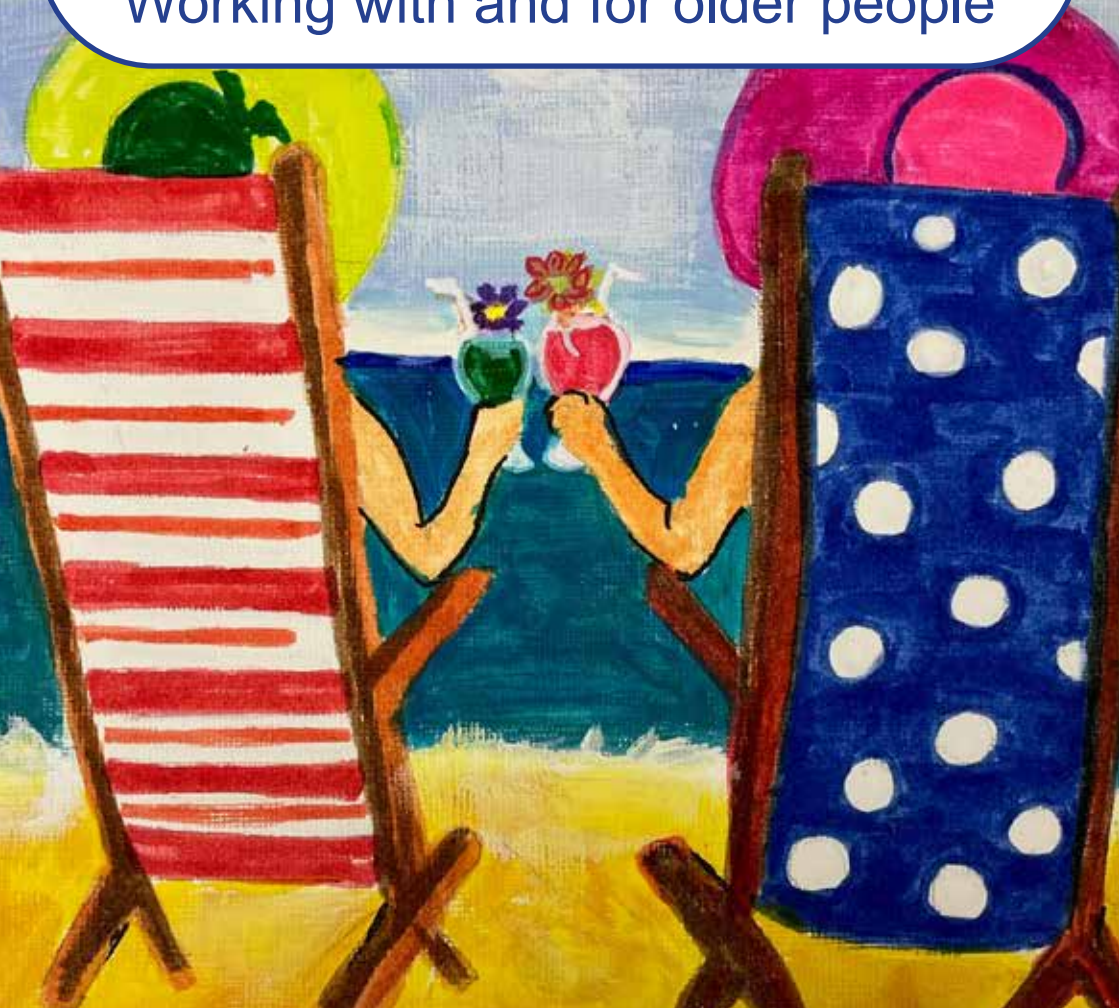


**Cross Gates & District
Good Neighbours' Scheme CIO**
Working with and for older people



Call 0113 260 6565

www.crossgatesgns.org.uk

A word from the office...



Welcome to our **Summer** newsletter.

The days are lighter and brighter and even just looking out of the window can really lift your spirits.

Over the last few months we have been busy at the Scheme checking in with our members through our wellbeing calls. These calls help us to focus on what we can do to support our members and what is needed to develop our services further.

