



Autumn 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...



Restrictions are lifting, but we are still following strict protocols to keep everyone as safe as possible.

We are cautiously and safely re-introducing group activities by invitation only, in line with Covid guidelines, to manage the numbers attending.

This is a mammoth task as we want our 'new normal' to be as safe as possible, whilst ensuring that everyone who wants to, has the opportunity to attend at least one social activity each week.

So please bear with us. Using a cautious approach means we can all adapt and then increase numbers and groups, when it is safe to do so. **See further details of 'What's On' on page 22.**

Cross Gates and Whinmoor Community Hub

Throughout the pandemic we have led on the **Cross Gates and Whinmoor Ward Community Hub**, supporting the local community, providing free food parcels, prescription collection, befriending and any other support required. Whilst normally as a Scheme we would only provide services for the over 60s, through the Hub we have been working with all ages, at a time of need.



A big thank you for our beautiful front cover in this edition goes to Gerry Pitts from our online Painting and Drawing class.

Leeds City Council is eager not to lose all the hard work done across the Community Hubs, so they have provided them with extra funding from July to December 2021.

What does this mean for us?

Although the funding is initially for six months, through careful planning and budgeting we will be able to fund our Hub for one year. For the next year we will pilot

Cross Gates and Whinmoor Community Hub - Information and Advice Drop-in:

- The Hub will run from a shop in the Cross Gates Shopping Centre (opposite Iceland).
- Claire Wall will co-ordinate the Hub as well as working with Marion to support our Befriending Team.
- A new Hub Facebook page.
- Local community organisations will have a presence at the Hub as our aim is for this to be a real community led project, that is flexible and responsive to local need.

As we will be offering services to all ages through the Hub, we must amend our Constitution to include this. However, we can reassure you that this project will not dilute our services at the Scheme, as we will still continue to concentrate on supporting the over 60s.

We are aiming to open the Hub during September, so please keep an eye out for us and call in!

Jo Horsfall, Chief Executive Officer

**Please note our Closure Week is 13-17 September.
No groups will run this week but the office will
remain open for emergencies.**

Supporting Independence



Since July, we have no longer had to wear a mask or socially distance by law, but the advice is to continue to wear a mask in enclosed and crowded spaces such as public transport.

Some organisations, for example, GP surgeries or hospitals, might ask you to continue to wear a mask.

Keep yourself and others safe

To keep yourself and others safe, try and limit the contact you have with people you do not usually live with, including keeping the number of people and the time you spend with them low, and not getting too close to them.

Where possible, meet outdoors and let fresh air into homes and other enclosed spaces.

Many people will be excited about the return to the way things were before Covid, whilst others, including those more vulnerable, may be more cautious. Think of others when making your own decisions about when to wear a mask and social distance.

It is also really important that we all continue to reduce the risk of spread by washing our hands, getting tested if you have symptoms, take regular lateral flow tests to help manage transmission of the virus if returning to the workplace, and isolate if advised to do so.

Cross Gates and Whinmoor Community Hub

Working with and for local people

Opening soon!

- Information and Advice Drop-In
- A member of staff and volunteers will be available each day to provide support, advice and information
- The needs of our community are at the heart of what we do.
- We believe that collaborating closely with local partners is the key to meeting the needs of our community.

Based in Crossgates Shopping Centre
Email cwcommunityhub@crossgatesgns.org.uk
or call 07903 639879



The Hub is managed by Cross Gates & District Good Neighbours' Scheme CIO
Charity Number 1160095

Supporting Independence



While many of you are very excited about finally being able to return to group activities and catching up with friends again, we know that some of you are feeling quite nervous about this.

If you are feeling nervous about joining in group activities and feel you would like a chat with one of the outreach team, or would like someone to visit you and accompany you into an activity the first time for that extra moral support, please ring the office and we can arrange this.

Our Wednesday Mixed Activity Group is back with limited numbers. Run by Amanda and our friendly volunteers, this group caters to all needs and is open to everyone. You can get involved in a whole range of activities from colouring and painting, to doing crosswords or reading a magazine.



Maureen (above left) loves coming to the activity group and doing her crosswords. She says she ***“feels very safe at the Scheme.”***

“It’s so lovely to be back after being stuck at home for so long.” says Margaret (above right), who created some beautiful artwork in her first week back.

