



Autumn 2023

**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 **Autumn** newsletter. As the weather changes, it can be more difficult to get out and about, but we are here to support you.

We can help by providing transport to get to an activity, delivering a hot meal, collecting a prescription, a friendly chat or anything else that you may need support with.

Our **Winter Wellbeing** calls will restart in October, so if you receive a call from the Scheme please don't be alarmed. If you are unsure if it is us, please call the office on **0113 260 6565**. We will never ask you for any personal or financial information. These calls are simply to check in and see what support, if any, you require.

The majority of our services are overseen by staff but delivered by volunteers without whom the Scheme could not run. Over the next few months we will be holding volunteer socials. These are an opportunity for us to say a **BIG THANK YOU** to our team of **135 volunteers**, for all the time and skills that they donate to the Scheme and a chance for volunteers to catch up, receive updates on group policies and procedures and for us to listen so we can improve our services.



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

Annual Report and Annual General Meeting

We are currently preparing our annual report and accounts ready for our twenty first AGM on Tuesday 12 December - see page 22. As always, we will be thanking all of our partners and funders who have supported us throughout our 2022-23 financial year.

Think of us

Leaving a legacy to our Scheme is one of the most effective ways that you can support people in later life to live independently. You can help us to continue with the services we provide, such as activities, trips out and staff one-to-one support. Please do think of us.

Thank you

Thank you to the families who donate money from funeral collections; the late Eileen Pawson who was famous for her knitted displays and Margaret Woodhead, who knitted cotton dish clothes for us to raise funds. Both of these ladies were members at our activity group for many years. Monies donated will be used for materials and resources at our activity group. We very much appreciate all the donations made in memory of the ones you love.

I would also like to thank all of our members for your continued support through attending groups, participating in our weekly **100 Club Lottery** and donations received. It really does mean a lot and is a big part in keeping the Scheme going. **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

What's Happening at The Hub



Monday

10am-1pm | **Department of Work & Pensions Drop-In.** The Social Justice Team can assist with universal credit or Jobcentre queries.

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

10am-12pm | **Our Winter Food Pantry** will re-open in October.

1pm-2.30pm | **Breast Friends.** Every **second, third** and **fourth Wednesday** of the month | A breastfeeding peer support group run by South Group Family Services.



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

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

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

Whinmoor Community Hub

Thursday

10am-2pm | **One-to-one IT Support Sessions.** Bring in your tablet, laptop or phone and we can show you how to get the best out of it and answer any queries you may have. **Booking required**

10am-2pm | **Blue Badge Applications.** Appointments to help you apply for or renew your Blue Badge. **Booking required.** We can also support with Bus Passes and over 70s Driving Licenses. Please call into The Hub at anytime.

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.

10am-2pm | **Blue Badge Applications.** Appointments to help you apply for or renew your Blue Badge. **Booking required.** We can also support with Bus Passes and over 70s Driving Licenses. Please call into The Hub at anytime.



"I didn't know there was so much help out there."

Winter Health and Wellbeing Event

Tuesday 26 September | 10am-2pm. Promoting a holistic approach to health & wellbeing during winter, resources & information and focus on the rising Cost of Living crisis.



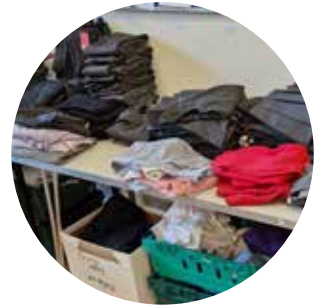
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Did you know?



- The Hub hosted one of the **Leeds 2023 events**, with over 500 people attending. As a legacy to Leeds 2023 the art display at The Hub, will now be a permanent fixture and updated on a regular basis for all to enjoy. Thank you to all our wonderful artists.

- Our **School Uniform Exchange** was featured on BBC Radio Leeds and ITV News and has so far supported 175 families with 1,292 items of uniform!
- We have secured funding for another year through the **Household Support Fund**. This means we can continue to support the local community. One of the ways we do this is via the Food Pantry. Our Summer Food Pantry supported 86 households throughout July and August. The Winter food Pantry will restart in October. Please call into The Hub to register and receive further details.
- We have a **Book Exchange**. Swap a book or pay a £1.
- We offer support with Travel Apps such as booking Taxis, First Bus Leeds, Access Bus and Bus Pass renewals. The next session to support you with **Taxi Apps** will be on **Friday 22 September** from 10am-12pm and 1pm-3pm. Please book in advance.



nmoor Community Hub

Get Online Week



- On **Friday 20 October** we are holding a Drop-in at The Hub from 10am-2pm. An opportunity to come and meet our staff and digital volunteers to see what support we can offer to get online and access the online world. Including tea and cake.
- Funding received from the Community Engagement Activities and Support to the Wider Community Fund via the **Outer East** and **Inner East Community Committee** will help The Hub to further support the community for the next year. It will provide funding to cover some staffing, rent, utilities and our Cost of Living Workshops.
- Thirty members of the local community have completed our **Cost of Living Workshops**. If you are interested in attending a session, to support you to save money and ensure you are receiving everything you are entitled to, please speak to a member of staff at The Hub.

