



Autumn 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 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**.



A word from the office...



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

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

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.

Friday 20 September	Roy Cressey Shipshape
Tuesday 8 October	Abel Kubare Day and Night Pharmacy
Tuesday 15 October	Sir Montague Burton East Leeds History & Archaeology Society
Friday 25 October	Wiltshire Farm Foods demonstration
Tuesday 5 November	Bonfire Night fun!
Tuesday 12 November	David Rickus Safeguarding
Tuesday 19 November	Darren O'Donovan Healthy Hearts
Tuesday 26 November	Live Well Café Keeping Well in Winter
Tuesday 3 December	No Drop-In AGM
Friday 13 December	Carols and Orchestra at St Mary's Church
Tuesday 24 December	Mince pies and company

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

Regular events

Look out
the office
Leeds
Playho
tickle

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!

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For more information about Shared Tables please contact the office.

	Mixed
	Singles

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**

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


Shared Tables

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

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

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



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

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 £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>	<p>Joan's Flexi</p> <p>book 1.30pm</p> <p>exercise suitable with osteoarthritis</p>				
	<p>Short Walks</p> <p>10.30am Spring and Summer only</p> <p>Cost: £3</p>	<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 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>Sandwich and a Song - please book 12pm-2pm</p> <p>First Tuesday of the month.</p> <p>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>Food and a Film</p> <p>12pm-3pm Fourth Tuesday of the month.</p> <p>Sept - May Cost: £5</p>	<p>Colton Methodist morning 10.30-11.30am. Last of the month</p>				
		<p>We offer a free service to older people who are housebound, lonely or feel</p>				

New Group!

	Thursday	Friday
<p>Arts Group 10am Arts, board games 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</p>	<p>Creative Writing Group 10am-12pm Cost: £3 T-Days Exercise class 10am-10.45am Cost: £3</p>	
<p>Exercise - please 10am-3pm Gentle exercise suitable for those with arthritis Cost: £3</p>	<p>Live Well Café 10am -11am Cost: Free The Pavilion Drop-In 11am-2pm Currently on hold</p>	<p>St Mary's Drop-In 10am-1pm Opportunity to call in for a chat. Tea, coffee & biscuits. Cost: £2 Light lunch / breakfast menu available at low cost.</p>
<p>' Support 10am-4pm First of the month</p>	<p>T-Days Big Breakfast 11.30am First Thurs of month Crossgates Working Men's Club Cost: £4</p>	
<p>Support 12pm-4pm Fourth of the month</p>	<p>T-Days Lunch Club 12pm Crossgates Working Men's Club Cost: £4</p>	<p>Painting & Drawing 1pm-3pm Places Limited. Cost: £4</p>
<p>Quiz coffee 10.30am-12.30pm Wednesday</p>	<p>Cryptic Crossword Club 1.30pm-3.15pm - new members welcome Cost: £2</p>	<p>IT Support Drop-In Come along and find out more! 1pm-3pm Cost: £2</p>
<p>Befriending for people who are lonely, bereaved, or socially isolated.</p>	<p>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 Chair-Based Exercise 1pm Cost £3 Young at Heart with Wendy</p>

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.

We currently have 16 volunteer befrienders providing regular social contact for 18 older people in their own homes.

What our befrienders say

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



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.

Keeping Healthy



The Live Well Café coffee morning takes place every Thursday from 10am-11am.

Live Well Café

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.

“Since joining the Live Well Cafe I now have 20 more friends and a happier outlook.” A recently bereaved member.



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!

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

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

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?

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

Mini bus drivers required.

Full MIDAS training offered

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.

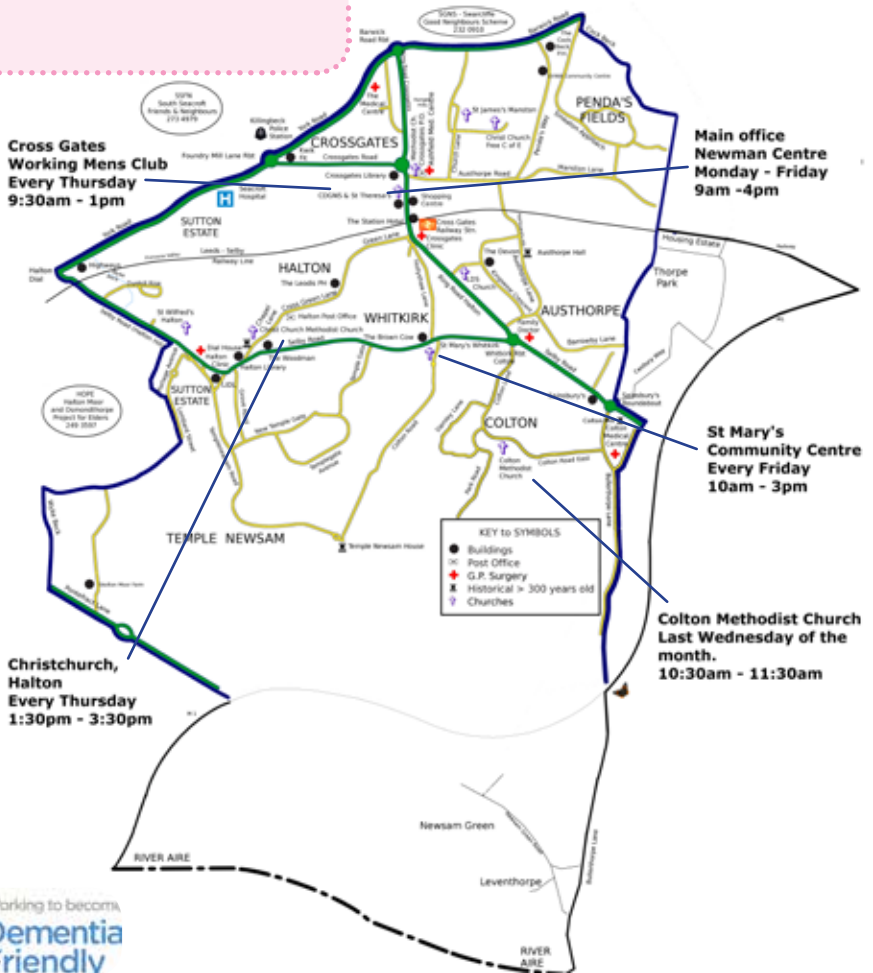


Extra funding received through **Leeds City Council - Winter Wellbeing Community Grants Scheme** enabled us to extend our Winter Support Scheme reaching another 195 of our members. We were also able to provide three sessions of Food Hygiene training in partnership with other local lunch clubs and community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

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