Please note when groups restart, members who attended prior to lockdown will automatically be invited back.

Bereavement Support Group

Did you know there is a monthly Bereavement Support Group at the Scheme?



We meet on the fourth Wednesday of the month from 3-4pm. It's a chance to come together and chat with others who have experienced the death of someone close. It can be very comforting to be with people who just 'get it' and to be able to open up and talk about how you are feeling in a very safe environment.

One lady who attends said ***"This group is invaluable for helping me to cope with my loss, you don't have to pretend and can say how you feel in a safe place."***

During lockdown we have continued to meet on Zoom, and are very much looking forward to meeting in person again from September onwards.

The Group is facilitated by two very friendly and experienced Bereavement Support Workers from Carers Leeds – Sue Sutton and Emma Pickering pictured above.

This last year has been difficult, and it has been particularly tough if you have experienced a loss and have not had the normal sources of support from family and friends available to you. If you would like to come along to the Group you will be assured of a warm welcome.

The next meetings are on: **Wednesday 22 September, 27 October, 24 November and 22 December.**

Please do get in touch with the office if you would like to join us.

Reducing Loneliness & Isolation



Since the easing of lockdown restrictions, there has been a significant change in demand for, and delivery of, our **Telephone Befriending Service**.

Many of our telephone volunteers have returned to work, university or resumed their previous hobbies and busy lives and no longer have the spare time available to offer weekly befriending calls. Also, some of our members who have been receiving weekly telephone calls no longer require them as easing of restrictions means they are now able to get out and about and can visit friends and family.

We would like to take this opportunity to say a huge **THANK YOU** to all the volunteers who became telephone befrienders and supported over a quarter of our members during lockdown with regular companionship and the chance to form new friendships over the phone.

Our Befriending Service continues to grow as new members join the Scheme.

If you are feeling lonely or isolated and would like a weekly phone call, or home visit once restrictions allow, or you are someone with spare time on your hands and would like to become a volunteer befriender, please contact the office.

Read on to hear how Janet and Neil's befriending friendship has enhanced their lives...



In her working life, Janet (pictured left) was a nurse midwife and knew a lot about loneliness and people who had no family or anyone to rely on living nearby.

She said ***“The Scheme seemed to be the answer for me when I retired. I came to an art group, and then befriending came up. When I retired from my job I just wanted to keep busy... and this gave me something to do.”***

“Just before the first lockdown, Marion told me about someone who she said would welcome a weekly call. She gave me a little bit of background about his interests and that’s how I came to befriend Neil.”

“We got on so well, it’s like we’d known each other ages. He makes me laugh, I make him laugh. We’re just like friends now. It’s nice to give something back. It gives me a lift. It’s something I’ve thought about a lot as I’ve got older. I would hate to feel I was alone or isolated. I would recommend becoming a befriender if you like people, and you like a chat.”

A word from Neil

Neil says this friendship helps him feel much more positive: ***“We’re very close. Janet is very warm and kind-hearted. I look forward to our chats, sometimes it’s just about the goings on of the world, but it’s great.”***

Reducing Loneliness & Isolation



During the summer, Sandy Holden from **Love Arts** ran a workshop for a project funded by **Leeds City Council for Leeds Museums and Galleries'** 200th birthday.

Some of our members sewing felt 'doughnuts' for a Tea Party themed exhibition which was held at Temple Newsam House during the summer.

Sandy says, ***"I haven't met anybody that can't create something. It's about giving someone the opportunity to explore what they can do."***

She is very passionate about people getting to share their work, and being part of something bigger.



When the first lockdown began, Sandy worked voluntarily: ***"I was concerned that so many people were stuck at home with nothing to do."*** Sandy started a virtual project which would end with an exhibition. She started with an advert on social media inviting anyone interested in knitting, sewing or crocheting to join in.

A 'Drop Box' for donations on Sandy's drive proved very successful as she was inundated with donations of materials or creations people had made. She says: ***"It was so nice to see people, albeit through the house window for only a few seconds as they dropped off their donations."***

Women Reflecting on Women

Some of the members from our Halton Activity group went along to the 'Women Reflecting on Women' Skippko arts and heritage exhibition, after being involved in the project. This was based on inspirational women and suffragettes through the ages, one being Mary Gorthorpe, who was an active suffragette from Beeston.

