



Summer 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...



It's that time of year when the days are getting lighter and brighter. The sun is shining, the birds are tweeting and it finally feels like things are improving, as we get back to a new norm.

We have loads of exciting things in store over the coming months from sing-a-longs, seaside and mini-bus trips, ice-creams at our coffee mornings and don't forget our annual Summer Fayre. **Please see from page 22 for further information.**

As the temperature increases, please be extra careful to ensure that you are well hydrated. **See page 15 for more tips.**

Farewell to Ellie

It is with mixed emotions that we say 'farewell' to Ellie who is leaving us to start a challenging new role with a different charity.

Ellie joined us in January 2021 on a one-year 'Time to Shine' leader placement through the Rank Foundation. She has been a delight to work with over the last 18 months.



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

We will miss her in the team, but wish her every success in her new venture.

Ellie says, "It has been a privilege to work with such a fantastic team. I came in as a Communications Co-ordinator but have since learned my true passion for helping and supporting people. I'm going to be working for a domestic abuse charity, supporting victims and their families."

"This is something I feel very passionate about and working for Cross Gates Good Neighbours helped me realise this. I am so grateful for everything I have learned in my time here. I will miss everyone so much."

Reflection from Jo

Some of you may have noticed that I've not been around as much lately. I've been working remotely throughout April.

This is my tenth year at the Scheme and the pressures of the last few years have taken their toll on us all, in one way or another. I'm glad to say that the time away has given me a chance to think and plan for the Scheme going forward.

It was also a time to reflect on the good work and support that our Scheme offers to our members and how we can continue this. We have new projects that we will be starting this year and we will be really focusing on ensuring that we continue to provide the best service we can.

A massive thank you to the staff and volunteer team for being there as always, when I needed you!

Jo Horsfall - Chief Executive Officer



Cross Gates & Whinmoor



Since opening its doors last November, the Cross Gates & Whinmoor Community Hub has helped over 6,000 people. Find out what's on below:

Monday

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

12pm-3pm | **Department for Work and Pensions (DWP)**, support and information in relation to Universal Credit.

Tuesday

10.30am–11.30am | **Words for Wellbeing**, 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–12pm | **Money Buddies**, help and advice on debt, benefits, housing, bailiffs and income expenditure forms. Report illegal loan sharks.

10am-11.30pm | **Leeds Hearing & Sight Loss Service Drop-In** every **second Wednesday** of the month.

1pm-2.30pm | **Breast Friends**, organised by Cross Gates

oor Community Hub

3 August
2022
Breastfeeding
Awareness Day

& Manston Children's Centre, support and advice for breast feeding.

2pm-4pm | **Carers Leeds Support Group** every **first Wednesday** of the month.

3pm-4pm | **Bereavement Support Group**, every **fourth Wednesday** of the month.

Thursday

10am-12pm | **One to One IT Support**. Booking required.

Friday

9.30am-3pm | **IT sessions**. These lessons cover games, eBooks, Google searching, NHS app. Booking required.

Thank you

Thank you to **Councillor Pauleen Grahame** for a £100 donation from **MICE Funds** to purchase craft materials for our Children's Easter event. Thank you to **The Tribe** for running the event with us - over 200 people attended!



Thank you to **Tesco Express** on Briggate, Leeds for their generous donation of delicious cakes and biscuits – these will be used for our Jubilee Event.

More information

If you are interested in finding out more or you need any help and advice, please call us or drop into the Hub.

Supporting Independence



As Outreach Manager, Marion supports the Outreach Team and oversees the new Enhance Project and SWIFt, to support older, frailer people in our community to feel less lonely and isolated.

Enhance Project



We have secured funding for an exciting new project, **Enhance**, a collaboration between Leeds Community Healthcare NHS Trust, Leeds Older People's Forum and Forum Central. We will work in partnership with Seacroft Neighbourhood Team and other health and social care professionals to provide post hospital discharge support to our members. The aim is to improve members' mental and physical wellbeing, to reduce and hopefully prevent, the likelihood of hospital readmission.

We are looking at introducing a new gentle exercise class for frailer members, which will provide an opportunity to mix and chat with new people while helping to build confidence and improve general wellbeing.