Cost of Living Workshop Dates

Friday from 10am-12pm:

- 29 September
- 27 October
- 17 November
- 15 December
- 12 January



Supporting Independence



One of our key aims is to support local people in later life to live as full and independent a life as possible. We provide a broad range of services including information and advice, health and well-being activities and opportunities for socialising and exercise.

Our staff are always on hand to visit you at home, to talk through any additional individual support needs you may have and help put them in place or contact the relevant support agencies to assist you.

Trips and outings

For further details of **Shared Outings** taking place until December and to book your place please go to page 20.

Shared Tables

Shared Tables started in response to independent, older people telling us they missed going out at the weekends for a meal in company, and couldn't face walking into a pub or restaurant alone.

We book a local venue and supply a volunteer table host to welcome the guests and help the conversation along, not that it needs it! For dates and venues please see page 23 and book via the office.

Befriending Service

Loneliness and lack of social interaction can be very detrimental to mental health. One of the ways we help to support independence is by encouraging our members to get out into the community, meeting new people and trying new things but unfortunately this isn't always possible. In these instances, we would offer companionship and emotional support through our befriending service which involves someone receiving a phone call or home visit each week for a chat. If you would like someone to call or visit you for companionship, please get in touch.

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

Winter Health

Changes to our bodies as we get older mean that cold weather and winter bugs affect us more than they used to.

- Keep warm – wrap up well.
- Keep your home warm - try to heat your home to a comfortable temperature in the rooms you use most.
- Keep moving - try not to sit still for more than an hour.
- Eat well - it's a good idea to keep your cupboards and freezer stocked with some basics just in case you can't get out to the shops.
- Stop the spread of germs – with regular hand washing.
- Get your winter vaccinations.

Reducing Loneliness & Isolation



When June first came into the Newman Centre three years ago, she felt like she was “*walking into the unknown.*” She didn’t know what to expect but now says it was the best thing she ever did.

Her niece agrees and says “*June has her confidence back and is now living life to the full. I have never seen her so happy*”.

Background

June has lived in Leeds all her life. She led a very sheltered life, working at Montague Burton’s Tailoring for a short time after leaving school before becoming a full time carer for her dad, after her mum passed away. She then spent the last thirty years taking care of her brother who sadly died in 2019. She had no time for friends or a social life. June says she felt like a *‘tortoise living in its shell’*. Although very shy, June has always had a positive outlook on life, even when times were hard and lonely. That positive attitude, her strong faith and philosophy of taking one day at a time has *‘kept her going.’*

New beginnings

June always shopped at Crossgates Shopping Centre and said as she waited for the bus opposite the Scheme to go home, she *‘felt drawn to it like a magnet’*.

She also joined Cross Gates Methodist Church where she started to make new friends and at the same time was offered a flat in the heart of Cross Gates. She was absolutely thrilled. In her words *'my happiness was complete'*.

"I love every second of it. The volunteers have accepted me with open arms and hearts. I love them and all the staff to bits. The friendship and fellowship makes me feel even more part of Good Neighbours."

She said the day she walked through our door she felt very nervous and lonely. She didn't really know anyone but desperately wanted to make friends. She plucked up the courage to come in, and after a chat with a member of staff about the support and activities we had to offer, says she has *'never looked back'*.

Volunteering

June said she wanted to give something back to the Scheme for all the confidence and support we have given her. She has joined our team of volunteers providing refreshments.

Joining the Scheme has opened up a whole new world full of friends, activities, fun and a huge support network. June very much values the fact that members can speak to staff about anything, knowing everything discussed will be kept in confidence. It's June's safe space.


June's advice to anyone thinking about joining the Scheme is, *"Get there and find out for yourself. You won't be disappointed."* If, like June, you'd like to become a volunteer please contact the office.

Monday	Tuesday	Wednesday
Weekly Activities		
Walking Group Leaves The Newman Centre at 10.30am and 11am £3	Drop-In Coffee Morning 10am-11.45am £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

Fortnightly & 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 £6

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-1.45pm £4	Cryptic Crosswords 1.30pm-3pm £2	Drop-In Coffee Morning 10am-11.45am £3
12pm-	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 1.45pm-2pm & £3		Painting & Drawing 12.30pm-2.30pm £4
		Games Afternoon 12.30pm-2.30pm £1

Monthly Activities	
1st day of month Support FREE	Fortnightly on Fridays Gardening Club 10am- 11.30am £3

Wednesday of
g & Sight
11.30am |

1st day of month
Support
1.45pm | £1

Further
booked due
Drop-Ins

Autumn Short Walks | £3

10.30am departure from the Newman Centre	
Tuesday 5 September	Tuesday 19 September
Tuesday 3 October	Tuesday 17 October
Please note our destination will be confirmed on the day dependent on weather conditions.	