The Scheme is growing on a daily basis with more members joining and requiring extra support. One of our main priorities is to source extra funding to ensure we can meet this growth and demand on our services. Our core funding from Leeds City Council has been extended for a further two years. This is good news and does help the Scheme but this funding still only covers 30% of our annual income, so we are constantly looking at other funding sources we can apply for.

Cost of Living

The Trustees, Charley and I have been looking at the running costs of groups in line with the increased charges we are facing for room hire, food and utilities. We have not



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

increased any of our prices since 2018, but unfortunately the Cost of Living Crisis is affecting us all. We have kept costs to an absolute minimum to ensure that all activities remain affordable and good value. Please see our timetable on the centre pages for up-to-date costings.

We will also be holding some financial wellbeing sessions at our Drop-Ins, to raise awareness of what help is available and to ensure everyone is receiving everything they are entitled to, alongside some Cost of Living workshops, to further help you. See page 19 for further information.

Welcome Debra

We are delighted to welcome Councillor Debra Coupar, Deputy Leader of Leeds City Council (Temple Newsam) onto our board of Trustees.



My Leeds Summer

Come and join My Leeds Summer for a special celebration event, taking place on **24 June** at **Crossgates Shopping Centre** from **10am-4pm**. Celebrating the past, present and future of the Cross Gates and Whinmoor Ward, with live music and demonstrations from local groups.

As always if you have any questions or queries we are only a call away. Please do get in touch as we are always happy to help.

Jo Horsfall - Chief Executive Officer



Please note our Closure Week is 11-15 September. No groups will run this week but the office will remain open for emergencies. The Hub will also be closed.



Cross Gates & Whin



The Hub continues to support our local community. **Did you know:**

- Ten participants from organisations in the community, attended a **First Aid** training course funded by Voluntary Action Leeds.
- 28 members of the local community attended a **Budget and Multiply** training course facilitated by Employment and Skills in partnership with 100% Digital Leeds.
- Funding through **Warm Spaces** allowed us to purchase a new projector which we will use in future training.
- Through the Household Support Fund we funded **Season's** £150 to support a sensory garden at **St Luke's Community Centre**.
- 47 children attended our **Easter Arts & Craft Activity** at The Hub (see Mabelle above!)
- Our art tutor Amanda, will be bringing generations together to celebrate the local area through **Leeds 2023** funding.
- In the last year we have helped people apply for **157 Blue Badges** and **329 Bus Passes**.
- To obtain a Bus Pass call into The Hub. Blue Badge appointments must be booked on a Wednesday or Thursday.
- Our Tombola to support The Hub, has raised **£280** so far. Donations welcome.

Whinmoor Community Hub

- Funding from the Household Support Fund and Stay Well This Winter grant meant we provided a total of **823 food hampers, over 20 sessions** to support **397 households**. 83 of those households were aged over 60.

"[The Hampers] helped so much during the cost of living crisis - lovely staff, no judgement."

What's Happening at The Hub

Tuesday

1pm-3pm | **Mind Matters**, a group offering wellbeing support and a safe space to share experiences.

Wednesday

9.30am-12pm | **Money Buddies**, help and advice on debt and benefits

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

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

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

Extra Leeds Hearing & Sight Loss Drop-Ins on Friday 2 & 30 June | 10am-12pm @ The Hub

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.

Supporting Independence



“Enhance – quite a year!” to quote Linda Glew, Programme Manager, at Leeds Older People’s Forum, reflecting on the first year of the project.

Supporting members recently discharged from hospital, helping to prevent readmissions and contributing to the improved health, wellbeing and independence of our members is at the core of the Enhance project.

Partnership Working

In February this year Marion and Dee attended a mini-conference to share findings from Year One, where they were able to network with other delivery partners and professionals. Marion, alongside another third sector delivery partner and a Leeds Community Healthcare (LCH) staff member, delivered a joint presentation about the challenges, benefits and lessons learned from their experiences of partnership working during Year One. They have been invited to deliver this presentation again at the LCH AGM in September.

Outreach Work

Dee visits local assisted-living complexes on a monthly basis to support members recently discharged from hospital as well as meeting and supporting other residents with any issues or concerns they may have, whilst promoting the Scheme’s wide range of services and activities.

