

**Spring 2023**

# **Cross Gates & District Good Neighbours' Scheme CIO**

Working with and for older people



**Call 0113 260 6565**

[www.crossgatesgns.org.uk](http://www.crossgatesgns.org.uk)

# A word from the office...



Welcome to our Spring newsletter. Spring brings with it new beginnings and here at the Scheme it feels like we are in the midst of the development of new groups and projects, alongside others that are now well embedded.

The newsletter is a time for me to reflect and share with you all the great work that goes on behind the scenes whilst keeping you up to date with what's going on.

Thank you to those who were able to attend our AGM and 20th birthday celebration in December. It was well attended and the motion to change the Objectives of our Constitution was passed overwhelmingly by our members, so we are now covered for all the extra work we do in the community via the Hub. These Objectives have been approved by the Charity Commission and are now a permanent fixture of our Constitution.

Throughout my ten years here at the Scheme one of things I really appreciate is the level of support that I receive from the



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

Trustees, staff, volunteers and members. So, I was sad to say farewell to **Bill Hyde** as our Chair but happy that he will continue as a member and support to the Scheme.



**Lynda Pitts** who I'm sure most of you will know or will have seen at the office, has stepped up as our new Chair and I'm sure that she will do a great job. Lynda is very passionate about the Scheme and dedicates a lot of time to support us all.



Our Digital Co-ordinator **Sam Haggart** has moved to Leeds Older People's Forum providing digital support citywide. This is not a farewell for us as Sam will still be supporting us from afar and returning to deliver IT training sessions later in the year - see

page 16. In the meantime we will continue to offer one-to-one digital support and an IT Drop-In at the Hub on Fridays from 10am-12pm with Emily, Stephen and our team of digital volunteers.

We are supporting Leeds 2023 to create an amazing celebration this Summer.

As we move into 2023 a lot of my time will be spent looking at our services, staffing and funding to ensure that we continue to deliver the best service possible.

**Jo Horsfall - Chief Executive Officer**

Please note our Closure Week is 8-12 May. No groups will run this week but the office will remain open for emergencies. The Hub will remain open.



# Cross Gates & Whinmoor



Since opening its doors in November 2021, the Cross Gates & Whinmoor Community Hub has now helped over 12,000 people.

## Monday

9.30am–11.30am |

**One You Leeds**, a weight loss or weight management group.

1pm-3pm | **Men's Group**, open to men over 60, to socialise together, have a coffee and get to know new people.

In the last year we have applied for 129 Blue Badges and 240 Bus Passes.

## Tuesday

1pm-3pm | **Mind Matters**, a peer led group organised by Connecting Crossgates offering wellbeing support.

## Wednesday

9.30am–12pm | **Money Buddies**, help and advice on debt, benefits, housing, bailiffs and income expenditure forms. Report illegal loan sharks.

10am-12pm | **Leeds Hearing & Sight Loss Service Drop-In** every **second Wednesday** of the month.

1pm-2.30pm | **Breast Friends**, organised by Cross Gates & Manston Children's Centre, support and advice for breast feeding.

2pm-3.30pm | **Carers Leeds Support Group** every **first Wednesday** of the month.

# Whinmoor Community Hub

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

## Thursday

12pm-2pm | **Warm Space**, call in for a free hot drink and energy advice. All welcome.

## Friday

10am-12pm | **IT sessions**, these lessons cover games, eBooks, Google searching, NHS app. Booking required.

10am-12pm | **Cross Gates & Whinmoor Neighbourhood Policing Team** every **third Friday** of the month.

12pm-2pm | **Warm Space**, call in for a free hot drink and energy advice. All welcome.

## Thank you

Through the **Household Support Fund**, we distributed food hampers to Swarcliffe Good Neighbours, The Tribe, Crossgates Children's Centre, Swarcliffe Primary, Grimesdyke Primary and John Smeaton schools. Schools identified 47 of their most vulnerable households to receive food hampers which also included a wrapped Christmas gift for each family member. A total of 350 gifts were distributed.

Our Winter Food Pantry is extended to **29 March** through funding received from the Household Support Fund and Stay Well This Winter Grant. Thank you to Iceland, TUI, Specsavers, Matalan Halton, Halifax Bank and members of the local community for your donations.

A set of thermals was given to all members of groups who attend The Hub. Gloves were given to babies from the Breast Friends group.

# Supporting Independence



We are delighted that Leeds Community Healthcare Trust has agreed to fund the **Enhance** project for a second year.

This gives us the opportunity to review and learn from the work of the first year, and develop the project further so we can work together to provide an improved person-centred wraparound service for our members who have recently been discharged from hospital.