SWIFt

Over the years, Dee and Sandra, our **SWIFt** Workers, have supported many of our members. They have made an amazing difference to not only our members' lives, but those of their carers, families and friends,



knowing that their family members have been supported.

The **SWIFT** project offers a person-centred approach to work with people to identify their individual concerns and issues. We find out what matters to them, so that together we can look at ways to address their needs.

The team carry out initial assessments, follow up home visits and refer to specialist agencies and organisations when required. We provide a lot of individual one-to-one and group support to support members' health and wellbeing and help them maintain their independence.

Ilona, is a key member of the outreach team and oversees many of the activity groups, in particular the coffee mornings and exercise groups. She provides individual support to members to improve their confidence in meeting up and socialising with people again.



Individual Support

The individual support provided by the team comes in many forms, for example, regular phone calls, home visits, supported or accompanied outings locally to shops or activities. We offer a befriending service as well as referrals to outside agencies for specialist practical and emotional support. We refer people regularly to Home Care services, Adult Social Care, Housing, Welfare Rights, Carers Leeds, bereavement support, GPs and Care & Repair for practical support within the home.

During the last year we made 79 referrals to external agencies on behalf of our members for specialist support.

Reducing Loneliness & Isolation



We have received funding from **West Yorkshire Combined Authority** to run a project to help people include more walking into their daily lives.

Summer Short Walks

We will be running a course of six supported short walks on alternate Tuesday mornings from Tuesday 21 June. We will leave the Newman Centre at 10.30am and visit local beauty spots such as Roundhay Park and Temple Newsam.

Who can join

Have you have lost confidence in walking outside on your own, and/or your fitness levels have dropped after spending so much time in your home during the pandemic? Would you be interested in joining a group for a gentle short walk for exercise, fresh air and company? If so, then please get in touch to book your place. Your first walk is free; following walks will be £2 per session.

Companionship Walks

We can also provide companionship walks for members who require short term individual support for health reasons, for example like Cath Hesselwood, pictured here after her fall.





Meet Cath, a volunteer and member of the Scheme, who loves keeping active. Cath is a member of the Monday Walking Group and a regular attendee at Thursday Line Dancing sessions.

Unfortunately, a few months ago Cath fell and broke a bone in her neck which left her wearing a neck brace for 13 weeks! Obviously, this had a huge impact on Cath's independence. As well as her physical fitness levels, Cath's mental health started to dip. Cath is very much a people person who really missed meeting up with friends.

With support from her friend Barbara, her husband Rob and Project Workers Dee and Sandra, who took turns in walking Cath into the Tuesday group and home again, she was able to join our coffee morning.

Cath says the companionship walks alongside the amazing support she has received over these last few weeks have really helped her to cope. Thankfully, Cath has finally had her neck brace removed. She has now been able to wash her hair, something she has been unable, and desperate to do since her accident!

If you would be interested in joining us for a gentle Summer Short Walk or would be interested in Companionship Walks, please get in touch.

Reducing Loneliness & Isolation



Funding received from the Department for Transport ‘**Tackling loneliness with transport fund**’ means we can increase our minibus trip outings from July.

Shared Outings

Trips will be aimed at people who are recently bereaved, men, carers, dementia support and mixed groups, to name but a few. The aim is to support more people to be able to get out, build confidence, form friendships and offer peer support. Please look out for more details at groups, in the office, with a full itinerary in the Autumn newsletter.

Sandwich and a Song

Do you enjoy belting out a tune? People find that there’s something really positive and uplifting about singing whether on your own or in a group.

It is widely recognised that singing is good for your body and your mind.

It can help with breathing, lift your mood and help your memory. There are so many benefits as well as being a lot of fun and a chance to make new friends.



Whether or not you can carry a tune, it doesn't matter. If you're one of those people who enjoys a good old sing-song, then come and join our Sandwich and a Song group.

We meet in our Centre on the **first Tuesday of each month** at midday for a bite to eat and a bit of socialising. This is followed by the main event raising the roof, and our spirits, to songs accompanied by Howard on his electric organ. Please book via the office.

