

# Would you like to volunteer?

## Contact us

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

### Would you like to make a difference to people's lives?

Volunteering has lots of benefits for individuals, communities and organisations. People who volunteer gain confidence, learn new skills and develop a real sense of belonging to their communities whilst helping to improve the quality of life for local people.

Our volunteer team give a generous level of commitment and hands-on service to the scheme, without which many of our activities could not run. Training is provided.

Volunteer roles include:

- Driving
- Befriending
- Dementia support
- Group support workers

Please get in touch to find out more.

Cross Gates and District Good Neighbours' Scheme CIO works with and for older people to:

- Reduce loneliness and isolation
- Support independence
- Promote healthy lifestyles
- Try new things

If you are over 60 and live on the Cross Gates side of York Road you can access our services. If you would be interested in fundraising or making a donation please visit:

[www.justgiving.com/crossgates-goodneighbours](http://www.justgiving.com/crossgates-goodneighbours)

**Telephone 0113 260 6565**

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

Email [admin@crossgatesgns.org.uk](mailto:admin@crossgatesgns.org.uk)

Visit [www.crossgatesgns.org.uk](http://www.crossgatesgns.org.uk)

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[www.crossgatesgns.org.uk](http://www.crossgatesgns.org.uk)





# Reducing loneliness and isolation

We offer:

- A twice weekly Drop-In coffee morning
- A home visit to introduce our service and to assess if/how we can help
- A follow-on support visit at times of change
- Volunteer and minibus transport to some of our activities for people who can't otherwise access them
- A befriending service for people who are housebound
- Support for people living with dementia and their carers
- Monthly film shows and theatre trips
- Our Shared Tables meals out project
- Support for carers working in partnership with Carers Leeds
- Monthly bereavement support group
- Seasonal events and celebrations

# Supporting independence

Our Information and Advice Service is available at our centre, open from 9am to 4pm, Monday to Friday.

- Call **0113 260 6565** or email **[admin@crossgatesgns.org.uk](mailto:admin@crossgatesgns.org.uk)**
- Drop in and chat to our friendly staff
- Sign up for our quarterly newsletter for regularly updated news and events
- Visit **[www.crossgatesgns.org.uk](http://www.crossgatesgns.org.uk)**

We can help with further information and/or can signpost to:

healthy lifestyle	benefits and finance	exercise opportunities
housing opportunities	help with form filling	Blue Badge applications
cleaning	gardening	home security
holidays	aids and adaptations	community support

# Keeping healthy Lifelong learning

Getting older is not all about memories and looking back. One of the benefits it brings is increased time to try out new things, just for the fun of it! We offer:

- Arts and crafts
- Computer lessons
- Creative writing
- Cryptic crossword and table games
- Gentle exercise classes
- Two weekly lunch clubs
- Music lessons and singing sessions
- Painting and drawing
- Minibus trips and outings
- Walking group

Keeping active and involved is the key to staying physically and mentally well. It also helps maintain independence. So get in touch and find out what else is on offer in the area.

