



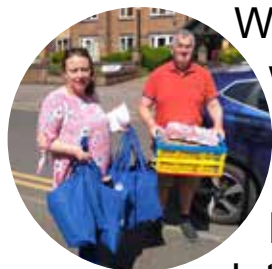
Spring 2021

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



Call 0113 260 6565
www.crossgatesgns.org.uk

A word from the office...



We don't know yet when the Scheme will re-open again for our groups, but rest assured as soon as we do, we will let you all know. Staff are all hoping it will be sooner rather than later, as we are all missing you, as much as you are missing us.

Winter Support

From regular conversations and feedback, received from the Winter Support calls, we know that a lot of members are feeling particularly anxious about the current lockdown, the COVID vaccine and worrying about when things will get back to 'normal'. Many of our members are telling us that they feel they are losing confidence in being able to talk to people and are nervous about socialising and mixing again.



As always, we are here for you, and our staff and volunteer team will support each and every one of you in the best way we can, to rebuild confidence and get us all back together safely!



A big thank you for our beautiful front cover in this edition goes to Gerry Pitts from our online Art Group.

Cross Gates & Whinmoor Community Hub

Claire and the team of Hub volunteers continue the brilliant work they have been carrying out throughout lockdown, providing essential shopping, prescription collection and deliveries. Leeds City Council has funded our Hub until June to provide this much needed service.

Most of our staff and frontline volunteers have now received their first vaccination which is a positive first step in supporting us to get back to some normality.

For anyone who is not a member of our organisation, and is struggling, please contact Leeds City Council **Coronavirus - help for people and communities on 0113 376 0330**. Open Monday to Friday 9am-5pm (10am on Wednesday). Their volunteers can help with shopping, collecting medicines or a phone call to check how you are.

Thank You

Without our funders' continued support during these unprecedented times, things would be very different at the moment. The funding is vital for us to continue to provide our service and extra one-to-one support to our members and the community. A big thank you to each and every one of them.

Also a massive thank you to our staff and trustees who work their socks off to support the Scheme and our members. I am extremely proud of our amazing team. Things are heading in the right direction and will get better. Until we meet again, stay safe and keep smiling!

Jo Horsfall, Scheme Manager

Reducing Loneliness & Isolation



The Building Connections **Living La Vida Local** project which Marion has been leading on, ends on 31 March this year. The Trustees recognise the importance of the work that has taken place to date through this project, and have decided to invest in Marion's future role so the Scheme can continue to further develop the vital outreach support and services offered.

The Building Connections outreach work has also enabled the Scheme to raise its profile and reach a much wider group of people who are now benefitting from the information, advice, support services and online activities available.

Telephone Befriending

Our Telephone Befriending service continues to grow. See Kath and Joyce (pictured right, pre Covid) who still enjoy their weekly chats.



We now have an incredible 53 volunteers calling over 300 people each week for a friendly chat, including a number of younger volunteers who have either been furloughed during this third lockdown or are students who are studying at home, as their universities are closed.

The calls continue to be enjoyed by both the volunteers and those they are ringing, and many lovely friendships are being formed and blossoming during these calls.

SWIFt

In the absence of group activities at the moment, Dee and Sandra (pictured right) are providing more one-to-one individual help and advice over the phone, to support your health and wellbeing and help you to maintain your independence.

We would like to reassure you that when restrictions lift and we are able to open the Scheme for activities, Sandra and Dee will be on hand to provide practical support and encouragement to help you get back into the swing of things.



Moving forwards...

They will be able to come and chat to you in your homes and transport you into groups, where our friendly staff and volunteers will be waiting to welcome you. Before you know it, you'll be happily chatting and catching up just like old times!

Supporting Independence



Say 'Hello' to Eleanor (Ellie) Dawson, our newest team member, having joined the team in January this year on a twelve month **Rank Foundation Time to Shine Leadership** programme.

Introducing Ellie

Some of you may already have spoken to Ellie on the phone, or met her on a Zoom call.

Part of Ellie's role is to interview members and volunteers who would like to share any personal stories, and special or exciting life events with us through articles featured in our newsletter, website and social media channels. Life has changed so much over the past decades, and we want to capture as much of the local social history you have experienced as we can, for others to enjoy reading and reminiscing about. We are also keen to hear about any specific hobbies or interests you enjoy, or have taken up to help keep you going and occupied during lockdown.