Spotlight on... the Ukulele Gro



Since emerging from Hawaii less than 150 years ago, the little ukulele's happy sound has spread all over the world and its infectious syncopations made George Formby the highest paid and best loved entertainer in Britain.

Dave Camrass and the Ukulele Group

In 2015, Dave Camrass began a weekly ukulele class at the Scheme. Dave teaches violin and ukulele and is also a professional musician, playing fiddle with Irish-themed folk-rock band Murphy's Marbles. He was a Violin Junior student at the Royal College of Music in London, and also attended the Johnny Dankworth School at Wavendon and Leeds College of Music.

Dave taught ukulele to new members from scratch and he still offers that service. The Ukulele Group now has a devoted following, with twelve or more players attending from 11.30-12.30 pm every Tuesday at the Newman Centre.

We have performed across Leeds!

The Group has performed at Leeds Playhouse and Crossgates Shopping Centre. Pictured (right) is our Ukulele Group who performed in the wonderful Picture Gallery at Temple Newsam House for the LEEDS 2023 celebrations.

“Congrats to all the uke players, you were brilliant.”



What Ukulele Group members say...

- *“We love playing, it’s great fun, and if the audience enjoy it and it makes them happy, then we’re happy”*
- *“It’s a really friendly way to learn new things and meet lovely people”*
- *“The Uke Group has brought a new dimension to my life and the gigs were fantastic”*
- *“Just makes me feel happy”*

Thank you to David Smith for organising the events, also to Dave Camrass for being such a good friendly leader and Chas Senior who gave his time to take the group in the Scheme’s minibus.

Spotlight on volunteers



According to our extremely cheerful and chatty Wednesday kitchen volunteers, **Carol and Hilary**, *'Volunteering keeps you young at heart and mind.'*

Carol started volunteering for the Scheme about two years ago. She was a member and heard that we were looking for volunteers. Hilary joined the volunteer team just over twelve months ago. Like Carol, she loves cooking and thoroughly enjoys working in the kitchen.

This outgoing pair soon found they had a lot in common and have become very good friends.

Why volunteer?

Both are extremely sociable and Hilary by her own admission is not a lover of too much of her own company. She's happiest being out between people. She said her volunteer role saved her sanity. She'd be lost without it and wishes she'd done it sooner; when she first retired.

Carol likes to read and knit and like Hilary loves meeting new people and having a laugh and chat.

As well as a love of cooking, they both really enjoy bingo, shopping and going to the pictures. They take advantage of the cheaper monthly cinema tickets and go a couple of times a week as well as regular shopping trips and other outings together.

Both agree that volunteering for the Scheme has been such a positive experience for them. It has opened up so many more opportunities to meet different people and try new things. It gives them a purpose to get up and out of bed in the morning.

When asked what they would say to others who are thinking of getting involved Carol said *“Don’t just think about it, get out and do it. If you don’t like it you can stop. If you don’t try, you’ll never know.”*

Hilary’s response was: *“Do it. I’ve made some great friends. It also gives you confidence to try other things. I think I get more out of here (the Scheme) than it gets out of me!”*

Could you be a Community Champion?

Community Champions are people who live in Leeds and care about keeping their community informed about staying healthy and well.



As a volunteer you would talk to people like friends, family and your local community. It is an informal and flexible role where you choose when and where you volunteer and how often. The key themes include, cost of living, childhood immunisations, debt, healthy eating, physical activity, mental health and living with Covid.

For more information please call Ronnie on 07999 795863, email ronnie.miley@val.org.uk or speak to Community Champions who will be at St. Mary’s Coffee Morning on Friday 8 September from 10am-12pm.

Keeping Healthy



Dementia is not a normal part of ageing. Forgetting things from time to time is very common. However, if your day-to-day life is being affected due to your memory or if you notice any of the symptoms below, it is important you talk to your GP.

Early signs and symptoms of memory loss

- Difficulty concentrating
- Finding it hard to carry out familiar daily tasks, such as getting confused over the correct change when shopping
- Struggling to follow a conversation or find the right word
- Repeating questions
- Being confused about time and place
- Mood changes

Memory loss can be a symptom of other mental or physical health concerns, so it is important to discuss your concerns with a doctor, in order to receive the right support. Speaking out and being as open and honest as possible is really important.

