



Spring 2022

**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 are delighted to start opening up our groups and activities following their closure just before Christmas, due to the Omicron variant.

Although many restrictions have lifted, here at the Scheme we are still following protocols to keep everyone as safe as possible, and to help prevent a spread of Covid-19 if we have any cases.

Most of our groups have now restarted with limited numbers. Our aim is to initially get everyone out at least once a week and as things change, we will then increase our capacity, so you can enjoy more of the activities that you used to attend.

Cross Gates and Whinmoor Community Hub

We continue to manage the Hub and work with organisations to support the local community - see pages 4 & 5 for 'What's on' at the Hub.

Lunch Clubs

We are now delivering hot meals every Wednesday, as well as inviting some members to eat in. If you are interested in receiving a hot meal or you would like to attend a Lunch Club in your local area, please give us a call.



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

Some great news!

The Trustees have decided to keep Ellie on for another year as Communications Co-ordinator after her twelve month contract with the Rank Foundation ended. She'll continue to look after our social media and website content and is always on the lookout for interesting stories to publish - like the ones in this newsletter. If you have a tale to tell, then get in touch with Ellie! We'd all love to read about it.

Ellie is also working with some Neighbourhood Network Schemes and Leeds Older People's Forum providing support around social media communications as well as developing an awareness and signposting campaign around self-harm in older people, working with relevant organisations supporting older people.



Self Harm



Self harm is far more widespread and complex than most people think. It's also mostly hidden and often judged due to stigma. For more information contact Battle Scars on **07410 380747** or **info@battle-scars-self-harm.org.uk**.

Let's hope that this year we are on the road to recovery, the new norm!

Jo Horsfall - Chief Executive Officer

**Please note our Closure Week is 9-13 May.
No groups will run this week but the office will
remain open for emergencies.**



Cross Gates & Whinmoor Community Hub



Since opening its doors last November, the Cross Gates & Whinmoor Community Hub has helped over 4,500 people. Here are some of the activities on offer:

Monday

9.30am–12pm | **One You Leeds**, a weight loss or weight management group, you can come either by GP referral or self-referral.

1pm-3pm | **Tiny Tots** organised by Cross Gates & Manston Children's Centre, a speech and language help group. Advance booking required.

Tuesday

10am–11am | **Words for Well Being**, a Bibliotherapy group, using the written word, whether it be poetry, prose or song to spark healthy discussion.

1pm-3pm | **Mind Matters**, a peer led group organised by Connecting Crossgates offering wellbeing support. Drop in for a free cuppa and a chat. All welcome.

Wednesday

9.30am– 2pm | **Money Buddies**, advice on debt, benefits, housing, bailiffs, income expenditure forms and help. Report illegal loan sharks.



Whinmoor Community Hub

10am -2pm | **Leeds Hearing & Sight Loss Service**

Drop-In every **second Wednesday** of the month.

12pm-2.30pm | **Breast Friends**, organised by Cross Gates & Manston Children's Centre, help and advice for breast feeding.

Thursday

9.30am–12pm | **Drop-In IT sessions**, help and advice on everything computer related.

Friday

10am-12pm & 1pm-3pm | **IT sessions**. These lessons cover games, eBooks, Google searching, NHS app, Pinterest and personal online safety. Advance booking required.

More information

If you are a local group wanting to have a presence in the Hub, you are interested in finding out more about any of the above activities, or you need help and advice with something, please call us or drop in to the Hub.

**Cross Gates & Whinmoor
Community Hub**

Opening Hours

Monday	9.30am - 3.30pm
Tuesday	9.30am - 3.30pm
Wednesday	9.30am - 3.30pm
Thursday	9.30am - 3.30pm
Friday	9.30am - 3.30pm
Saturday	Closed
Sunday	Closed

We are closed on Bank Holidays

56 Crossgates Shopping Centre, Station Road, Leeds LS15 8EU
Telephone: 07903 639879 | Email: cwcommunityhub@crossgatesgns.org.uk
Cross Gates & Whinmoor Community Hub is managed by
Cross Gates & District Good Neighbours' Scheme CIO
Registered Charity Number 1160095 | www.crossgatesgns.org.uk

Supporting Independence



As we open up some of our group activities again, Ilona, Dee and Sandra are always on hand to offer encouragement and practical support to help members feel safe and confident about meeting up socially again.