We are delighted to be working with the Rank Foundation on this project and are thrilled to have Ellie on the team.



Ellie will be publishing much of her content through our website and newsletter - if there's anything you think she would be interested in writing about then please get in touch.



The 87-year-old knitting her way through lockdown

When the UK prepared to go into the first lockdown last year, 87-year-old Eileen Pawson decided she needed to keep herself occupied each day to help pass the time.

After working as a nurse for 20 years and bringing up five children – Eileen, Eric, Eve, Edward, and Earl Wayne, with her husband Eddie, Eileen is naturally hard-working and likes to keep herself busy. So when the first lockdown began, she decided she would do just that.

Knitting has always been a part of Eileen's life

When her children were at school it would come in handy for knitting cardigans and jumpers for their uniforms, although she says it has taken her a lot of practice: *“When I first started knitting I made a mess out of a lot of things.”*



Eileen has been a member of the Scheme for almost 16 years. So, when lockdown began and she could no longer attend activities, she decided she would use the time to improve her knitting skills and create a different scene every week to keep herself busy.

To read Ellie's full article please visit the News and Events section of our website
<https://crossgatesgns.org.uk/>

Supporting Independence

If boredom is now starting to set in and you're sick of the same old activities, a visit to our new **Hobby Hub** might be just what you need to add a bit of variety.



Instead of having your regular chat with friends or family on the phone, why not try doing a crossword together for a change?

As you can see, we have a great selection of new and 'pre-loved' board games, mindfulness colouring books, word search, puzzle books, sudoku, books and jigsaws to keep you occupied and challenged!

Please call the office first and arrange a time to drop in to browse and make your selection.

Don't worry if you can't get out to get to the Scheme, you can call the office to discuss what you would like and we will deliver.



Starts Wednesday 7 April. We are happy to swap or collect any donations too! Our minibus and staff team will be out on the first Wednesday of every month between 10am-2pm to make deliveries.



Please be vigilant in looking out for any online, doorstep, postal or telephone scammers.

We are getting more and more reports of members receiving telephone scam calls, particularly about disconnecting phone and internet connections if you

'don't press number 1' on your phone or make an immediate payment. If you get one of these calls, **JUST HANG UP.**

It's also important to be aware of the many new scams around at the moment due to coronavirus.

Criminals continue to take advantage of coronavirus vaccine roll-out. Remember: Vaccinations are free. The NHS will **NEVER** charge you or ask for any bank details.

If you receive emails or texts about coronavirus from someone you don't know, or from an unusual email address, selling face masks or saying you have a parcel to be delivered, don't click on any links or buy anything.

Action Fraud is the UK's national reporting centre for fraud and cybercrime where you should report fraud if you have been scammed, defrauded or experienced cyber crime. Call Action Fraud on 0300 123 2040 or visit www.actionfraud.police.uk/report_fraud



Supporting Independence



We are working with other third sector, health and social care colleagues as part of the **Cross Gates Local Care Partnership Dementia Working Group** (pictured left) to look at how we can make Cross Gates and the surrounding area a much friendlier place for those living with dementia.

We started by consulting with members living with dementia and those caring for them, about what matters to them and what improvements they would like to see.

In response to their comments, we will be contacting a range of businesses, retailers, transport and other service providers and organisations in the community to discuss how we can all work together to increase general understanding and knowledge around dementia, to ensure those living with it can have safe, positive and enjoyable experiences when they are out and about locally.

Carers' Support – we're still here for you

During this third lockdown if you find yourself struggling to cope with your caring role, or maybe you would like someone to talk to, please either call the office or for more specialist support call **Carers Leeds on 0113 380 4300** Monday to Friday 9am–5pm or email advice@carersleeds.org.uk



Light in the Darkness is a compilation of poems and short stories written by Brian Sugden, in memory of his late wife Audrey, with all proceeds going to **Alzheimer's Research UK**.

Brian and Audrey had been married for 56 years, when she died on New Year's Day 2020. Audrey was the love of Brian's life and he has pledged to join the fight for a cure to this devastating disease.

If you would like to obtain a copy of Brian's book please call in at the office to collect one or telephone to ask for one to be posted out to you. The minimum suggested donation from Brian is **£6 (or £7 to include postage)**. All proceeds will go to Alzheimer's Research UK. Donations can be given to staff at the Scheme when collecting books in person, or by bank transfer.