If you receive a diagnosis, you will be supported by community services including a Memory Service Support Worker, GPs, Admiral Nurses, Adult Social Care and of course us.

Dementia UK website has further information, or if you are registered at Colton, The Grange, Ashfield, Family Doctors or Manston Surgery you can ask to speak to **Beth Warner, Dementia Specialist Admiral Nurse.**

Dementia Event

In collaboration with our Local Care Partnership we held a two-day event in the Crossgates Shopping Centre during Dementia Action Week in May.

One of our members who has been concerned recently about her memory attended the event and spoke directly to the dementia nurse and doctor. She was referred to her GP who sent her for tests and linked her into the memory loss services. She has now received a diagnosis and has been referred to the memory loss clinic. She said, *‘It was wonderful how instantly it all fell into place’.*



Birds of a Feather Dementia Café

Our Birds of a Feather Cafe is for people living with dementia and those caring for them. It provides an opportunity to relax and chat to other people who understand what it is like to live with, or care for someone with this illness. Advice, information, music, entertainment, tea and cakes are available. **Every third Tuesday from 1pm-3pm at the Newman Centre.**

Shared Outings



We have secured extra funding to continue our Shared Outings project for another year, after funding from the Department for Transport for **Tackling Loneliness with Transport** grant ended in June. This fund enabled us to provide **60 trips** out to **242 members**. See below for further details.

Date	Location	Time	Cost
October			
Tuesday 3	Barge Trip. Priority for those that have not previously attended.	10am-4pm	£25 inc. Picnic
Thursday 5	Junction 32 Shopping	10.30am-2.30pm	£5
Thursday 19	Murgatroyds Fish & Chip Restaurant	11.30am-3.30pm	£20 inc. meal
November			
Thursday 2	Carr Gate Garden Centre	10.30am-2.30pm	£5
Thursday 16	Myrtle Tavern, Meanwood	11.30am-3.30pm	£25 inc. meal
Thursday 23	White Rose Centre with new M&S store	10.30am-2.30pm	£5

November			
Tuesday 28	Xmas Dinner, Crooked Billet	11.30am- 3.30pm	£25 inc. meal
Thursday 30	Tong Garden Centre	10.30am- 2.30pm	£5
December			
Thursday 7	Xmas Dinner, Crooked Billet	11.30am- 3.30pm	£25 inc. meal
Thursday 14	Tong Garden Centre	10.30am- 2.30pm	£5

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 18 September**.

Shared Outings continues!



After one of our members heard we were struggling to get funding to continue our Shared Outings, he went away and did some research to look for a suitable funder.

The following day he called the office and gave details of the **The Keith Howard Foundation**. Jo contacted the Foundation and explained our situation and how important these trips out were to our members. We were delighted to hear just days after that they would fund us **£15,000!** We were overwhelmed as this meant that we could then continue with our trips out for another year.

A special thank you to our member **Leonard, The Keith Howard Foundation** and **Charles Elsie Sykes** for funding received to support our Transport Scheme and Shared Outings for another year.

Events

Please join us for our 21st

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

Annual General Meeting

Tuesday 12 December
11am-1pm

Guest speaker: Jo Volpe, Chief Executive
Leeds Older People's Forum

*Join us for a light lunch and entertainment
and help us celebrate all that we have achieved
over the years.*

If you have a question or issue to raise in the
'Any Other Business' part of the meeting please
submit it to the office by the **17 November** in
an envelope marked AGM.

Shared Tables

Date	Time	Venue
Saturday 23 September	1pm	Barnbow
Sunday 1 October	1pm	Zorbass
Saturday 7 October	1pm	Devon
Sunday 15 October	2pm	La Cantina
Saturday 21 October	1pm	Harvester
Sunday 29 October	1pm	Barnbow
Saturday 4 November	1pm	Skyliner
Saturday 11 November	1pm	Devon
Sunday 19 November	2pm	La Cantina
Saturday 25 November	1pm	Barnbow
Sunday 3 December	1pm	Zorbass
Saturday 9 December	1pm	Harvester
Sunday 17 December	2pm	La Cantina
Saturday 23 December	1pm	Barnbow
Saturday 30 December	1pm	Devon
Sunday 7 January	1pm	Skyliner

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 Christmas Panto '**Alice in Wonderland**' on **Wednesday 6 December** from 1.30pm-3pm | £7 including tea & mince pies!



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

Visit www.crossgatesgns.org.uk

'Like' us at www.facebook.com/crossgatesgns

Follow us @CrossGatesGNS on X and Instagram

We also have our own YouTube channel



Thank you to our Monday Walking Group who raised £3,250 through their Annual Sponsored Walk and weekly subs. This will go towards maintaining our Minibuses.

Scan me to visit website



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