As going outside on your own after being housebound for so long during Covid can be very daunting, they have supported members who were feeling particularly anxious about venturing out on their own again, on short local outings, to help build their confidence and provide that extra moral support needed for that first trip outside.

Dementia Friendly Cross Gates



As part of the *Dementia Friendly Cross Gates Working Group* we continue to look at how we can work with the local community to make Cross Gates a more dementia friendly place to live and work. **Dementia Action Week is 16-20 May.** Look out for what's going on at the Hub. Our **Birds of a Feather' Dementia Café** takes place **1-3pm every third Tuesday of the month** at The Newman Centre. Come and relax with people who understand what it's like to live with or to care for someone with dementia.

Befriending

Our telephone befriending service is as popular as ever. To help manage the continued increase in demand, Claire Wall, our Community Support Worker, is now working with

Marion to support and coordinate the befriending service, as well as co-ordinating the Community Hub.

As restrictions start to ease, and most members and volunteers are triple jabbed, some of our volunteer befrienders are again able to visit members in their homes. All visits are risk assessed and agreed on an individual basis.

Could you be a volunteer befriender?

It's an extremely rewarding and fulfilling role where our volunteers gain as much pleasure from new friendships made as those they are befriending. It's very much a two-way street, as Sandra and Patricia (pictured right) confirm below...



Sandra and Patricia became friends over the 18 months they spent on the phone with each other during the pandemic. They only recently met face to face, by chance, when they bumped into each other at the Friday coffee morning at St. Mary's Community Hall, Whitkirk and recognised each other by voice, having never met in person! Sandra admits that the phone calls became as important to her, as they did to Patricia.

Patricia says, ***"It got to the point where if Sandra hadn't rung to check on me, I'd ring to check on her."***

Sandra says "Patricia loves to chat and I loved listening to her. I'd just make sure I had a cup of tea in hand and got myself comfy".

Please contact the office for more details on how to become one of our volunteer befrienders.

Reducing Loneliness & Isolation



It's brilliant to be able to offer opportunities to get together again and hopefully it won't be long until all groups are 'restriction free.'

Group activities are back!

We know how much everyone has missed being able to meet up and socialise at the various coffee mornings and activity groups whilst they have been closed. The social connections made through meeting old friends and new people during group activities is extremely important, especially if you live alone, or have lost a life partner or close friend.

The sense of belonging you get from bonding with people and forming new friendships through shared interests and activities can really help to improve your mental health and wellbeing and reduce feelings of loneliness and loss.

Our peer support groups enable you to receive much needed support from people who are, or have been, where you are. You can also benefit from being able to support others by sharing your own experiences of what you've been through and what you've done.



Peer Group Support

In conjunction with Carers Leeds we hold a monthly **Bereavement Support Group** and **Carers' Support Group**. Our monthly **Birds of a Feather Dementia Café** has started again too.

Here are just some of your heartfelt comments:

Melvin, who attends the Tuesday Drop-In Coffee Morning says, ***"It's good fun. Seeing faces you haven't seen in ages, and fresh conversations. It's even better than before."***



"I love to come for my breakfast." Gary

It's so nice to talk to different people about different things." Pat

Christine who attends St Mary's Friday Drop-In Coffee Morning, loves meeting up with her friends and hadn't realised just how important it was until coffee mornings were suspended due to Covid. When she makes appointments now, she tries her best not to book any of them for Fridays!

Gemma, a carer, says, ***"I see that the staff are passionate about the job that they do. They go round everybody asking if they're ok, and it's that personal touch and one-to-one conversation with people that's so important."***

See page 12-13 for details of group dates and times.

Reducing Loneliness & Isolati



We all feel lonely from time to time. Feelings of loneliness are personal, so everyone's experiences will be different. There is no one way to effectively reduce feelings of loneliness but there are lots of different things that can and do help.