## Moving on...

As part of the Enhance project we have developed a new gentle exercise class called **Moving On** that incorporates strength and balance exercises and is aimed at people who have recently been discharged from hospital or need further support with their mobility.

Moving On runs alongside Active Leeds 'Strength and Balance' (S&B) course: a structured programme of exercise for people with low mobility or who are at risk of falls.

As well as improving mobility and fitness levels, this group provides an opportunity to build confidence, form new friendships and offers peer support as both groups come together after the sessions to socialise.

Our Enhance workers identify people who would benefit from these groups and then refer direct to Active Leeds so that they can complete their assessment and check

suitability. If the person is too advanced for the S&B course, they move directly into the 'Moving On' group. If you think you could benefit from this group please contact our office.

## Befriending

Another key element of the Enhance project is our **Befriending Service**, particularly for our frailer housebound participants. Due to the ever-increasing demand for our befriending service, Marion needed assistance to manage and coordinate the service. She was delighted when volunteer **Lyn Hallard**, agreed to take on that role. Lyn has been able to put the years of skills, abilities and expertise amassed during her working life to great use. She's an amazing support to us all.

## Meet Mrs Organised - Lyn Hallard!

*"When I joined 'Good Neighbours' as a volunteer four years ago, it was because I wanted to be more involved with our local community. In particular, I wanted to work with other people, doing something that made a positive difference, and with a nick-name of 'Mrs Organised', the co-ordinator role is the perfect match."*

*"However, I am just one small cog in the Befriending team. Through getting to know people on an individual basis we spot many issues and identify practical help that might be needed in the home. We are a vital link between our members and social networks, services and activities; the 'eyes and ears' for the staff team."*



# Reducing Loneliness & Isolati



Ann's befriending placement came about as a result of one of our welfare calls during the pandemic. Ann is a very independent person and says she wouldn't have sought this support, but because it was offered to her, she accepted it.

## Ann's story

During lockdown, like many people, Ann was feeling very cut off and lonely. She only saw her son once a week. Prior to the pandemic Ann had gone out every day.

*"Following the welfare call I agreed to have a telephone befriender, and I met Andrea; a nice new friend to talk to. At that time, I did everything on my own: I lived on my own, went for walks on my own. I got very down at times. I really looked forward to Andrea's phone calls."*

*"I could tell Andrea things I wouldn't tell my children, because I didn't want them to worry. It was a lifeline in that respect. It gave me a different perspective and also broke the week up. We quickly developed a trusting friendship. We just 'gelled'. Her phone calls helped me through a difficult time."*

*"We talk about everything. Putting the world to rights! Being younger than me she has a different perspective; different ways of looking at things."*

*“Circumstances are different now, post Covid. Andrea has her job and family commitments, but she still rings me when she can and it’s lovely to catch up when she does. I met Andrea once at my house which was lovely. Great to finally put a face to the voice. We plan to meet up for a coffee at some point to meet face to face again.”*

Ann says anyone thinking of having a befriender should just do it, it’s something special.

## **Andrea’s story**

*“When the pandemic hit in 2020 there was so much on the news about what help was needed for vulnerable people in our communities and how difficult it was for everyone working in the social care sector. I felt I wanted to be able to do something to help and feel that I had at least played a small part to help the pandemic effort, so I became a volunteer.”*

*“I continued to work full time throughout the pandemic and therefore only had limited time. Through the Scheme I was able to help with shopping and prescription deliveries and they also arranged for me to become a befriender.”*

*“I have really enjoyed the befriending experience. I was very nervous when I made my initial call to Ann but we seemed to hit it off straight away and we have developed a lovely friendship. Getting involved with the Scheme has been a lovely experience for me, and finally meeting Ann in person after two years of talking on the phone was wonderful. We can now look forward to coffee chats as well as phone chats.”*

# Reducing Loneliness & Isolation



As you know our drop-ins are back and open to everyone. Staff and volunteers are always on hand to offer support and advice. No booking required, unless you need transport.

## Monthly groups

### **Sandwich and a Song | second Tuesday of the month**

**- 12pm-2pm.** A friendly group for people who may feel isolated, need some mental stimulation, an uplifting boost or who simply love to sing. After a light lunch we offer a variety of songs - old favourites and new - to the musical accompaniment of Howard on keyboard. This is a dementia-friendly group and carers are also welcome.

### **Birds of a Feather | third Tuesday of the month -**

**1pm-3pm.** 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.

### **Food and a Film | fourth Tuesday of the month -**

**12pm-3pm.** After a light lunch we turn our activity room into an exclusive mini-cinema; blinds drawn, lights off, large screen and projector, and treats at 'half time'.

