



Spring 2020

**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 Patricia Fitzpatrick.

Charity of the Year!

Crossgates Shopping Centre has named us as their **Charity of the Year 2020**. A big thank you to everyone who voted for us! Look out for us in the centre on the second Tuesday of each month.



A word from the office...



We really do have a 'Spring in our step' and lots to look forward to in 2020.

Our new website is now live! Sam, our Digital Inclusion Worker is showcasing the website at our groups.

All our new projects are now embedded within the Scheme, meaning we can provide a really bespoke service, with something to offer almost everyone. This year we will be focusing on systems and making sure that everything is the best it can be - **see pages 12-17**.

You, our members are our main priority and I would like to thank all of you, that took the time to complete the **Usage and Satisfaction Survey** at our AGM in December. New ideas, comments and suggestions from this help us to ensure we are providing the activities and service that you want. For example in response we are piloting a new **Tai Chi Class** and **Sandwich and a Song on Tour** - **see pages 10-11**.

Positive feedback received really is appreciated by staff and volunteers who work so tirelessly. I think they will all appreciate the closure week and return refreshed in time for our **Sponsored Walk** on the 30 May - **see page 15**.

Finally, after the success of our previous Admin Apprentice post we are offering another opportunity for a local young person to join our team. Look out for our new staff member.

Jo Horsfall, Scheme Manager

Please note the Scheme will be closed week commencing 11 May. The office will remain open for emergencies.

Events at Cross Gates

VE Day 75th Anniversary Celebrations

**Trip to Millstones | Tuesday 5 May
10.30am-5pm | Cost £25**

Arrive at the Millstones for morning coffee and mini bacon butty. Relax and browse the farm and gift shop. A two-course lunch will be served at 12.30pm.

Your entertainment for the afternoon will start with resident entertainer and vintage vocalist, Kitty LaMare.

Followed by an interval for tea, coffee and cakes.

Monies raised from the Holiday Inn Christmas Raffle will subsidise this trip.

Drop-In special events

Our Drop-In Coffee Mornings run on a Tuesday and Friday at The Newman Centre from 9.30am - 11.30am.

Tuesday 3 March	Ison Harrison Wills
Tuesday 10 March	Sam McKay Leeds Playhouse
Tuesday 17 March	St Patrick's Day Special
Tuesday 7 April	Digital online GP booking
Tuesday 14 April	Easter Special
Tuesday 28 April	Helen Pratt Temple Newsam House
Friday 8 May	No Drop-In Early May Bank Holiday
Tuesday 12 May	No Drop-In Week Closure
Friday 15 May	No Drop-In Week Closure
Tuesday 19 May	Ison Harrison Lasting Power of Attorney

Our knitted poppy sales raised £58 towards the Poppy Appeal.

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](mailto:info@carersleeds.org.uk)

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

17 March | St Patrick's Day Irish
Dancing with Alicia

21 April | Easter Craft Special

19 May | May Day Digital
Reminiscing Session

16 June | Trevor Woodhead, singer
and keyboard player

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

Sandwich and a Song

An opportunity to get together and sing - all welcome!

First Tuesday of the month
at the Newman Centre

- Tuesday 3 March
- Tuesday 7 April
- Tuesday 5 May

Third Friday of the month at
St Mary's Community Centre

- Friday 20 March
- Friday 17 April
- Friday 22 May*

*Fourth Friday due to week closure

Midday - 2pm | £5 | Please book on 0113 260 6565

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Food and a Film

Fourth Tuesday of the month | 12pm - 3pm

- 24 March with **Andre Rieu**
- 28 April with **Philomena**
- 26 May with **1917**

Food and a Film takes a break from June and starts again in September.

Lunch at midday. Cost £5
Tickets in advance

Bereavement Support Drop-In

Fourth Wednesday of the month

- 26 February
- 25 March
- 22 April
- 27 May
- 24 June

3pm-4pm | Cost £1

Shared Tables

Date	Location	Time
1/3	Bambow	1pm
7/3	Harvester	1pm
14/3	Oceans	2pm
15/3	La Cantina	2pm
21/3	Wetherspoons	1pm
29/3	Bambow	1pm
4/4	Devon	1pm
5/4	Brown Cow	1pm
11/4	Oceans	2pm
18/4	Harvester	1pm
26/4	La Cantina	2pm
2/5	Devon	1pm
3/5	Wetherspoons	1pm
10/5	Zorbas	5pm
16/5	Marimonte	1pm
24/5	La Cantina	2pm
31/5	Brown Cow	1pm