Get in touch with us! Joining local groups or activities based on your interests is one of the best ways to meet new people and widen your social network. We run a whole range of groups and activities supported by friendly staff and volunteers to make you feel welcome and introduce you to other members. We also have volunteer drivers providing transport for those who need support to get here.

Talk to someone. Being around people whose company you enjoy helps to lower stress, which can lower your blood pressure. Having a good chin-wag with someone either face to face or on the phone, can be a great way to lift your mood. It can help relieve stress as well as build new friendships. Also, if something is worrying you, talking it over with someone outside of the situation gives you the chance to hear a different point of view, or idea that may help you find a solution.



New Technology! Technology is a great way to stay in touch with friends and family, and make new friends. Not that clued up on technology – **find out more about our digital and IT support on page 20.**

Why not Volunteer? Volunteering is another excellent way to get involved in your local community. As well as being a great way to meet new people, you can also develop your own skills and interests and we know from chats with our volunteers that helping other people can be extremely rewarding and uplifting. We are always looking for new volunteers - **see page 19 for current vacancies.**

Firm Friends

Maureen and Jean have become firm friends through their volunteering roles and now attend the Friday art class together, which takes place after the Friday Drop-In Coffee Morning at St. Mary's.



Maureen joined the Scheme as a volunteer in 2019 on the basis of making teas and coffees, and then soon got stuck into making the butties! ***“I didn’t want to sit around all day when I retired. I wanted to give something back.”***

“I can see the value and how much it means for that couple of hours of people socialising. It’s so important, and if I can help that happen then I will.”

Monday	Tuesday	Wednesday
Weekly Activities		
Walking Group Leaves The Newman Centre at 10.45am & 11.15am £1/£3	Drop-In Coffee Morning 10am- 2pm £2.50	Mixed Activities 10am-11.45am
Online Quiz 7.30pm-8.30pm FREE	IT Support Drop-In 10am-12pm FREE	Lunch Club 1.30pm £5



Ukulele 11.30am-12.30pm £5	Flexi-cise chair exercise 1.15pm-2.15pm-3pm £5
Tai Chi 1.30pm-2.30pm £3.50	All other activities

Monthly Activities	
First Tuesday of month Sandwich and a Song 12pm-2pm £5	First Wednesday of month Carers Leeds 2pm-3.30pm £5
Third Tuesday of month Birds of a Feather Dementia Cafe 1pm-3pm £2.50	Fourth Wednesday of month Bereavement Group 3pm-4pm £5
Fourth Tuesday of month Food and a Film 12pm-3pm £5	



Wednesday	Thursday	Friday
Activities		
Day Group 10am-12pm £3	Cryptic Crosswords 1.30pm-3pm £2	Drop-In Coffee Morning 10am-12pm £2.50
Day Group 12pm-2pm £3	Line Dancing 1.30pm-2.45pm £3.50	Painting & Drawing 12.30pm-2.30pm £4
Air-based 10am-12pm & 2pm-4pm £3	IT Support Drop-In 10am-12pm Free	Computer Friendly Lessons 10am-12pm & 1pm-3pm £3

Please contact the office for further information
groups must be pre-booked due to limited numbers

Activities	
Monday of month IT Support Free	<p>Activity Location</p> <ul style="list-style-type: none"> ● Cross Gates & Whinmoor Community Hub, Crossgates Shopping Centre, LS15 8DT ● St Mary's Church, Selby Road, Whitkirk LS15 0AA ● Online <p>Unless stated above, the activity will take place at The Newman Centre, Station Road, Crossgates, LS15 7JY</p>
Tuesday of month IT Support 10am-12pm £1	



Keeping Healthy



It's really important to look after yourself. Plan your week to do something you enjoy. Include a hobby or activity that makes you feel good, such as something creative, baking, reading, gardening or listening to music.

Go outside regularly

Whether that's sitting in your garden or a walk to the park, it's a great way to boost your mood. Our exercise and walking groups are back up and running - **see page 12 for further information.**

Eat in Company

Our **Shared Tables** project uses eating together as a way of making enjoyable connections to reduce isolation and improve wellbeing. We developed the Shared Tables project after local older people identified a lack of social opportunities at the weekend when the Scheme was closed. While there are many activities available during the working week, weekends can be particularly lonely.