Strength and Balance, Step-In and Moving-On

Strength and Balance, Step-In and **Moving-On** sessions are structured programmes of exercise to improve mobility and fitness levels for people with low mobility or who are at risk of falls. The classes help to build confidence and better balance which is extremely important in improving range of movement and feeling stronger, therefore reducing the likelihood of further falls requiring a hospital admission or readmission. They also provide opportunities to form new friendships. Refreshments and transport are also available.



New Group: Step-In

We have identified a need for a new intermediate class called **Step-In** for people who are ready to move forward from **Strength and Balance** but are not quite fit or mobile enough to progress into the **Moving On** session.

Some people need more one-to-one support than others, so our instructor Stuart will assess which class is most suitable for people to join. He will also be able to provide a higher level of one-to-one support in the **Step-in** class as these sessions will be limited to ten participants.

If you think you could benefit from any of these groups please contact the office.

Other Exercise Classes

We also provide a variety of other exercise groups you could join if you would like to maintain or improve your fitness and mobility levels - see pages 12 and 13 for details.

Reducing Loneliness & Isolation



One of the ways we help to reduce loneliness and isolation of our members is by encouraging and supporting them to get out into the community.

This isn't always possible though, especially for those who are unable to leave their homes due to illness, frailty, or mobility issues. When it's not possible, we like to offer our **Befriending Service**, which involves either a regular phone call, or visit to someone in their own home, for a cup of tea and a chat.

Why become a volunteer befriender?

It can really boost your confidence, self-esteem and wellbeing to know that you are helping someone and doing that little bit to improve their life. It also helps you to make new friendships. You need to be:

- interested in other people and like to chat
- a good listener.
- reliable
- able to commit to volunteering one-to-two hours a week

Volunteer Befrienders are supported with an induction, regular check-ins by the Befriending Team and invited to a monthly volunteer Drop-In where they can meet others to catch up and share experiences over a cuppa.

“When I go out to activities with my befriender, I enjoy them as much they do.”

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

Do you like to chat? Are you a good listener?

Become a Volunteer Befriender and help reduce loneliness and isolation of older members in our local community.

It's a great way to make new friends too.

Can you spare an hour a week to offer companionship to an older person through a weekly telephone call or visit to their home? If so, we'd love to hear from you.



Call us on 0113 260 6565

Visit us at Cross Gates & District Good Neighbours' Scheme CIO, Station Road,
Leeds LS15 7JY • 'Like' us on www.facebook.com/crossgatesgns
admin@crossgatesgns.org.uk • www.crossgatesgns.org.uk • [@CrossGatesGNS](https://www.instagram.com/crossgatesgns)



Registered Charity Number: 1160095 • 05/23



Reducing Loneliness & Isolation



Why not try a new weekly activity to challenge and expand your mind to keep it healthy and active while at the same time meeting new people?

Monthly groups

Monday 1pm-3pm | Men's Group For men over 60 to socialise together over a cuppa or game of dominoes or chess and get to know new people.

Tuesday 11.30am-12.30pm | Ukulele Try something really different! Enjoy the camaraderie of the group, and the enjoyment of playing music together.

Wednesday 10-11.45am | Mixed Activity Group Doing something creative is a good way to lift your spirits as it takes your mind off what's bothering you while still engaging your mind. It's also a great way to make new friends. Activities include crafts, making cards and painting.

Thursday 1.30pm-3pm | Cryptic Crosswords Group Meet Brian and the group and give your brain a good workout by solving cryptic crosswords together.

Friday 12.30pm-2.30pm | Games Session Come along and enjoy a session of table top games such as cards, dominoes or Rummikub. Don't know how to play? Not a problem. Someone from this friendly group will show you.

See our programme of activities on pages 12 and 13. Please contact the office for further information and to book.

