
<td><strong>Computer Lessons with Joe, including laptops and tablets</strong>&lt;br&gt;10am-4pm&lt;br&gt;Individual lessons. Please book with the office.&lt;br&gt;Cost: £2</td>
<td><strong>Drop-In Coffee Morning</strong>&lt;br&gt;9.30am-11.30am&lt;br&gt;See Friday for details</td>
<td><strong>Mixed Activity Group</strong>&lt;br&gt;9.45am-11.45pm&lt;br&gt;Arts, crafts and table games.&lt;br&gt;Includes tea and coffee.&lt;br&gt;Cost: £3</td>
</tr>
<tr>
<td><strong>Walking group</strong>&lt;br&gt;12pm-3pm&lt;br&gt;Walks of approximately 3-4 miles led by qualified leaders. Meet at Cross Gates &amp; District Good Neighbours.&lt;br&gt;Cost: £1 / £3 minibus</td>
<td><strong>Line Dancing at the Newman Centre</strong>&lt;br&gt;1.15pm-2.45pm&lt;br&gt;Cost: £3.50</td>
<td><strong>Luncheon Club</strong>&lt;br&gt;12pm–1.30pm&lt;br&gt;Cost £5</td>
</tr>
<tr>
<td><strong>Our activities take place in a variety of locations. Please check before attending.</strong></td>
<td><strong>Short Walks</strong>&lt;br&gt;10.30am</td>
<td><strong>Joan’s Flexicise</strong>&lt;br&gt;1.30pm-3pm</td>
</tr>
<tr>
<td><strong>Sandwich and a Song - please book</strong></td>
<td><strong>Sandwich and a Film</strong>&lt;br&gt;12pm-3pm&lt;br&gt;First Tuesday of the month.&lt;br&gt;Cost: £5</td>
<td><strong>Bereavement Drop-In</strong> 3pm–4pm&lt;br&gt;Wednesday of the month&lt;br&gt;Cost: £1</td>
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<tr>
<td><strong>Food and a Film</strong>&lt;br&gt;12pm-3pm</td>
<td><strong>Birds of a Feather</strong>&lt;br&gt;1.30pm-3.30pm</td>
<td><strong>Colton Methodist Church Morning</strong>&lt;br&gt;10.30am, last Wednesday of the month&lt;br&gt;Cost: £2.50</td>
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We offer a befriending service to older people who are housebound, bereaved, lonely or feel isolated.
<table>
<thead>
<tr>
<th>Day</th>
<th>Thursday</th>
<th>Friday</th>
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<tbody>
<tr>
<td>Monday</td>
<td>T-Days Coffee Morning 9.45am-12pm</td>
<td>Crossgates Working Men’s Club</td>
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<tr>
<td>Thursday</td>
<td>Creative Writing Group</td>
<td>10am-12pm Cost: £3</td>
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<tr>
<td>Thursday</td>
<td>T-Days Exercise class 10am-10.45am Cost: £3</td>
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<tr>
<td>Friday</td>
<td>Drop-In Coffee Morning 9.30am-11.30am</td>
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<td></td>
<td>Opportunity to call in for a chat. Tea, coffee &amp; biscuits. Information, events and advice. All welcome. Cost: £2</td>
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<tr>
<td></td>
<td>T-Days Coffee Morning 9.45am-12pm</td>
<td>Crossgates Working Men’s Club</td>
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<td></td>
<td>Live Well Café 10am-11am Cost: Free</td>
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<td></td>
<td>The Pavilion Drop-In 11am-2pm Currently on hold</td>
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<tr>
<td>St Mary's Drop-In 10am-1pm Opportunity to call in for a chat. Tea, coffee &amp; biscuits. Cost: £2 Light lunch / breakfast menu available at low cost.</td>
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<tr>
<td>T-Days Big Breakfast 11.30am</td>
<td>First Thurs of month</td>
<td>Crossgates Working Men’s Club</td>
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<tr>
<td>T-Days Lunch Club 12pm</td>
<td>Crossgates Working Men’s Club</td>
<td>Cost: £4</td>
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<tr>
<td>Painting &amp; Drawing 1pm-3pm Places Limited. Cost: £4</td>
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<tr>
<td>Cryptic Crossword Club 1.30pm-3.15pm - new members welcome Cost: £2</td>
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<tr>
<td>IT Support Drop-In Come along and find out more! 1pm-3pm Cost: £2</td>
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<tr>
<td>Halton Activity Group 1.30pm-3.30pm Art&amp;Craft, painting, games, knitting, chat and refreshments. Christ Church, Chapel St. Cost: £3</td>
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<tr>
<td>St Mary’s Chair-Based Exercise 1pm</td>
<td>Cost £3</td>
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**New Group**