### **Gardening Club | first Friday of the month -**

**10am-11.30am.** Got a gardening question? Ideas or tips to share? Join in the chat with other gardening enthusiasts in the café seating area at St. Mary's Community Hall.

## Spring Drop-In Timetable

Date	Location	Topic
Tuesday 21 March	Newman Centre, Cross Gates	Access Bus information
Friday 24 March	St Mary's Church Community Centre, Whitkirk	As above
Tuesday 11 April	The Newman Centre, Cross Gates	West Yorkshire Fire Service Safety Talk
Friday 14 April	St Mary's Church Community Centre, Whitkirk	As above



If you enjoy walking but find long walks a 'step too far' why not try one of our supported walks below, see page 19 for further information.

## Spring and Summer Short Walks Timetable

10.30am departure from the Newman Centre   £3	
Tuesday 23 May	Temple Newsam
Tuesday 6 June	Roundhay Park
Tuesday 20 June	Woodlesford Lock
Tuesday 4 July	Golden Acre Park
Tuesday 18 July	Middleton Park
Tuesday 1 August	Springhead Park

Monday	Tuesday	Wednesday
Weekly Activities		
<b>Walking Group</b>   Leaves The Newman Centre at 10.30am and 11am   £3	<b>Drop-In Coffee Morning</b>   10am-11.30pm   £2.50	<b>Mixed Activities</b>   10am-11.45am
<b>Games Afternoon</b>   1pm-3pm   £1	<b>IT Support Drop-In</b>   10am-11am   FREE	<b>Lunch Club</b>   1.30pm   £5
<b>Men's Group</b>   1pm-3pm   £2.50 - now weekly!	<b>Ukulele</b>   11.30am-12.30pm   £5	<b>Flexi-cise chair exercise</b>   1.15pm-2.15pm-3pm   £5
<b>Online Quiz</b>   7.30pm-8.30pm   FREE	<b>Tai Chi</b>   1.30pm-2.30pm   £5	



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

Please contact the office for further information. All groups must be pre-booked to limited numbers except our Drop-In which are open to all.

Wednesday	Thursday	Friday
Activities		
<b>Y Group</b>   10am-12pm   £3	<b>Warm Space</b>   12pm-2pm   FREE	<b>Drop-In Coffee Morning</b>   10am-12pm   £2.50
<b>12pm-</b>	<b>Cryptic Crosswords</b>   1.30pm-3pm   £2	<b>IT Drop-In</b>   10am-12pm   £2 & <b>IT one-to-one</b>   10am- 1.45pm   £2 please book.
<b>Air-based</b> 5pm-2pm & £3	<b>Line Dancing</b>   1.30pm- 2.45pm   £3.50	<b>Warm Space</b>   12pm-2pm   FREE
		<b>Painting &amp; Drawing</b>   12.30pm-2.30pm   £4

## Activities

day of month <b>Support</b>   FREE	First Friday of month <b>Gardening Club</b>   10am– 11.30am   £2.50
------------------------------------------	---------------------------------------------------------------------------

uesday of  
g & Sight  
11.30am |

Friday of month  
: **Support**  
4pm | £1

Further  
-booked due  
Drop-Ins

## Activity Location

Unless stated below, the activity will take place at The Newman Centre, Station Road, Crossgates, LS15 7JY

- Cross Gates & Whinmoor Community Hub,  
Crossgates Shopping Centre, LS15 8DT
- St Mary's Church, Selby Road, Whitkirk  
LS15 0AA
- Online

# Spotlight on a member



Meet Frank Ireland: our oldest member at 103 years young.

## Early life

Frank was born in 1919 and brought up in a little fishing village in Cornwall. Frank was in the Sea Scouts and also in the local church choir, where he met his first wife Audrey.

## World War 2

When war broke out in 1939 Frank volunteered to join the navy through the Sea Scouts. In 1943 he arranged to marry Audrey who was now in the Wrens. Unfortunately, the week before their wedding, he was sent overseas for two years. They wrote to each other regularly and on 3 December 1945 they finally married and Audrey's best friend, Pauline, was their bridesmaid. They kept in touch with each other over the years and remained good friends.

Following the death of Audrey's father, they moved to Lowestoft where Audrey was originally from. Sadly, Audrey died in 2007.