Gardening Group

Are you interested in joining a Gardening Group? We are looking at setting up a group that meets fortnightly to share knowledge, acquire new ideas, maybe even share seedlings and cuttings, and talk about all things gardening! The idea is to meet up one fortnight in the Hub and one fortnight in each other's gardens in turn, for those who would like to do that.

If this is something that interests you, please ring Marion on 0113 260 6565 to chat in more detail. If we get enough interest, then we will set this group up.

WOULD YOU LIKE TO JOIN A GARDENING GROUP?

Cross Gates & District Good Neighbours[®] Scheme C10 Working with and for older people

Gardening Group is for people who are interested in gardening and like to meet up weekly. We will visit each other's gardens in turn, acquire new ideas, share knowledge and perhaps even seeds and cuttings!

Call 0113 260 6565 or email admin@crossgatesgns.org.uk to let us know if you are interested.

Registered Charity Number: 1150662 1150662@crossgatesgns.org.uk

Monday	Tuesday	Wednesday
Weekly Activities		
Walking Group Leaves The Newman Centre at 10.45am £3	Drop-In Coffee Morning 10am-11.30pm £2.50	Mixed Activities 10am-11.45am
Games Afternoon 1pm-3pm £1	IT Support Drop-In 10am-11am FREE	Lunch Club 1.30pm £5
Online Quiz 7.30pm-8.30pm FREE	Ukulele 11.30am-12.30pm £5	Flexi-cise chair exercise 1.15pm-2.15pm-3pm
	Tai Chi 1.30pm-2.30pm £3.50	

All activities are subject to availability



Monthly Activities	
First Tuesday of month Sandwich and a Song 12pm-2pm £5	First Wednesday of month Carers Leeds 2pm-3.30pm Free
Third Tuesday of month Birds of a Feather Dementia Cafe 1pm-3pm £2.50	Second Wednesday of month Hearing Loss 10am-11am Free
Fourth Tuesday of month Food and a Film 12pm-3pm £5	Fourth Wednesday of month Bereavement Group 3pm-4pm Free



Wednesday	Thursday	Friday
Activities		
Book Club 10am-12pm £3	Cryptic Crosswords 1.30pm-3pm £2	Drop-In Coffee Morning 10am-12pm £2.50
Line Dancing 12pm-1.30pm	Line Dancing 1.30pm-2.45pm £3.50	Painting & Drawing 12.30pm-2.30pm £4
Chair-based 10am-12pm & 2pm-4pm £3	IT Support 10am -12pm Booking Required FREE	Computer Friendly Lessons 10am-12pm & 1pm-3pm £3

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

Activities	
Monday of month IT Support FREE	<p align="center">Activity Location</p> <p>Unless stated below, the activity will take place at The Newman Centre, Station Road, Crossgates, LS15 7JY</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
Wednesday of month IT Support 11.30am FREE	
Friday of month IT Support 4pm £1	



Keeping Healthy



Birds of a Feather is our monthly group for people living with dementia and their carers. Come and relax with other people who understand what it is like to live with dementia, or to care for someone with this illness.

This very friendly group meets on the **third Tuesday of each month** and provides company, advice, information, entertainment, music, tea and cakes. If you would like more information please get in touch.

Dementia Action Week

Dementia Action Week is Alzheimer's Society's biggest and longest running awareness campaign. This year's campaign ran from 16-22 May.

Our Dementia Action Week event at the Hub went really well. It was great to see people from the community coming in for advice and support. Our bake sale raised just short of £50, with Brian's book raising £24.

Carers Week | 6-12 June

In collaboration with West Yorkshire Health and Care Partnership, we are making a big push to get Carers' Emergency Planning packs to as many carers as possible during Carers Week. The pack includes:

- A 'Message in a Bottle' <https://lionsclubs.co/MemberArea/knowledge/lions-message-in-a-bottle/>

- A contingency planning form
- Top tips
- Useful numbers to access help

Please let us know if you would like a Planning Pack.

Our **Carers Leeds Support Group** runs on the **first Wednesday of the month** at Cross Gates & Whinmoor Community Hub from 2pm-3.30pm. It's free to attend and open to all carers.



Keeping your cool!

While summer brings us warmth and sunshine, prolonged exposure to the sun in summer months can be dangerous. Keep in mind the following tips when trying to stay cool.