Summer Drop-In Timetable

Date	Location	Topic
Tuesday 6 June	Newman Centre, Cross Gates	Age UK Energy and Keeping safe advice
Tuesday 13 June	Newman Centre, Cross Gates	Financial Wellbeing Week
Friday 16 June	St Mary's Church Community Centre, Whitkirk	Financial Wellbeing Week
Tuesday date TBC in July	Newman Centre, Cross Gates	Hydration
Friday date TBC in July	St Mary's Church Community Centre, Whitkirk	Hydration
Tuesday 8 August	Newman Centre, Cross Gates	Co-op, wills advice
Friday 11 August	St Mary's Church Community Centre, Whitkirk	Co-op, wills advice
Tuesday 22 August	Newman Centre, Cross Gates	Dementia Awareness Coffee Morning


If you enjoy walking but find long walks a 'step too far' why not try one of our **Supported Summer Short Walks**. See page 13 for further information.

Monday	Tuesday	Wednesday
Weekly Activities		
Walking Group Leaves The Newman Centre at 10.30am and 11am £3	Drop-In Coffee Morning 10am-11.30pm £3	Mixed Activities 10am-11.45am
Men's Group 1pm-3pm £1 - now weekly!	Ukulele 11.30am-12.30pm £5	Lunch Club 1.30pm £6
Online Quiz 7.30pm-8.30pm FREE	Mind Matters 1pm-3pm £1	Flexi-cise challenge exercise 1.15pm-2.15pm-3pm
	Tai Chi 1.30pm-2.30pm £5	

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

Monthly Activities	
First Tuesday of month Sandwich and a Song 12pm-2pm £6	First Wednesday of month Carers Leeds 2pm-3.30pm £6
Third Tuesday of month Birds of a Feather Dementia Cafe 1pm-3pm £3	Second Wednesday of month Hearing Loss 10am-12pm Free
Fourth Tuesday of month Food and a Film 12pm-3pm £6	Fourth Wednesday of month Bereavement Group 3pm-4pm Free

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		
Y Group 12pm-2pm £4	Cryptic Crosswords 1.30pm-3pm £2	Drop-In Coffee Morning 10am-12pm £3
Line Dancing 12pm-2pm-2.45pm £3.50	Line Dancing 1.30pm-2.45pm £3.50	IT Drop-In 10am-12pm & IT one-to-one 10am-1.45pm £2 please book.
Air-based 12.15pm-2pm & £3		Painting & Drawing 12.30pm-2.30pm £4
		Games Afternoon 12.30pm-2.30pm £1

Activities		
First Friday of month Support FREE		First Friday of month Gardening Club 10am-11.30am £2.50

Wednesday of month Support & Sight 11.30am
First Friday of month Support 4pm £1

Summer Short Walks | £3

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

Further
-booked due
Drop-Ins

Spotlight on a member



Marlene (pictured left) has many hobbies including gardening and cake baking. Here we see her helping out at a stall at last year's summer fayre, with John in one of his very colourful handknitted jumpers.

Wedding cake ready...

When Marlene's daughter, Christine, got married in May 1993, she asked her mum if she would make her a three-tier wedding cake. Of course, Marlene agreed. Christine asked Marlene if she would then send it to a professional cake decorator to be iced and decorated as she knew her mum didn't have those skills.

Thinking about this, Marlene realised she would love to be able to decorate her daughter's wedding cake herself, and decided to join an evening class to learn how to do this.

Marlene's tutor was extremely helpful and encouraging and felt Marlene would regret not icing and decorating the cake herself. *"Unfortunately, this did not go down well with my daughter!"* says Marlene.

Decorating progress

Marlene was very pleased with her progress at 'night school' and seemed to pick everything up really quickly from marzipanning to the top icing. Those skills under her belt, she quickly moved on to making sugar flowers.

“My daughter wanted peach carnations. It takes a long time to make flowers – one petal at a time allowing time for each layer to dry before moving onto the next and then arranging them into a bouquet. I found the more I did the better I got at it though.”

“I was so pleased with the result. It looked great. I was doing three lots of bouquets; a large one for the bottom tier and getting smaller for the two tiers above. The tutor was extremely supportive, offering additional help and advice outside of the class if I wanted it which I thought was very kind of her.”

“The Big Day arrived and having taken the cake to the venue and set it up, I was very pleased with the result.”