	Mixed
	Singles

Please book via the office and remember to cancel if you cannot attend. **Thank you.**



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 10/3	Hitchin Post, Idle <i>A hearty pub lunch.</i>	11.15am	2.45pm	£15 inc. three- course lunch
Tue 24/3	Tong Garden Centre <i>Spring flowers.</i>	10.30am	2.30pm	£5
Tue 14/4	The Buffers, Scholes <i>A hearty pub lunch.</i>	11.45am	2.30pm	£15 inc. two-course lunch
Tue 28/4	Burnby Hall Gardens <i>Tulip Festival.</i>	9.30am	2.45pm	£12 including entrance

Events at Cross Gates

North East Producers Musical Variety Show presents...

That's Life

After meeting Doris by chance at the bus stop, can Frank convince her to go out for a drink with him? Come along and find out!

Wednesday 10 June | 1.30pm

Venue: The Newman Centre

Cost: £5 including tea and cakes

Whitby Seaside Trip

Date: Tuesday 23 June | **Cost:** £10

Time: Leaving The Newman Centre 9.15am

Subsidised by Kingswear Gallery



A small independent family run business established in 1988. Kingswear Gallery provides a local, bespoke picture framing and digital printing service.

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>Tai Chi - suitable for all abilities 10am-11am</p> <p>Cost: £3.50</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 osteoarth</p>				
<p>All our groups run at the Newman Centre unless otherwise stated.</p> <table border="1"> <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>Short Walks</p> <p>10.30am Back for the Spring and Summer</p> <p>Cost: £3</p>	<p>Leeds Carers Group</p> <p>2.30pm</p> <p>Wednesday of</p>
		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</p> <p>3pm-4pm</p> <p>Wednesday of</p> <p>Cost: £1</p>					
<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>Cost: £5</p>	<p>Colton Methodist morning 10.30am-11.30am. Last of the month</p> <p>We offer a service to older people who are housebound, lonely or feel</p>				

New Group!

	Thursday	Friday
<p>Arts Group 10am-12pm Arts, 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</p>	<p>St Mary's Drop-In St Mary's Community Centre, Whitkirk 10am-1pm Cost: £2 Breakfast / light lunch menu available at low cost.</p>
<p>Exercise - please book 10am-11am Gentle exercise for those with arthritis Cost: £3</p>	<p>T-Days Exercise class Crossgates Working Men's Club 10am-10.45am Cost: £3</p>	
<p>' Support 11am-4pm First of the month</p>	<p>Live Well Café 10am -11am Cost: £1</p>	
<p>' Support 12pm-4pm Fourth of the month</p>	<p>T-Days Big Breakfast 11.45am First Thursday of month Crossgates Working Men's Club Cost: £4</p>	<p>T-Days Lunch Club 12pm Crossgates Working Men's Club Cost: £4</p>
<p>Artist coffee 10.30am-12pm Wednesday</p>	<p>St Mary's Sandwich and a Song - please book 12pm-2pm Third Friday of the month Cost: £5</p>	<p>Cryptic Crossword Club 1.30pm-3.15pm - new members welcome Cost: £2</p>
<p>befriending for people who are lonely, bereaved, or feeling isolated.</p>	<p>Painting & Drawing 1pm-3pm Places Limited. Cost: £4</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>IT Support Drop-In Come along and find out more! 1pm-3pm Cost: £2</p>

Reducing Loneliness & Isolation



Our **‘Living la Vida Local’** project continues to help older people in our community to feel less lonely and isolated through regular individual support, encouragement to access services and take part in many of the social activities available.

The second Building Connections Progress Report detailing and evidencing how we are currently achieving targets has been submitted to the funders, with excellent feedback.

Befriending

Demand for the regular companionship offered through our befriending service continues to grow. We are always looking for more volunteers to join this important service.

If you have a couple of hours a week to spare, are a good listener and enjoy chatting to older people, please get in touch. We would love you to join our team!

As a volunteer befriender you will have plenty of opportunities to meet other befriending volunteers to share experiences and stories through volunteer social and training

We often hear from members about what a positive difference a volunteer has made to their lives but volunteering is definitely a *“two way street.”*

events held throughout the year. Additional peer support is also available through the newly established **Befriender 'Buddy Group'** set up by the befriender volunteers so that they can meet up face to face with others doing the same role to share concerns, give and receive advice and support and share experiences.



Cuppa Club

Many of our members who live alone tell us they would like the chance to meet up for coffee in a local café, especially on Sundays.