Once you have transferred your donation, please email charley@crossgategns.org.uk to confirm the transaction, together with your address, and we will post a copy out to you. Thank you very much on behalf of Brian, and everyone living with dementia.

Bank details

- Account Name: Cross Gates & District Good Neighbours' Scheme CIO
- Account Number: 00023907
- Sort Code: 40-52-40
- Reference: *Brian's Book*

Keeping Healthy



Many of you have now had your first, and some your second, Covid-19 vaccination. Although this provides a level of immunity from the virus, you may still be able to spread it or contract a less severe version of it yourself. It is important to continue to follow COVID-19 safety guidelines:

1. Wash your hands
2. Cover your facesKeep socially distanced and making space

If you are aged 70 and over and haven't had your first dose yet, make an appointment at [nhs.uk/covidvaccination](https://www.nhs.uk/covidvaccination), or **phone 119**. Advice from GP surgeries remains not to call them directly as this causes delays and long telephone queues.

During one of our *Secret Santa Trails* just before Christmas, we had the pleasure of meeting **103-year-old Marjorie**. An article about Marjorie featured in the Yorkshire Evening Post (which Ellie is holding in the above photo) and Marjorie thoroughly enjoyed her 'local celebrity' status.

What we can do

Take things one day at a time! None of us knows exactly how long lockdown will last, and thinking about it stretching out ahead can be daunting and make us anxious. If you're feeling low, talk to someone about how you're feeling. It's important to look after your emotional, as well as your physical wellbeing.

Eat Well

We all know eating a well-balanced and varied diet is an important part of staying healthy as we age. It can help to maintain a healthy weight, keep energy levels up and provide the vitamins and minerals your body needs. Staying hydrated is extremely important, so make sure you're drinking fluids on a regular basis.

Keep Active

Just taking a short break from sitting, by doing a few minutes of light physical movement, such as walking around the house, up and down the stairs, gentle stretching, or dancing to a favourite tune on the radio will help improve blood circulation and increase fitness levels while at the same time improving your mood and emotional wellbeing. Keep moving!

Keep In Touch

A good chin wag on the phone or taking time to write a letter or type an email is a great way to keep in touch with different people and can really boost your mood.

If you would like someone different to talk to, please call the office where we can match you up to one of our volunteer telephone befrienders.

Short Walk Buddies

A reminder, as Spring approaches and the days get lighter and hopefully a bit warmer, we have volunteers who are happy to provide companionship to someone who is able to go out for a short social distanced walk, unaided. Please contact the office if you are interested in having a Short Walk Buddy.

Digital Health Hub



Our Digital Health Hub recently received funding from **100% Digital Leeds** and **Voluntary Action Leeds** to continue our digital work for another year.

The Hub supports our members to access health information and health support online. We can offer support with helping you find online apps to help you with health and wellbeing like healthy eating, suitable exercise, or websites to support with long term medical conditions. We can also help you improve your IT skills so that you know how to access this information yourself.

How we've helped members

These are some examples of how we have helped people:

- Loaned iPads to our members to access physio and doctor appointments via video call.
- Taught members how to use YouTube to access a wide range of free exercise videos. Lockdown has meant that many people are doing less and those doing these exercise videos are seeing an improvement in strength and balance. *If you haven't access to a computer or tablet, we have a free booklet called **Keeping Healthy at Home** with exercises. Please call the office if you would like a copy.*
- Shown members how to use the NHS website and other

sites to find out more about their medical conditions.

- Found exercises to help with Sciatica.
- Joined a six-week healthy eating cooking course.
- Learn how to listen to guided relaxation sessions to lower stress and anxiety.

MyCOPD

100% Digital Leeds has received free licenses of 'myCOPD', an app to support you with self-managing your COPD. It can be accessed online via home computers, laptops, tablets and smartphones and gives you access to a range of self-care tools and educational resources.



The benefits of MyCOPD:

- Supporting you to manage your COPD independently and reduces reliance on GP and hospital appointments
- Improving symptoms
- Full Pulmonary Rehab programme
- Reducing breathlessness
- Improving quality of life

More information

If you would like to find out more about managing your health online, contact Samantha our Digital Inclusion Worker on **0113 260 6565** or email **Samantha@crossgatesgns.org.uk** who will arrange a telephone appointment or video call with you.