## Moving to Leeds

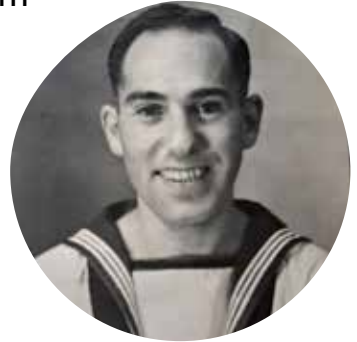
Frank and Pauline continued to keep in touch. Pauline had never married, dedicating her life to looking after her mother. One year, Frank invited Pauline down to Cornwall for a holiday. She, in return, invited Frank up to Leeds. Frank decided to move to Leeds as Pauline had family

and friends here. The Catholic Church was a huge part of Pauline's life and the Methodist Church on Chapel Lane in Halton is still a large part of Frank's.

Frank and Pauline married in 2013 at St Theresa's Church and enjoyed a very happy marriage. They honeymooned in the Lake District and shared many fabulous cruises together. Sadly Pauline died in 2021 from Covid.

## Long and happy life

Frank says he has been blessed with a long and happy life filled with lots of wonderful people, memories and adventures. He got involved with the Scheme after getting in touch with us about a small task he needed help with.



He said we couldn't have sent a better person than Ken Brace, our volunteer handyman, to assist him. Ken was so chatty and positive and suggested Frank should go to one of the Friday coffee mornings at St. Mary's Community Hall, Whitkirk.

Frank now regularly attends the Friday Coffee morning, with transport, which he thoroughly enjoys. They all have such a laugh. He even enjoys the ribbing he gets from other members, particularly Derek, when he actually gets a quiz question right! He highly recommends the 'A1 service' the Scheme provides.

A real bonus for Frank is the friendship he has formed with Alan, and his wife Maureen who both volunteer at St. Mary's. He says they have been very kind to him and they have all become very good friends.

# Spotlight on Staff



**Sam Haggart** started working at the Scheme three years ago when the world was a very different place.

## Lockdown

Six months into her role lockdown happened and suddenly everything moved online. For many people this made life extremely challenging. During lockdown Sam trained many members to use Zoom to access a timetable of online activities that Sam had created.

As we came out of lockdown demand for IT lessons grew rapidly. The IT team saw on average 30 people each week. They trained and supported people to use NHS apps, travel apps, online shopping, emails and to access the online world.

Sam and her IT team have seen first-hand the difference this has made to those they have taught by enabling their independence to do things for themselves, which has increased their confidence and enjoyment around using technology.

## Time for a change

After three years of delivering IT training at the Scheme, Sam has decided it is now time for a change of direction. She has taken a new role with Leeds Older People's Forum to support four other older people's charities in Leeds to develop and increase their IT offer.

Sam says *“It hasn’t been an easy decision to leave. I have enjoyed my time working with the Scheme and enjoyed teaching you over the last three years. I have received so many messages from people who I have taught, and I hope all of you continue with your learning and continue to build on the skills you have developed.”*

## IT Drop-In

The scheme will continue with an IT Drop-In on Friday mornings at the Hub where you can receive one-to-one help or advice with your digital devices from staff and volunteers.

The team will also be continuing to promote the use of the Flexi Bus and Taxi Apps, both of which make it easier to get around.



Sam says: *“Thank you to all those who have volunteered with me, including a special thanks to Harrold who has always given me a lot of support and has helped many of our members. The IT team will continue in safe hands with Emily, Harrold, Stephen and our dedicated volunteers.”*

Our Monday online quiz will continue and Emily will also still be providing one-to-one IT support as required. If you are interested in accessing any IT support please contact the office and also look out for any specific digital lessons which will be advertised in the very near future.

**Final word from Sam:** *“It has been an honour teaching you all and genuinely the best job I have ever done.”*

# Keeping Healthy



We all know the importance of looking after our physical health and emotional wellbeing to keep us fit, healthy and feeling good, and how essential keeping active is to achieving and maintaining these goals.

## Lots of ways to move

Here at the Newman Centre we run a range of exercise activities to enable our members to improve fitness and mobility levels in a fun and friendly environment.

**Monday Walking Group** meets every Monday morning at the Newman Centre, using our minibuses and public transport to reach longer walks further afield. A different route is walked each week. Please speak to the office for a walk schedule.



**Tuesday Tai Chi** a gentle form of exercise which helps to improve strength, balance and flexibility which can help prevent falls, lower blood pressure and ease symptoms of arthritis.

**Wednesday Flexi-cise chair based exercise** gentle stretching and strengthening exercises that can be carried out either sitting down or standing. Great for building strength and flexibility.

**Thursday Line Dancing** a great way to get and keep fit to upbeat music while also providing mental stimulation as you need to be able to coordinate moves to learn the steps and routines. Great for building stamina too.