Shared Tables brings people together to eat in company at tables reserved at various local restaurants and pubs. Each table is hosted by a volunteer and it is aimed at older local people who are independent, can get themselves to the venue and manage without support - **see the dates and times of our Shared Tables opposite.**

Shared Tables

**Shared
Tables is
back!**

Date	Time	Venue
Saturday 12 March	1pm	Barnbow
Sunday 13 March	2pm	La Cantina
Saturday 19 March	1pm	Harvester
Sunday 20 March	1pm	Brown Cow
Saturday 26 March	1pm	Oceans
Sunday 27 March	1pm	Barnbow
Saturday 2 April	5pm	Masala Hut
Sunday 3 April	1pm	Black Olive
Saturday 9 April	1pm	Harvester
Sunday 10 April	1pm	Devon
Saturday 16 April	1pm	Brown Cow
Sunday 17 April	2pm	La Cantina
Saturday 23 April	5pm	Spice Zone
Sunday 24 April	1pm	Zorbas
Saturday 30 April	1pm	Oceans
Sunday 1 May	1pm	Barnbow
Saturday 7 May	1pm	Devon
Sunday 8 May	1pm	Black Olive
Saturday 14 May	1pm	Harvester
Sunday 15 May	2pm	La Cantina
Saturday 21 May	5pm	Spice Zone
Sunday 22 May	1pm	Brown Cow
Saturday 28 May	1pm	Barnbow
Sunday 29 May	1pm	Zorbas

**Clocks go
forward on
27 March!**

To book please contact the office. Let us know by the **Friday** before the meal takes place if you wish to cancel.

Spotlight on Volunteers



Four volunteers, three generations, one family

For John, Cynthia, Chris and Joe Best, volunteering for us has become a family tradition. They all volunteer in different roles...

John

John joined the Scheme around his retirement, some 18 years ago, when we were advertising for walking group volunteers. He says, ***“It’s amazing how the Scheme has grown over the years, everyone is always so friendly.”***

John has been the Walking Group leader ever since, planning different trips for the walkers to go on each week. With a total of 93 different routes, walkers never have to do the same walk twice in a year! Some are local, and some make a day out with a train journey or minibus ride. Last year’s Annual Sponsored Walk back in September 2021 raised over £1,500!

Cynthia

Shortly after John joined us, his wife Cynthia joined too and soon got ‘stuck in’ helping organise the Flexi-cise class and assisting John with his lunch or magazine deliveries. John says that the Scheme thinks he does all his deliveries but admits that ***“as soon as I get the stuff I ring round for help.”***

Cynthia has really enjoyed watching the Scheme grow and says she ***“likes to come and see the people, I’ve got to know over all these years.”***

It isn’t just Cynthia who helps John with his chores, his son Chris and grandson Joe also get roped in when ***“there’s a little arm twist every now and then. It’s helping the community you live in, so you can see the benefits.”***

Chris

Chris is also an IT group volunteer, supporting our Digital Coordinator Sam, helping people with queries on phones, tablets, and laptops. They run sessions that cover a certain area that someone may be struggling with. For example, learning how to use a new phone or tablet.

Joe

As well as helping his grandad, Joe has been volunteering in the intergenerational classes with Sam. A project which aims for different generations to learn from each other. It sees students from college/university help our members learn the basics of using a smartphone or tablet.

Joe says, ***“Technology is something I’ve grown up with so it’s easy for me to help, and people are so thankful so it’s satisfying.”***

Simply The Bests!

When asked if this was now an official family tradition, there were nods and laughs all round. ***“We’ve always been at the sharp end of helping”*** adds John.

To read our full article visit our website or to watch John and his family talk about their volunteering, visit our YouTube channel.

Spotlight on Volunteers



Ken and Joy Brace have been volunteering with us for many years, virtually from when the Scheme started. Ken, our resident handyman, says he can spot lots of examples of things he's modified or fixed in the Newman Centre over the years.

As well as being a volunteer befriender, Joy carries out registration duties for coffee mornings, which now includes taking people's temperatures as part of Covid safety measures.