- **Stay away from direct sun exposure.** Plan your activities either early in the morning or late afternoon.
- **Spend as much time as possible** in air-conditioned spaces or have windows open, safely and securely, to create a cool draught.
- **Stay hydrated.** Drink plenty of cool water, clear juices, and other liquids that don't contain alcohol or caffeine.
- **Dress appropriately** to stay cool and avoid sunburn.
- **Don't get sunburnt.** Buy a broad-spectrum sunscreen lotion or spray with SPF 30 or higher.
- **Cool down!** Take tepid (not too cold or too hot) showers or baths when you're feeling warm. Or you can wet flannels or towels with cool water and put them on your wrists, ankles, armpits and neck to keep you cool.

Digital Health Hub



Do you need help with your phone or tablet? If so, you can book an appointment with our IT team. We offer one-to-one appointments and small group classes on a Friday.

Book an appointment

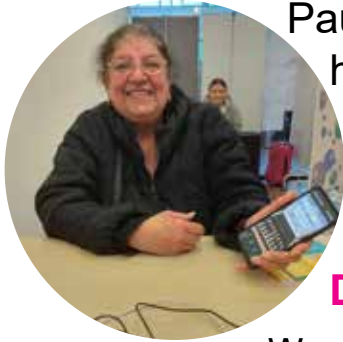
Appointments are available at:

- Newman Centre
- Cross Gates and Whinmoor Community Hub
- Tranquillity Court
- Orchard Croft

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



Digital Success!



Paula contacted our IT team for help after having her phone stolen, to see if we could help retrieve her old photos which she had lost with the phone.

Don't forget to back up!

We managed to find 2,000 photos for Paula which she thought were lost forever, and backed them up securely. If Paula didn't have a copy of these photos elsewhere she would have lost years' worth of memories when her phone was stolen. We always check during IT lessons that members photos are backed up and secure.

"I was really glad to get my photos back. Some were from places I'd never been to before, and I maybe won't go back again anytime soon. So, it's nice to have the photos back."

"I'm looking forward to showing my daughter, and seeing what photos she has too."

Please check your photos are backed up on your phone or laptop. If you need help or advice with this contact our IT team to discuss.



Spotlight on Members



When war broke out in 1939, Vera Merrey was in the Girl Guides at All Saints Church, York Road, Leeds. She was in charge of knitting ‘socks for soldiers’.

“My mum went round the street telling neighbours: ‘Our Vera has joined up,

Hitler’s got no chance.’

“When I left Guides I still wanted to do my bit in the war effort, so I joined Girls’ Brigade in Market Street. The uniform was a navy blue forage cap, white shirt and my dad’s black tie. I didn’t think much to that outfit!



“I then went to join up for the Civil Defence Messengers, but I was only 15, and he said come back when you’re 16. So as soon as I turned 16, that’s what I did. A proper uniform!

“We had a place down in Burmantofts, there was a big congregation building there. And we’d wait there and if there was an air raid, we’d go out. We never had it that bad in Leeds.

“In the event of an air raid I was supposed to get on my bike and pedal up Harehills Lane to a telephone communications centre and take messages from there.

“Thank goodness I was never called! My new greatcoat
18

was so heavy and nearly touched the ground, so I couldn't get on my bike, let alone pedal up the hill. We never had a bad call out really, we were just on guard."

What made you volunteer to sign yourself up?

"It was the times, it was just what you did. It was good to be part of something, and you hoped to help the war. I met lots of people, travelled around England, I'd do it all again. I never had any second thoughts, I was in, that was it."

Lining the route for King George and Queen Elizabeth. Vera was in charge of keeping the crowd back for the Queen.

What was it like being there with the Queen?

"Well I was there because I'd been chosen to stand guard and keep the crowd back. She didn't exactly say 'Oh hi Vera nice to meet you!'"



"After a few months I joined the military police at Redcap. I did that for three years. I was in my early 20s by then, and then I met a military policeman, Arthur Merrey. After the military police we got married and had four children."

In total Vera now has 33 children, grandchildren and great grandchildren. One of her great grandson's has just joined the army.

Do you think you inspired him?

"Oh I don't know about that, I think he just decided he was going to, like me really."

Coronation Baby!