The late Dilys Smith who was one of our members, had artwork featured in the 'Women Reflecting on Women, are we there yet?' book, which reads: *"Behind every great man is a great woman."*

5,000 Flowers Project

Our activity group has also been busy creating flowers for Leeds Playhouse 5,000 Flowers Project.



The Quarry Theatre at Leeds Playhouse is being transformed into a horticultural haven, with older artists sharing their personal stories - past and present. Amanda, who runs the activity group, sent us the photo above of some of the colourful flowers created by two of our members, Margaret and Pauline.

Thank you

A big thank you to our amazing volunteer Val Abbott and her good friend Leslie, who lives in Aberdeenshire, who made these adorable knitted bears. Selling these teddy bears raised £50.



Keeping Healthy



It is well known that physical activity and eating well can have immediate and long-term health benefits. As well as having a positive impact on your mental wellbeing, keeping active can improve your quality of life.

It's important to keep moving, however much you are able to, whether that's doing some gentle chair-based exercises and stretches for a few minutes every so often throughout the day, or dancing round while doing the house-work!

Don't take our word for it! Here's what Mildred had to say on the re-starting of the Flexi-cise class. ***"I feel so much better and happier being back. I've got everything I need now."***



Exercise classes are back!

It has been wonderful to finally welcome back some of our members to the Monday Walking Group, Tai Chi, Flexi-cise and Line Dance classes.

We have missed you all and can't wait until we can welcome everyone back and have the classes running (pardon the pun!) at full capacity.

Speaking to instructors and members, it seems everyone feels the same as us about being back.

Joan who teaches Flexi-cise, says: ***“It’s so brilliant to be back, both for me and the members. It’s a relief to see everyone healthy, and back enjoying themselves.”***



Arun, Tai Chi instructor, says: ***“It’s always a great atmosphere at Cross Gates. I’m so happy to be back and we got off to a flying start.”***

“I always feel welcome. The caring and kindness from the team at Cross Gates & District Good Neighbours’ Scheme CIO is amazing, and comes through in every moment.”

“It’s so rare to find an organisation so well set up - one that helps the members get to classes, and supports the classes. This also helps me a lot.”

Members’ Feedback

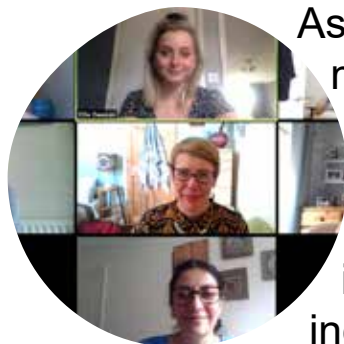
“I’ve really missed the company” | Cynthia

“It’s like turning back time being back. I’m slowly getting my mojo back.” | Monica

“Being able to exercise with others again face to face is great.” | Colin



Keeping Healthy



As a Scheme we work hard to make sure we are supporting and representing our members both locally and across the city. During September we are involved in a number of events including the first Age Proud Festival in Leeds.

Age Proud Festival | 6 to 17 September

The festival aims to:

- promote the wellbeing of older people in Leeds and have some fun!,
- challenge the stereotype/perception of older age and turn the negatives into positives, and
- showcase how many amazing activities there are for people aged 50+ in Leeds.



For more information visit Age Proud Festival website

<https://www.ageproudfestivalleeds.org/>

World Alzheimer's Day | Tuesday 21 September

The Dementia Friendly Cross Gates Working Group (pictured above) will be hosting a coffee morning and marketplace style event in the Newman Centre on World Alzheimer's Day from **10am-12pm**. All welcome.

The group continues its work with local people, local business owners, local health and care professionals and community groups to make Cross Gates and surrounding area a Dementia Friendly area to live and work in.






Dementia Friendly Cross Gates Roadshow

- Concerned about someone's memory problems, or your own?
- Living with dementia, or caring for someone?
- Or just want to know more?
- We can help!