One thing you will know about Ken and Joy if you have seen them out and about in the local area, is that they ride a tandem – everywhere!

Ken says they bought a tandem by accident. ***“Joy wanted a bike to use locally but I didn't think it was safe for her to ride on her own, so I thought we'd ride together.”***

So, in 1992, 30 years ago, they bought a tandem. At that time they had a campervan, and the tandem went all over the country on the back of their camper. Ken even made a bespoke carrier for it, next to their sailing dinghy.

As well as going to Temple Newsam on it for a coffee, or lunch if the weather's nice, they even do their Tesco shop on it. In the last twelve months they have cycled over 1,400 miles on it!

Volunteer Noticeboard

Hospitality

To serve refreshments and offer one-to-one support at all groups - various days and times

Group Set-Up

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

IT Support

Support our Digital Health Hub.

Telephone Befrienders

If you like a chat, and are also a good listener, with an hour or so a week to spare and think you would enjoy becoming a volunteer befriender, providing regular companionship to an isolated older person, please get in touch. We'd love to hear from you.

Minibus and car drivers

Full training provided.

If you would like to support us please call the office

Digital Health Hub



Our **IT lessons** and **IT Drop-In** have now relocated to Cross Gates & Whinmoor Community Hub - see pages 12 and 13 for further details.

Newly Funded Projects

Places for People is funding us to go to **Orchard Croft** retirement housing on Tuesday afternoons to run an IT Club, to help residents improve their IT skills. We will be offering a range of sessions and support is available for those who don't have a tablet or Wifi to enable them to get online.

Free Sim Cards

We have partnered with **Vodafone** and have access to a limited number of six-month free sim cards, with 20GB of data. These cards are for members who want to get online but haven't got Wifi at home, or are struggling to pay for their own Pay As You Go phone. To receive a SIM card, you need a tablet or phone which is not locked.

Could you be a Digital Champion?

Are you interested in helping others to improve their IT skills? Could you help at one of our IT sessions in the Community Hub or at our outreach sessions at Orchard Croft? If you would like to find out more and have a couple of hours to spare to help others each week, please contact the office and ask to speak to Samantha.

Computer Friendly Lessons

Join us at the Hub every Friday for constantly updated IT lessons. Subjects included so far have been How to Use WhatsApp; eBooks and Audiobooks; NHS App; MOT your phone or tablet and Holiday Time.

Please book your place with Sam on 0113 260 6565 or email Samantha@crossgatesgns.org.uk

Computer Friendly Lessons
Please contact the office on 0113 260 6565 to book and we will get back to you to confirm your place. Cost £3.00 per class. Classes are limited to four participants. Please bring your own device unless otherwise stated. **Friday lessons now run in our new Cross Gates & Whinmoor Community Hub in the Crossgates Shopping Centre.**

NHS App
Friday 5 November | 10am-12pm | Bring your NHS number, passport or licence to set up the NHS App to order prescriptions & book appointments

Google Quiz
Friday 5 November | 1pm-3pm | A fun quiz which will help you get searching Google and understanding how to find information

Bus Apps
Friday 5 November | 1pm-3pm | Bring your bus journey planner

Computer Friendly Lessons
Please contact the office on 0113 260 6565 to book and we will get back to you to confirm your place. Cost £3 per class. Classes are limited to five participants. Please bring your own smart phone or tablet unless otherwise stated. **Friday lessons now run in our new Cross Gates & Whinmoor Community Hub in the Crossgates Shopping Centre.**

Personal Safety and Health Apps
Friday 28 January | 10am-12pm | Every phone should have emergency contacts and what3words to help you in an emergency. Also learn about different health apps.

NHS App
Friday 28 January | 1pm-3pm | Bring along your NHS Number, passport or driving licence and we will help you set up the NHS App, show you how to book GP appointments, view your medical records and NHS Covid Pass.

Pinterest
Friday 4 February | 10am-12pm | Pinterest is a visual discovery tool. Ideas like recipes, home, style inspiration and more. You'll find inspiration.