The **'Cuppa Club'** creates a space for people to chat whether for five minutes while they enjoy their cuppa, or an hour of good conversation. A volunteer table host will be available so that on the day you will be greeted by a friendly face who will ensure everyone is welcomed and included. Demir, and his friendly team of staff at **De Nicos Coffee House** in Crossgates Shopping Centre has very kindly agreed to host these weekly get togethers.

Please ring Marion on 0113 260 6565 to register your interest or email marion@crossgatesgns.org.uk.

Keeping Healthy



The **Live Well Café** coffee morning, running in partnership with local NHS staff runs every Thursday from 10am-11am.

The café is open to all and is very much appreciated and valued by the people who attend, many of whom have now formed friendships and meet up outside of the group.

We provide a wide range of informative, educational and interactive talks and activities to promote health and wellbeing, as well as an opportunity to speak directly and confidentially to a local nurse, GP or member of Cross Gates and District Good Neighbours Scheme CIO team.

All the patients who originally attended the Café have now become our members and many now access a number of the social activities available.

New Monday Tai Chi Class

In response to a high level of interest and specific requests from our members to run a Tai Chi class, we have set up a pilot programme.

It is held at the Newman Centre **every Monday from 10am-11am, costing £3.50.**

Suitable for all abilities, Tai Chi is a gentle form of exercise for health and vitality in mind and body. It's a series of movements that can also help prevent falls by improving balance. Studies have shown that it can help older people

to reduce stress, improve posture, balance and general mobility, and increase muscle strength in the legs.

Come and join us. It's an opportunity to meet new people and have fun while improving your strength, flexibility and balance.

Short Walks are back!

We will be starting our short walks of approximately one mile at local parks around Leeds from 26 May. These walks will leave from the Drop-In on the Tuesdays that we don't have a Minibus trip booked.

Please look out for the dates and destinations in the office.

Our 4th Annual Sponsored Walk.

On Saturday 30 May our Walking Group and some of our staff team will walk either the **Cock Beck Canter** a 7.25 mile walk or the **Lead Church Lope**, 4.5 miles. Both walks start at Aberford. The short walk goes by Lead Church to finish at **The Crooked Billet** while the longer walks drops down (before Lead Church) to Cock Beck before returning to Aberford

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 just giving page <https://www.justgiving.com/crossgates-goodneighbours>

All monies raised will go towards the running costs of our minibus which is enjoyed by so many of our members.

Supporting Independence



In October 2019 we successfully secured a further two years funding from Leeds City Council through their SWIFt project to continue the Supporting Wellbeing Work previously carried out through the Time to Shine project.

Supporting Wellbeing

The aim of the service is to offer a person centred approach to support older people who are living with frailty and complex issues who are often socially isolated, to improve their wellbeing and independence. We work with them to identify ways to address what matters to them so we can offer practical support and opportunities for them to improve their health and wellbeing, confidence, self-esteem, resilience and independence.

Out and About

Amongst our 115 dedicated volunteers without whom we could not deliver the wide range of groups and activities we do, are many unsung heroes; not least our volunteer drivers, **Derek, Doug, Robert, Mick, Cedric, Phil and Brian.**



Supporting people to get out and about is crucial to keeping them socially connected and living as

independently as possible and without the door-to-door volunteer transport service provided by our volunteer drivers many of our members would remain housebound. The purchase of a new nine-seater minibus will enable us to support even more members to get out and about more independently and give them opportunities to meet new people and join in new things.

Digital Health Hub

Would you:

- Like to know how to get more out of your phone or tablet?
- Learn how to book GP appointments and order prescriptions online?
- Find out how to use travel and bus apps or make video calls and send photos to your family and friends?
- Use Google maps as a Sat Nav or to plan journeys?
- Shop on-line with confidence?



Then come along and meet our friendly tech team: **Sam, Joe, Rob and Harold** (pictured above) to help with any questions or support you want around IT and digital technology.

Successfully receiving funding through Leeds Libraries, **100% Digital Leeds Inclusion Fund** has enabled us to recruit Sam Haggart, Digital Inclusion Worker, train and appoint a number of Volunteer Digital Champions, and also purchase tablets for people to borrow.

Volunteer Noticeboard

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

Hospitality and one-to-one support in groups on Tuesday, Wednesday, Thursday and Friday.

Also **one-to-one support** for trips to enjoy a day out!

Male and female **Befrienders** needed for short and long term placements.