Margaret Logan was born on the 2 June 1953, also known as Coronation Day. All babies born on that day were sent a coronation spoon.

“Mum was really proud to get it, I found it in her wardrobe when she sadly went into a home. I’d never get rid of it, it’s beautiful.”

Inside the box reads: *“The Coronation Spoon – the pieces of the Regalia were all destroyed during the Cromwellian Period and new ones were made for the Coronation of Charles II with the exception of the Anointing Spoon, which was discovered in the Abbey Treasury. It is made of Gold and set with four pearls and dates back to the 13th Century.”*



Thank you to Vera and Margaret for sharing their stories.

If you have a story to tell please get in touch with Marion on 0113 260 6565 or email marion@crossgatesgns.org.uk, you never know, you might just be featured in a future newsletter!

Leaving a Legacy



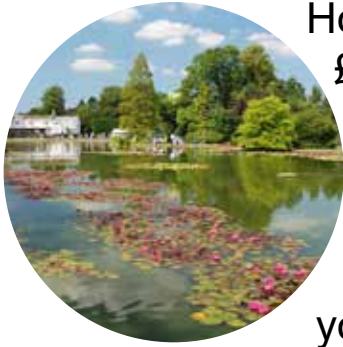
We sometimes receive funeral collection monies or are left a legacy in our late members' will. This is very much appreciated and shows the importance of our Scheme and what it means to our members in their everyday lives.

Pat Hyde - Most of you will have known Pat, our Chair Bill's loving wife. Pat and Bill officially opened our charity in 2005 when they were Lord Mayor and Lady Mayoress of Leeds and have both continued to support us over the years. Monies from Pat's funeral collection will be used to support our Dementia cafe.

Maureen Mason - Maureen sadly passed away recently. Money donated from her funeral collection will be spent on materials for the activity group that she attended for many years. Maureen loved this group and was a whizz with a crossword book!

Ann Burke - Ann left a £1,000 legacy in her will requesting that it be used to take her friends out on a trip. Some of you will remember the planned Millstone trip for VE day was cancelled, so all on the list have been offered first refusal on a Jubilee celebration at Millstones on Thursday 9 June. Any places left will be offered to members and friends of Ann at a subsidised cost.

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
12/7	White Swan, Budwith	11.30am	2.30pm	£20 inc. meal
9/8	Burnby Hall Gardens	9.30am	2.45pm	£15 inc. entrance fee

Cross Gates & District Good Neighbours' Scheme CIO
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Summer Fayre

Wednesday 17 August

1pm-3pm | Free Entry

Browse our stalls including:
Bun Stall, Art Exhibition, Tombola and Bric-a-Brac.
Donations to be received no earlier than
Friday 12 August - thank you.

Shared Tables

Shared
Tables is
back!

Date	Time	Venue
Saturday 18 June	1pm	Barnbow
Sunday 26 June	1pm	Zorbass
Saturday 2 July	1pm	Devon
Sunday 10 July	2pm	La Cantina
Saturday 16 July	1pm	Harvester
Sunday 24 July	1pm	The Station
Saturday 30 July	1pm	Skyliner
Sunday 7 August	1pm	Brown Cow
Saturday 13 August	1pm	Devon
Sunday 21 August	2pm	La Cantina
Saturday 27 August	1pm	Barnbow
Sunday 4 September	1pm	Zorbass
Saturday 10 September	1pm	Black Olive
Sunday 18 September	2pm	La Cantina

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



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Whitby Trip

Thursday 1 September

Leaving The Newman Centre at 9.15am

Cost: £10

Trip bookings taken from 17 June
Subsidised by Kingswear Gallery

Contact us

Please ensure that we have your most up to date emergency contact details - thank 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

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We also have our own YouTube channel



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ANNUAL SPONSORED WALK

JOIN US ON MONDAY 27 JUNE
TO RAISE FUNDS FOR THE
RUNNING AND UPKEEP OF OUR
MINIBUSES. THERE IS A CHOICE
OF TWO WALKS: HAREWOOD
HOBBLE (7.5 MILES) OR THE
WHARFEDALE WANDER
(5 MILES)

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<https://www.justgiving.com/campaign/CDGNS-SponsoredWalk22>

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