Digital Health Hub



Ernest, 94, is a true inspiration to us all on Zoom, and to anyone who thinks it is too late to learn, as he embraces technology and is always wanting to learn new things. He joins every session with a smile and always leaves us with a joke.

150 virtual sessions!

Ernest has joined in 150 virtual sessions by video call in the last ten months; which have included quizzes, talks, bingo, Christmas Crafts and more recently our online Book Club. He currently joins four activities a week and is looking forward to our new Men's Group starting soon.

New lease of life

Ernest, like many members, has been shielding and unable to see many people due to the restrictions. Without Zoom he wouldn't have the daily chats he looks forward to now:

"I have a new lease of life joining in the sessions each week. It is like being in the same room as people again and there is someone to chat to."

He has also used this time to brush up on his IT skills and has taken some IT lessons which he has completed at home using our free courses.



Have you got a tablet, laptop or phone and would you like to learn how to do more on it?

We can send you a free video course on YouTube via email to help you learn new skills.



Maybe you would like to play a new game, read or listen to free audio books, learn how to join a Zoom call, catch up with friends on Facebook, or learn how to manage your health online? These are just a few of the skills you can learn with 30 lessons for you to choose from.



Our Digital Inclusion Worker Samantha can't teach you at the Scheme at the time of writing, so she has created videos of all of her lessons for you to watch and follow along with at home.

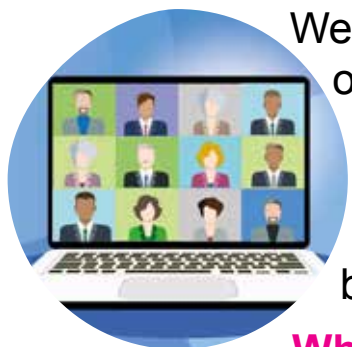


How do the lessons work?

Each lesson is between 5-10 minutes long and after you have watched the video you can practice. You can watch the videos as many times as you want and then move on to the next lesson. They are simple and easy to follow. It is like having someone in the room with you taking you through it step by step.

If you have any questions, contact Samantha, our Digital Inclusion Worker - details on page 15.

Digital Health Hub



We offer a wide range of activities online via Zoom. If you have never used Zoom before or are not sure what it is, we can arrange a call for you to have a lesson on Zoom before joining an activity.

Why take part?

Members who are coming on the groups enjoy seeing people, chatting and taking part in different activities. If you can use Zoom already, we can add your name to the weekly email.

Day / Time	Group	Activity
Monday 2pm	Words for Wellbeing	Poetry, book readings and discussions
Tuesday 1.30pm	Book Group	Read a book over four weeks and chat about it every week
Wednesday 1.30pm	Bingo	Join us for online Bingo fun!
Thursday tbc	Mix it up!	Mix of IT classes, a music group, and arts & crafts
Friday 10.30am	Weekly Quiz	Flex your quizzing muscles!
Friday 1.30pm	Art Class	Express your artistic side!

Volunteer Noticeboard

Short Walk Buddies

To provide social companionship while walking with members who are able to walk unaided but have no friends or relatives living nearby to walk with.

Delivery Drivers

Hot Meals,
Afternoon teas and
Activity Packs

Volunteer Training and Support

We are currently planning this year's volunteer training programme. Stephen will be in touch with volunteers regarding this. Watch this space!

Telephone Befrienders

Demand for this invaluable service continues to grow from people wanting a friendly weekly or fortnightly chat. If you like chatting to people and would like to brighten up someone's day, and your own at the same time, we'd love to hear from you.

A massive thank you to all our amazing volunteers!

Contact us

Please note: If visiting the office, wait outside and a member of staff will come out to you.

Please call, email or use social media to get in touch, we will respond as quickly as we can.

Telephone 0113 260 6565

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

Please don't feel alone

Most people are finding continuing restrictions very difficult with impact on both their physical and mental health. If you need someone to talk to about anything please get in touch.

100 Club

We continue to draw the 100 Club every week and winners are contacted directly. Many of you have contacted us about paying for the 100 Club. Please don't worry. All outstanding payments will be settled when we return.



Scan me to
visit website



Good Things
Foundation



The Rank Foundation
a pebble in the pond



Registered Charity Number: 1160095