“I was congratulated so many times during the day, with people saying what a great job I had done, especially as it was my first cake. I felt like a celebrity that day. I have made quite a few since that first one... but have now hung up my icing bag.”



Marlene is now too busy with her very full life which includes walking, line dancing at Good Neighbours, gardening and travelling, to name a few of her interests. She has no time at the moment for baking cakes, let alone icing and decorating. Marlene says this just shows what hidden talents and skills we don't know we have until we give new things a try!

Spotlight on Trustees



Lynda Pitts, who many of you may already know or have seen at the office, is our new Chair. She stepped up to take on this role when Bill Hyde retired recently after 18 years.

Lynda is passionate about the work that goes on in the Scheme and dedicates an enormous amount of time and commitment to ensure that everything that happens here benefits our members.

Background

Lynda was born and educated in North Wales. She moved to Leeds aged 18 to undertake her nurse training. On completing her general nursing and midwifery training, she got a job at Jimmy's. Lynda went on to train as a Health Visitor and worked with families with young children in the community for the remainder of her career.

Lynda's parents continued to live in North Wales. As they became frailer and required more care, she spent a lot of time travelling backwards and forwards to support them.

Volunteering

Following the death of her parents and then retiring, Lynda felt she needed a new focus in her life as she now had a lot of time on her hands. She saw the sign for the Scheme and decided to call in. She met Moira, the then manager, and never looked back!

Lynda began volunteering in 2015 supporting the Wednesday morning craft group by serving refreshments and helping with the lunch club. It soon became apparent that Lynda had a wealth of skills and expertise gained over her working career that weren't being fully utilised and she started volunteering in the office as well as providing one-to-one support in groups.

"I'm passionate that all funding is ploughed back into the organisation and everything we do is about improving the lives of older people."

In 2017 she joined the Board of Trustees, a role which she thoroughly enjoys, supporting fellow trustees and staff and working as part of a team. Lynda felt continuity within the organisation was important and felt well equipped to take on the Chair's role when Bill retired.

Lynda believes that if her parents had had something like 'Good Neighbours' to access and support them, their lives would have been more enjoyable. It would also have helped Lynda, as their main carer with no siblings, knowing they were involved with the community and people were looking out for them.

Family life

Lynda, is married to Gerry and has three stepchildren and two granddaughters. The family recently moved from Colton to Garforth, so there's plenty to keep her busy now.

We feel very lucky to have Lynda as our new Chair. We wish her every success in her new role. She is a great asset and support to the organisation and does an excellent job.

Keeping Healthy



It's as important to look after your **mental health** as it is your physical health and our Scheme runs a number of support groups and activities to help you look after your emotional wellbeing.

Mind Matters @ The Hub every Tuesday

| 1pm-3pm. We have been working with Mind Matters in partnership with Connecting Crossgates, but going forward we will be facilitating and developing this group further. The group is a safe space for anyone who suffers with mental health issues to be able to talk openly and in confidence about their experiences and get peer support from other people in a similar situation. We can also signpost individuals to professional services as necessary.

Bereavement Support Group @ The Hub fourth Wednesday of the month

| 3pm-4pm. Meet Sue and Emma (pictured right), Bereavement Practitioners from **Carers Leeds** and other bereaved people, to talk through how you are feeling. You will receive a warm welcome, and be assured it is a safe place to talk.



Carers Leeds @ The Hub first Wednesday of the month | 2pm-3.30pm. Welcoming and friendly group which gives you the opportunity to share experiences and learn what support is available for carers

Financial support

Worrying about money can really affect your mental and physical health and wellbeing and is a common cause of stress, anxiety, isolation, low mood and sleep problems.

The current rising cost of living affects us all. To help people cope we are holding some financial wellbeing sessions at our drop-ins to ensure everyone is receiving all the benefits and financial support they are entitled to.

Our Outreach Team are always readily available to offer support, advice and refer to organisations for extra support such as Attendance Allowance and Pension Credit.

Cost of Living Workshops

Find out ways you can save money to help with day-to-day living costs and bills and complete your personalised action plan at one of our two-hour workshops.