- Colton Methodist coffee morning | 10.30am-11.30am Last Wednesday of the month
- Cryptic Crossword Club 1.30pm-3.15pm - new members welcome Cost: £2
- IT Support Drop-In Come along and find out more! 1pm-3pm Cost: £2
- Halton Activity Group 1.30pm-3.30pm Art&Craft, painting, games, knitting, chat and refreshments. Christ Church, Chapel St. Cost: £3
- St Mary’s Chair-Based Exercise 1pm | Cost £3
- T-Days Lunch Club 12pm | Crossgates Working Men’s Club | Cost: £4
- Painting & Drawing 1pm-3pm Places Limited. Cost: £4
- Cryptic Crossword Club 1.30pm-3.15pm - new members welcome Cost: £2
- IT Support Drop-In Come along and find out more! 1pm-3pm Cost: £2
- Halton Activity Group 1.30pm-3.30pm Art&Craft, painting, games, knitting, chat and refreshments. Christ Church, Chapel St. Cost: £3
- St Mary’s Chair-Based Exercise 1pm | Cost £3

**Our activities take place in a variety of locations. Please check before attending.**

**T-Days Drop-In Coffee Morning**

- Morning 9.30am-11.30am
- Opportunity to call in for a chat. Tea, coffee & biscuits. Information, events and advice. All welcome. Cost: £2
- Ukelele (Intermediate) 11.30am -12.30pm: £5
- Drop-In Coffee Morning 9.45am-11.45pm Arts, crafts and table games. Includes tea and coffee. Cost: £3
- T-Days Exercise class 10am-10.45am Cost: £3
- Walking group 12pm-3pm Walks of approximately 3-4 miles led by qualified leaders. Meet at Cross Gates & District Good Neighbours. Cost: £1 / £3 minibus
- Line Dancing at the Newman Centre 1.15pm-2.45pm Cost: £3.50
- Joan’s Flexicise - please book | 1.30pm-3pm Gentle exercise suitable for those with osteoarthritis | Cost: £3
- T-Days Lunch Club 12pm | Crossgates Working Men’s Club | Cost: £4
- Cafe | 10am-11am Opportunity to call in for a chat. Tea, coffee & biscuits. Cost: £2
- Light lunch / breakfast menu available at low cost.
- The Pavilion Drop-In 11am-2pm Currently on hold
- Short Walks 10.30am | Spring and Summer only Cost: £3
- Leeds Carers’ Support Group 2.30pm-4pm First Wednesday of the month
- T-Days Big Breakfast 11.30am | First Thurs of month | Crossgates Working Men’s Club | Cost: £4
- T-Days Lunch Club 12pm | Crossgates Working Men’s Club | Cost: £4
- Painting & Drawing 1pm-3pm Places Limited. Cost: £4
- Birds of a Feather 1.30pm-3.30pm | Third Tuesday of the month Cost: £2.50
- Colton Methodist coffee morning | 10.30am-11.30am Last Wednesday of the month
- Cryptic Crossword Club 1.30pm-3.15pm - new members welcome Cost: £2
- IT Support Drop-In Come along and find out more! 1pm-3pm Cost: £2
- Food and a Film 12pm-3pm | Fourth Tuesday of the month | Sept - May Cost: £5
- Our befriending service helps people who are housebound, bereaved, lonely or feeling isolated.

**Halton Activity Group**

- 1.30pm-3.30pm Art&Craft, painting, games, knitting, chat and refreshments. Christ Church, Chapel St. Cost: £3
- St Mary’s Chair-Based Exercise 1pm | Cost £3

- Short Walks 10.30am | Spring and Summer only Cost: £3
Reducing Loneliness & Isolation

Marion and Sandra continue to work closely together through their respective projects, Living La Vida Local and SWIFt, to help older people in our community feel less lonely and isolated.

How do the projects work

The projects support and encourage older people with regular phone calls and home visits, to access services and take part in some of the many social activities available. They also provide regular companionship through our befriending service for those who are housebound or unable to access group activities.

Befriending Service

In response to our ongoing recruitment campaign for more volunteer befrienders, two new befrienders have joined our team and a further two have submitted applications, which is great news, especially as demand for this service is increasing. It also means we can look at ways to expand and develop the service.

What our befrienders say

Feedback from our befriender volunteers is that they gain a feeling of tremendous achievement from seeing people improving.

We currently have 16 volunteer befrienders providing regular social contact for 18 older people in their own homes.
Lotty, Volunteer Befriender and John (pictured left) share many common interests, particularly a love of travel. Although not really understanding what a befriending service was and feeling a little apprehensive, John agreed to give it a go after Marion had visited him at home and explained how it works. He said he “Never would have believed it would make the difference to his life it has.” John’s advice to anyone else thinking of taking part is “Give it go!”

Lotty said “Getting to know John through their visits, forming a new friendship and learning about his life and his travels has been a great experience so far.’

**Shared Tables**

Although the funding for this project has come to an end, Time to Shine have agreed for us to use the underspend to continue running this project for a further 18 months and to support other schemes that have been involved with Shared Tables citywide.

The funding surplus will also allow us to organise a celebration event for all Shared Table hosts across Leeds to come together and enjoy a meal in company to celebrate our achievements.

Please see page 7 for our Shared Tables’ schedule.
The Live Well Café coffee morning takes place every Thursday from 10am-11am.