Do you work or live in Cross Gates or surrounding district and want to know more about **Dementia**? If you would like to:

- Broaden your knowledge and awareness of Dementia
- Learn about local, citywide and carers support available for people living with Dementia
- Hear how you can help us make Cross Gates a Dementia Friendly Area

Join us on Tuesday 21st September 10am – 12pm
Cross Gates & District Good Neighbours' Scheme, Newman Centre,
Station Road, LS15 7JY



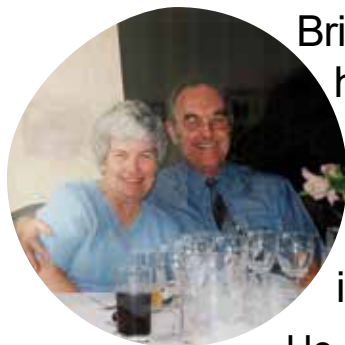
Cross Gates Local Care Partnership Launch | Thursday 30 September

Cross Gates Local Care Partnership is a term to describe the joining up of health and wellbeing services in the area to work for your local needs. We have been meeting over the pandemic, and now we are able to, we are planning to be in the local community to tell you what we're all about.

From **10.30am-4pm at Crossgates Shopping Centre**, there will be staff from various local health and social care agencies. These will include GPs, Memory Service, Community Health professionals, community policing, Fire Service and community groups who will be on hand to provide information and advice about their services, and to listen to your views on health and wellbeing.

We want to use this as an opportunity to listen to local people's experiences and concerns, bringing together senior decision makers in health and care to listen to the people of Leeds about what matters to them and their community.

Spotlight on Volunteers



Brian Sugden (pictured left with his late wife Audrey) has been a member of the Scheme for five years. This year, he was invited to become one of our trustees, which in true Brian style, he accepted.

He says he would do anything to show his gratitude for the organisation: ***“A place like Cross Gates & District Good Neighbours’ Scheme CIO is a real haven; a safe space. It’s such a marvellous organisation, with such caring people that run it.”***

“When I was asked to be a trustee I accepted straight away, because I am so grateful for the place. I want to contribute and help in any way I can. Since the day I signed up after hearing about the Sandwich and a Song group, I have forever recommended it to everyone. You walk in a stranger, but are treated like a friend.”

Light in the Darkness

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



They 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.



Say hello to Andy Cameron (pictured left presenting an award at Leeds City Council), who joined us through **Voluntary Action Leeds Community Hub** during the pandemic when he became a volunteer driver.

Andy worked for Leeds City Council for 40 years, his work focusing mainly on supporting people with welfare benefits. He retired at the end of last year and after taking a few leisurely months for himself, and looking after his granddaughter, he signed up to volunteer with the Scheme during lockdown.

Andy says he has always been a people person: ***“I have always gone the extra mile for someone whenever I was in a position to do so.”***

Andy helped out with anything and everything including delivering lunches, prescriptions, Shine magazines and books to Book Club members so they had them ready for their weekly Zoom sessions.

Feedback

“What really got me was the number of praises I heard about Cross Gates & District Good Neighbours’ Scheme CIO. How much people missed everyone there, and how much it meant to them.”

Spotlight on Volunteers



From driving boats for millionaires, to minibuses for charity, Doug MacQueen (pictured left with his late wife Mags) says his life was mapped out for him since the age of five.

Doug, 72, has been sailing boats the majority of his life. He says his Granny was his inspiration. She ran pleasure boats in Oban on the west coast of Scotland, until the age of 89.

At the age of 16, Doug started a five-year marine apprenticeship in Glasgow. This was the start of a lifelong career with boats. By 1970, at the age of 21, Doug had his own marine engineering business, and made history in 1972 when the first RNLI lifeboat came to Oban. Doug was one of the first of its captains.



Fast forward to 2002. Doug received a phone call from Malta. He had been recommended to captain a luxury boat and of course, he accepted. Unfortunately, Doug had an accident in 2012 and retired from on-board life.

The Scheme has had the pleasure of Doug's help and support for almost five years. He says: ***"There isn't anything I wouldn't do for them, they are the loveliest people. The main thing that keeps me going is the Scheme."***

Volunteer Noticeboard

Hospitality

To serve refreshments at our activities - various days and times available.

Group Set-Up

Support with table and chairs set up and clear away - various times and days available.