Dates

- Friday 30 June | 10am-12pm
- Friday 7 July | 10am-12pm & 1pm-3pm
- Friday 21 July | 10am-12pm
- Friday 4 August | 10am-12pm & 1pm-3pm

Get in touch

For more information please contact the office on 0113 260 6565 or drop in.

Shared Outings



Our Shared Outings project funded from the Department for Transport for **Tackling Loneliness with Transport** grant has enabled us to provide **45 trips** out to **229 members** so far. See below for further details.

Date	Location	Time	Cost
July			
Thursday 6	Burnby Hall Gardens, Pocklington, York	9.45am- 3pm	£15 inc. Entrance
Thursday 20	Yorkshire Cricket Club	10am- 4pm	£20 inc. Picnic
Tuesday 25	Aysgarth Falls National Park Centre	9.30am- 4.30pm	£10
August			
Thursday 10	Barge Trip, Shepley Bridge Marina Supported	10am- 4pm	£25 inc. picnic
Thursday 24	Myrtle Tavern, Meanwood	11.30am- 3pm	£20 inc. meal
Thursday 31	Hanover Arms Afternoon with food and bingo	11.30am- 3pm	£20 inc. meal & bingo

September			
Thursday 7	Seaside Trip, Bridlington	9.15am- 4.30pm	£15
Thursday 21	The Owl, Main Street, Hambleton	11.30am- 3pm	£20 inc. meal

Do let us know if you have any suggestions for any trips out. Please contact the office to book. We will be taking bookings from **Monday 12 June.**



Let's Talk Transport

Like older people all over Leeds, our members care very much about the way our bus services are delivered. So, when **Leeds Older People's Forum** asked us to run a Focus Group on the local FlexiBus pilot scheme, we had a great turnout and some animated discussion.



Our Trustee, David Smith prepared a report. David has a special interest in transport. His **"BusFair"** campaign is asking for a better and fairer deal on the senior and disabled bus passes in Leeds and West Yorkshire.

Events

A poster for a Summer Fayre event. The background shows a blue sky with white clouds and colorful triangular bunting in shades of red, green, yellow, and blue. A pink flower is visible on the left side. In the top left corner, there is a blue circular logo with white text. The main text is in large, bold, white font. Below the main text, there is a dark blue rounded rectangle with white text. In the center, there is a white rounded rectangle with blue text.

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

Summer Fayre

Wednesday 23 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 18 August - thank you.*

Thank you

A photograph of several hand-knitted teddy bears and chicks. The teddies are in various colors and outfits, including a white bear with a pink bow, an orange bear with a yellow dress, and a white bear with a blue tie. There are also several yellow chicks with colorful collars. The items are arranged on a wooden surface.

Val, our volunteer, met Leslie from Scotland whilst on holiday. Leslie was so impressed with what the Scheme offered, that she wanted to help. A BIG thank you to Leslie for knitting these wonderful teddies and chicks that we received in the post.

Sales of Leslie's teddies and chicks have raised over £100!

Shared Tables

Date	Time	Venue
Saturday 3 June	1pm	Harvester
Sunday 11 June	1pm	Zorbass
Saturday 17 June	1pm	Devon
Sunday 25 June	2pm	La Cantina
Saturday 1 July	1pm	Barnbow
Sunday 9 July	1pm	Harvester
Saturday 15 July	1pm	Skyliner
Sunday 23 July	2pm	La Cantina
Saturday 29 July	1pm	Devon
Sunday 6 August	1pm	Zorbass
Saturday 12 August	1pm	Barnbow
Sunday 20 August	2pm	La Cantina
Saturday 26 August	1pm	Skyliner
Sunday 3 September	1pm	Devon
Saturday 9 September	1pm	Harvester
Sunday 17 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.

Food & a Film | £6

Did you enjoy going to the pictures?
Why not join us every fourth
Tuesday of the month 12pm-3pm
@ The Newman Centre, to enjoy a
light lunch and film in company. We
even have a treat at the interval!



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



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 | crossgatesgns.org.uk

You can donate at the office or via <https://www.justgiving.com/crossgates-goodneighbours>

Scan me to visit website



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