Since relocating to the Newman centre the café continues to grow and is appreciated and valued by the people who attend, many of whom have now formed friendships and meet up outside of the group.

In addition to providing a wide range of informative talks and activities to promote health and wellbeing, the café provides an opportunity to speak confidentially to a local nurse, GP or member of our team. The café is open to all and free to attend. Contact Marion on 0113 260 6565.

Digital Learning

We were successful in receiving funding from Leeds Libraries 100% Digital Leeds Digital Inclusion Fund to enable us to purchase 15 iPads. These will be available to support our service users in developing their digital skills.

We have also been successful in receiving a partnership bid with Leeds Libraries to enable us to become a Digital Health Hub. We are recruiting a new Digital Inclusion Worker who will manage the project, recruit digital health volunteers and coordinate the digital support available.
Digital Health Hub Launch!

**Date:** Thursday 17 October  
**Time:** 10am-1pm  
**Venue:** The Newman Centre

Come along to celebrate [Get Online Week](#) where you can find out more about how to access the NHS online, have a go at trying the NHS app, learn new digital skills and take part in fun activities. There will be refreshments and freebies!

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**Short Walks take a break**

Our short walks take a break over the winter months but will be back in early Spring.

**Line Dancing**

Come and join our [Tuesday Line Dancing Class](#) which is much more than learning the steps! Make new friends, move your body, have fun and enjoy the music. As well as improving your fitness, dancing is proven to sharpen the mind and help with balance and coordination.

**Sponsored Walk**

Our third annual walk was a great success raising just over £2,000. These monies, together with donations and funds raised through the 100 club will support us to purchase a new [nine-seater minibus](#); a much needed resource that will increase our capacity to support more of our members to attend groups and activities.
Supporting Independence

Since the opening of the new St. Mary’s Community Centre weekly Friday morning Drop-In in May, attendance has steadily grown.

St Mary’s Coffee Morning

Several people from St. Mary’s Church and the local area who have attended, have now joined Cross Gates and District Good Neighbours’ Scheme CIO. Membership is free and gives everyone access to the range of support services and social activities available.

As well as enjoying a cuppa, light snack and a chat, those feeling creative or competitive (or both!) can join in the different activities available. Test your knowledge with the Weekly Quiz, join the ‘Knit and Natter’ table, play dominos and other table top games or enjoy a game of carpet bowls. We have even played indoor crazy golf!

The more energetic can also join in Wendy’s ‘Young at Heart’ chair-based exercise class from 1pm.

Christmas Carol Concert

Join us on Friday 13 December for a special Christmas Carol Concert by Temple Moor High School Choir followed by mince pies and refreshments. A shuttle bus service will run from The Newman Centre. Come and join in the festivities!
Birds Of A Feather

On the third Tuesday of each month we hold our Birds of a Feather group for people living with dementia, and their carers, led by Dee (pictured right). We understand how overwhelming and uncertain it can be living with and caring for a loved one with memory impairment. Meeting up with others in similar situations can offer reassuring emotional and practical advice and support.

We offer a range of interactive activities and entertainment including “Singing for the Brain” and “Reminiscing Games”, or people can just enjoy a friendly chat. We also provide tasty homemade refreshments.

Please see page 6 for dates. We look forward to seeing you there.

The Pavilion

Following ongoing major repair work to The Pavilion, the weekly drop-in service will unfortunately have to be relocated temporarily. Sandra will be in touch with those members affected.

Further Outreach work

A member of staff will be available on the last Wednesday of each month from 10.30am to 11.30am at Colton Methodist Church Coffee Morning to offer advice, information and support on services and social activities available.
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 Fridays 10am-12pm at our Newman Centre Drop-in

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?

Mini bus drivers required.
Full MIDAS training offered

Volunteers for our ‘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

Office Volunteers and Digital Support needed
Full training given

National Befriending Week
1 - 7 November 2019
Training and sharing experiences event
Monday 4th November
12.30pm-3.30pm contact Marion for more information
Thank you

Thank you to the family of the late Lilian Giles for their donation to be used for art materials. Lilian attended here for many years and really enjoyed the art classes.

Thank you also to the late Arthur Tatum’s family for their kind donation towards our minibus trips, he loved getting out and about with Emily.

Thank you to Leeds Convalescent Society for funding us £450 towards the cost of our Exercise Tutor at St Mary’s every Friday from 1pm.

Extra funding received through Leeds City Council - Winter Wellbeing Community Grants Scheme enabled us to extend our Winter Support Scheme reaching another 195 of our members. We were also able to provide three sessions of Food Hygiene training in partnership with other local lunch clubs and community groups, using an Asset Based Community Development approach.

Being a supporter of Cross Gates and District Good Neighbours Scheme CIO can take many forms. Legacies, also known as bequests or gifts in your Will, are very important to us. If you or a loved one have benefited from the work we do and you would like to know more, please read our leaflet available now from the office.
Do we cover your area?

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

Registered Charity Number: 1160095