Group Support

To offer one-to-one support to members at groups.

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.

Shop and Office volunteers

To cover reception and prepare the meeting room for groups.

A massive thank you to all our amazing volunteers!

Digital Health Hub



Technology has played a vital part in tackling loneliness during the Covid-19 pandemic. Many older or vulnerable people have faced long periods of shielding, and have been unable to see their loved ones. For many people, technology offered their only way of contact.

Volunteer Tech Team

The volunteer Tech Team (pictured above), overseen by Sam, our Digital Coordinator, has seen a rise in demand for their teaching skills and IT lessons since the first lockdown.

The classes include basic laptop and tablet skills, although members are also encouraged to learn more about ordering food shopping, prescriptions and booking GP appointments.

Prior to the lockdown, classes were face to face but when the Scheme closed last year, we had to adapt. This meant moving onto video calls for the sessions, which required some teaching beforehand, as most members had never used anything like Zoom before.

Remarkably, this created new friendship groups, hobbies and interests for the members. Suddenly, people who had never used a laptop or tablet before were joining every video activity available! Sam has created a number of videos to help your digital journey which can be found on our YouTube channel https://bit.ly/CG_YouTubeChannel

Our newly funded projects

Nobody Left in the Dark | Good Things Foundation

This project is for those financially and digitally excluded to learn how to get better deals through using the internet. We do not give any financial advice just the tools, skills and guidance to know how to access this information. This extra support can help you to save and make the most of your money each month.



First Steps in using Computers

A new intergenerational project, funded through Time to Shine small funds round, will enable us to support members who are taking their very first steps in IT. Each member will be offered four sessions and matched with a student and together they will explore the internet and find hobbies and interests. Basic skills will be developed through playing games together and reducing the fear of using a device whilst learning in a fun way.

Tablet lending

Thanks to funding through **Leeds Convalescent Society**, **Leeds Older People's Forum** and **Leeds Community Foundation** we have purchased ten new tablets to maintain our stock, as we currently have ten tablets out on loan through our **'Try Before you Buy Scheme.'**

Contact Sam on **0113 260 6565** or email **Samantha@crossgatesgns.org.uk** to arrange an appointment.

What's On

Day	Morning	Afternoon
Monday	Walking Group £1 (£3 with minibus)	IT One-to-One £2 Words for Wellbeing*
Tuesday	Drop-In Coffee £2.50 IT Drop-In* Ukulele (Int. Level) £5	Tai Chi £3 Quiz*
Wednesday	Activity Group £3 IT First Steps £3	Flexi-cise £2.50 Bingo £1
Thursday	IT One-to-One £2	Line Dancing £2.50 Cryptic Crossword £2 Men's Film Group*
Friday	IT Group Session £3 IT Drop-In* Drop-In Coffee £2.50	IT Group Session £3 Painting and Drawing class £4 (from 24/9)

Newman Centre	St Mary's	Online Only

As restrictions lift, we will gradually introduce new activities and increase numbers. Some transport is available for members at £4 return. Please contact the office for activity times and availability.

Online participants will receive a weekly email with links to events.

***These sessions are free to attend.**

Events

Northeast Producers Musical Variety Show **That's Life**

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

pack up Your Troubles

Knee's

Que Sera Sera

Young At Heart

That's Amore

I've got Sixpence



Cheek to Cheek

Sway



Limited
spaces - please
book via the
office.

£5
including
tea & cake

That's Life
Tuesday
21 September
1.30pm
The Newman Centre

Northeast Producers Ltd Presents... **Oliver!**

DATE:

TIME:

Very
Funny

Great Fun
for the
whole Family

Great Sing
along Songs

Highly
Interac



The best
Entertainme
we've had

Oliver
Wednesday
24 November
1.30pm
The Newman Centre

01642 687700
www.northeastproducers.co.uk

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 on Twitter and Instagram

Have you moved?

Have you **moved or changed phone numbers**? Please let us know. It is important that the contact information we have for you is up to date.

Our return continued...

Please be patient as we gradually return with our groups and activities. All groups are currently running on an **invitation only** basis and a member of staff will contact you as soon as possible. As always your safety is paramount - this is new to all of us and we need to get it right.

Scan me to visit website



Registered Charity Number: 1160095