Sunday **Cuppa Club Table Hosts** needed. For more info contact the office.

Office Volunteers needed for various days
Full training given

Urgently needed **volunteer drivers** to transport our members to groups. Please ask your family and friends if they could spare as little as an hour a week?

Calling all volunteers!
Join us on **Friday 5 June** to celebrate **Volunteers' Week**

1.30-3.30pm at St Mary's
Come along and have some fun.

Mini bus drivers and escorts required.
Full MIDAS training offered

Thank you



A big thank you to **St Vincent's Support Centre**, 17 of our members enjoyed a Christmas Day lunch at the Centre.

Thank you to **Councillor Pauleen Graham** for £300 from Community Committee's money towards our Christmas activities.

Thank you to **Wade's Charity** for £2,000 and **Leeds Convalescent Society** for £450 towards the purchase and running cost of our new nine seater mini bus.

Thank you to **Katrina Slater from Crossgates Past, Present & Future** who helped to organise a meal for 40 of our members at the **New Travellers Rest** in partnership with **The Akhirah Team, Masala Hut, The Grill'O** and the local community.

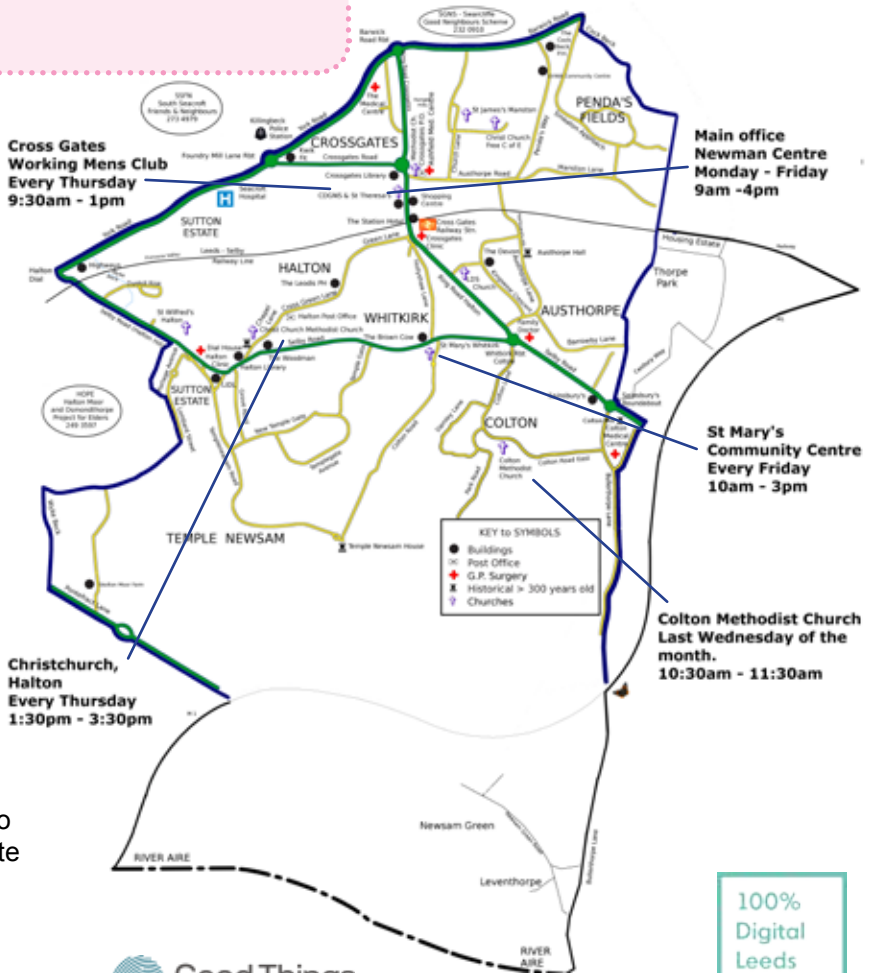
Thank you to **Just Care** who donated biscuits, tea, coffee and sugar helping us to keep our costs down. Thank you to **Colton Methodist Church** for their kind donation of £100.

Thank you to the late **David German** who left a legacy in his will to support our Transport Scheme. As one of our volunteer drivers he knew first-hand how important this service is to some of our members.

Finally, thank you to **Holiday Inn Garforth**, One hundred and fifty nine of us got together to enjoy a Christmas celebration. We also raised £316 at the Christmas raffle that will be used to subsidise some of our trips.

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



100% Digital Leeds



Registered Charity Number: 1160095