## **Short Walks**

Following on from the success of the Short Walk programme funded by West Yorkshire Combined Authority during last summer, we plan to run another series of fortnightly short walks starting in May this year.

The walks are supported by staff and volunteers and take place around local parks and beauty spots. These walks are ideal for those unable to undertake long walks due to health issues or reduced mobility and provide an opportunity for people to walk in company and in places they wouldn't be able to access on their own. **More details on page 11.**



## **Lunch club**

Our lunch club offers a two-course healthy home cooked meal every Wednesday for just £5. We can also offer a home delivery service if you are unable to get to the centre.

## **Get in touch**

Please see our programme of activities on pages 12-13 for details of timings and costs. Booking is advisable.

# Shared Outings



Funding received from the Department for Transport for **‘Tackling Loneliness with Transport’** grant has enabled us to provide 31 trips out to 188 members. See below for details of future trips.

Date	Location	Time	Cost
<b>March</b>			
Thursday 30	Balloon Tree, Gate Helmsley, York	11am-2.30pm	£7 plus food
<b>April</b>			
Thursday 6	Woodbank Nurseries & Garden Centre, Bingley	10am-3pm	£6
Thursday 13	The Owl, Hambleton meal	11.30am-3pm	£20 inc. meal
Thursday 20	Lotherton Hall	10.30am-2.30pm	£5
Thursday 27	Empire Outwood fish and chips	11.30am-3pm	£18 inc meal
<b>May</b>			
Thursday 4	Ripley Castle   Good Mobility	10am-4pm	£15
Tuesday 16	Three Horseshoes meal	11.30am-3pm	£20 inc. meal

Thursday 18	Carr Gate Garden Centre	10.30am-2.30pm	£5
Thursday 25	Yorkshire Farming Museum, York	10am-3pm	£11
June			
Thursday 8	Crooked Billet, Saxton meal	11.30am-3pm	£20 inc. meal
Thursday 22	Barge Trip, Shepley Bridge Marina, with a picnic   <b>One-to-one Support</b>	10am-4pm	£25 inc. picnic

Please contact the office to book.

## Events



**Summer Cricket Trip**

Join us on **Thursday 20 July** from **10am-4pm** for a day of cricket at Headingley Stadium. We will be watching the second day of the County Championship Match between Yorkshire and Sussex. Picnic lunch included.

**Cost £20**

# Events



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

## ANNUAL SPONSORED WALK

JOIN US ON MONDAY 19 JUNE  
TO RAISE FUNDS FOR THE  
RUNNING AND UPKEEP OF OUR  
MINIBUSES. THERE IS A CHOICE  
OF TWO WALKS: THE SWINSTY  
SAUNTER (3¾ MILES) OR  
THE FEWSTON FLOG  
(7½ MILES)

**SPONSOR US**

Registered Charity Number: 1160095 | <https://www.justgiving.com/crossgates-goodneighbours>  
[crossgatesgns.org.uk](http://crossgatesgns.org.uk)

You can donate at the office or via

## Thank you



Meet Marie one of our volunteers who handwrites all of the birthday cards that we send to you our members. Marie also books all of our Shared Tables. Have a look on the next page to see if you would like to book a meal out in company...

A special thank you to Wade's Charity who have funded the postage and purchase of cards for a year!

# Shared Tables

Date	Time	Venue
Sunday 5 March	2pm	La Cantina
Saturday 11 March	1pm	Barnbow
Sunday 19 March	1pm	Skyliner
Saturday 25 March	1pm	Harvester
Sunday 2 April	2pm	La Cantina
Saturday 8 April	1pm	Devon
Sunday 16 April	1pm	Zorbas
Saturday 22 April	1pm	Barnbow
Sunday 30 April	2pm	La Cantina
Saturday 6 May	1pm	Devon
Sunday 14 May	1pm	Skyliner
Saturday 20 May	1pm	Barnbow
Sunday 28 May	2pm	La Cantina
Saturday 3 June	1pm	Harvester
Sunday 11 June	1pm	Zorbas
Saturday 17 June	1pm	Devon
Sunday 25 June	2pm	La Cantina
Saturday 1 July	1pm	Barnbow

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

Book your place for our May Panto '**Mothers know best**' on Wednesday 17 May from 1.30pm-3pm | £6 including tea & cake!



# 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](mailto:admin@crossgatesgns.org.uk)

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Thank you to Cllr Pauleen Grahame for £200 MICE money to support us purchase gifts for our Winter Christmas Gift Appeal alongside donations received from Matalan, Cosy Home and members of the local community.



Scan me to visit website



Registered Charity Number: 1160095