All about Games
Friday 4 February | 1pm-3pm | Find out how to play Sudoku and other games on your device. Then join in some games with us.

eBooks / Audiobooks
Friday 11 February | 10am-12pm | Find out how to download and read eBooks and audiobooks for free on your phone and tablet. To attend you will need a library card number and pin which are available from Crossgates library.

Google searching
Friday 11 February | 1pm-3pm | Find out how to search Google more effectively and take part in a fun quiz using Google.

Computer Friendly Lessons
Please contact the office on 0113 260 6565 to book and we will get back to you to confirm your place. Cost £3 per class. Classes are limited to five participants. Please bring your own smart phone or tablet unless otherwise stated. **Friday lessons now run in our new Cross Gates & Whinmoor Community Hub in the Crossgates Shopping Centre.**

All about emails
Friday 18 February | 10am-12pm | How to send, reply and delete emails, photos and download and read important attachments and save them

Holiday Time
Friday 18 February | 1pm-3pm | Learn how to research flights and holidays on popular booking sites, compare prices and check out reviews

NHS App
Friday 25 February | 10am-12pm | Bring along your NHS Number, passport or driving licence and we will help you set up the NHS App, show you how to book GP appointments, view your medical records and NHS Covid Pass.

Personal safety and health apps
Friday 25 February | 1pm-3pm | Update your phone with your 'in case of emergency' numbers, what3words app and find out more about other health apps to keep you fit and well.

YouTube
Friday 4 March | 10am-12pm | Find and watch videos, learn how to save videos to watch later.

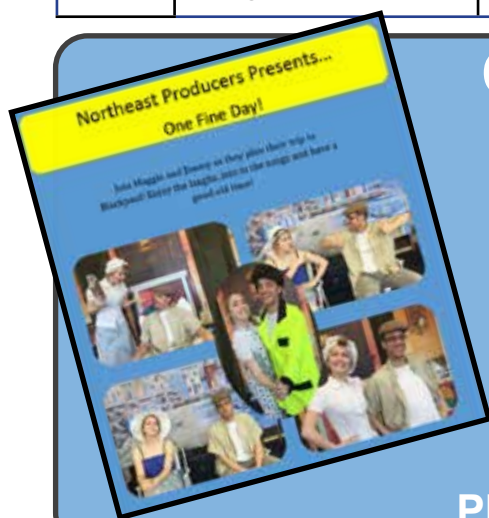
Google Photos
Friday 4 March | 1pm-3pm | Organise your photos into albums, back them up so they are safe and learn how to delete any you no longer want. If a course is full, we can add you to our waiting list and the class will be repeated. All our other one-to-one IT lessons will continue to take place at the Newman Centre. Registered Charity Number: 1180095 | crossgatesgns.org.uk

Tuesday Minibus trips



Home pick up and drop off
£4 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 12/4	Batley Mill Shopping	10.15am	2.30pm	£5
Tue 24/5	Wentworth Woodhouse Garden Centre & walled garden	10am	3pm	£8
Tue 14/6	Safe Anchor Barge Trip	10am	4pm	£20 inc. picnic



One Fine Day! Panto

Wednesday 4 May
at 1.30pm

Cost: £5

Including tea and cake

Limited spaces.

Please book via the office.

Events

Celebrate the Queen's Platinum Jubilee!

Tuesday 31 May 2022

Street Party at

The Newman Centre | 10am–12pm

Over the next few months we will be working across our groups gathering memories and ideas for us to display at our celebration.

If you have any stories or ideas that you think would be good to share please contact our office to speak to Ellie.

Please book a place



If you are housebound and would like a **Jubilee Activity Pack** with the itinerary of the day and activities to help you celebrate, please contact the office. Limited numbers.



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

We also have our own YouTube channel

Local Council Elections

Local council elections will be held on **Thursday 5 May**. If you have not already registered for a postal vote and would like to do so, please go to <https://www.leeds.gov.uk/your-council/elections/postal-voting> to download the application form or pop into the office and we can print you one out.

You must return your postal vote application form by **5pm, Wednesday 20 April**.

Scan me to visit website



Good Things
Foundation



Registered Charity Number: 1160095