



Spring 2024

**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...

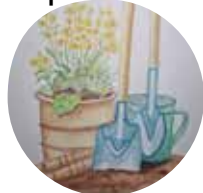


Welcome to our **Spring** newsletter. Spring brings with it change and new beginnings and here at the scheme we have a few of our own!

At the moment we are all eagerly awaiting the birth of our Office Manager, Charley's, first baby. Charley has certainly come a long way since he first joined the Scheme over nine years ago as a freshly graduated student from Leeds University. We've not had a baby at the Scheme for a long time so everyone is super excited and so happy for Charley and his partner Liv, as they embark on their parenthood journey together.

With this amazing news brings some change as Charley will be reducing his hours to four days per week. To ensure we still have cover at the office the Trustees and I have been busy looking at roles, responsibilities and allocation of staff to ensure we continue to provide a good quality joined up service.

One of our key aims is to support people in later life to live as full and independent a life as possible. Without our dedicated staff and volunteer team this would be impossible.



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

Thank You.

We were overwhelmed to receive a very generous **£50,000** donation from one of our members who wishes to remain anonymous, that we will use to support the Scheme and activities at their request. This is a massive amount of money for the Scheme and we are looking at how we can make the best use of it. £10,000 of the donation is being allocated to our **Buy a Bus** campaign (see page 20.)

I would like to thank all of you that took the time to complete the Usage & Satisfaction Survey at our AGM in December.

New ideas, comments and suggestions from this help us to ensure we are providing the activities and service that you want. The positive feedback received is really appreciated by the staff and volunteers who work so tirelessly.



Our **Wellbeing Calls** will restart in March to ensure that you, our members, who are our main priority, are happy with our service and to see if we can offer you any further support. If you receive a call from the Scheme and are unsure if it's from us, then please call the office on 0113 260 6565 to check.

Jo Horsfall - Chief Executive Officer

Please note our Closure Week is 13-17 May.
No groups will run this week but the office will remain open for emergencies. The Hub will remain open.



Cross Gates & Whin

What's Happening at The Hub



Monday

12pm-3.30pm | **Leeds Sensory Support.** For people who are deaf, hard of hearing, sight impaired, severely sight impaired or have dual sensory loss every **second and fourth Monday** of the month

Tuesday

9.30am-10.30am | **Linking Leeds Drop-In.** Support if practical or emotional problems are stopping you feeling your best

1pm-2.30pm | **Mind Matters.** A group offering wellbeing support and a safe space to share experiences.

Wednesday

9.30am–12.30pm | **Money Buddies.** Help and advice on debt and benefits

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

10.30am-12pm | **Police Community Support Officer (PCSO) Drop-In.** Every **third Wednesday** of the month

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.

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

Thursday

1pm-2.30pm | **IT Drop-In**. Bring in your tablet, laptop or phone and we can show you how to get the best out of it and answer any of your queries.

Friday

9.30am-2.30pm | **IT one-to-one**. **Please book**.

Welcome Spaces

Welcome Spaces ran from December to March, providing a warm welcoming space to over 2,000 local people. A big thank you all the



organisations involved: Connecting Xgates (Methodist Church), Community Fridge (St James' Church), The Tribe and The Newman Centre (St Theresa's).

Food Pantry

Our **Food Pantry** will continue on a fortnightly basis from **10 April**. Please contact the office or The Hub to register.

Dementia Awareness | Crossgates Shopping Centre
Tuesday 7 May | 10am-12pm. Join your local Health and Wellbeing professionals to learn about local, citywide and carers support available for people living with dementia.



Cross Gates & Whin



Vanessa Anderson, who some of you may already know, joined us as our Digital Support Worker in October last year to offer one-to-one IT support sessions and support Sam with the '*Cost of Living*', '*Healthy Eating*' and '*IT Training*' sessions.

Support and resources we receive from funders mean we are able to reach and help more people. Identifying what issues people are struggling with. Using a test and learn approach, ensures that we can meet demand and support community members at the correct level, and with things that make a real difference.

For example, our '*Cost of Living*' course has developed into a '*Healthy Eating Course*' at a time when some people are forced to decide whether to 'eat or heat?' We are here to support people in financial difficulty to be more knowledgeable about managing their money.

Thank you to our funders!

Funding Received from:

- **The Leeds Digital Inclusion Fund** supported by Leeds Community Foundation and 100% Digital Leeds ensures that we can offer IT support for a full year, with ten tablets purchased to be used at one-to-one and IT training sessions at The Hub and in groups.

nmoor Community Hub

- **Outer East Community Committee** funding meant we could provide ten 'Cost of Living' workshops.
- **Clarion** funding meant we could provide sixteen 'Cost of Living' workshops with each participant receiving a £10 shopping voucher.
- **Skills for Life Multiply** - allowed us to develop and deliver a course on numeracy and digital inclusion for financial resilience, to support 30 people. Each participant also received a free android tablet with 80GB of data for two years.
- **Household Support Fund** supported by Forum Central and Leeds Older People's Forum enabled us to distribute 150 Slow Cookers and £1,200 in fuel and food vouchers to over 60s in our area to support with the Cost of Living crisis.

We also offer support with **online shopping**, **online GP appointments** and **Travel Apps** such as booking Taxis, First Bus Leeds, Access Bus and Bus Pass renewals.

Vanessa is available on Thursdays and Fridays for one-to-one IT support sessions. To book please speak to any member of staff who will ask Vanessa to contact you directly or email vanessa@crossgatesgns.org.uk

Our next IT training session

Internet Safety - Staying Safe Online

workshop in partnership with **Clarion** is on **Friday 22 March, 10am-12pm**. Please book at The Hub or via the office.



Supporting Independence



The Enhance Project which is managed by **Leeds Older People's Forum** and delivered locally by our Outreach Team has received funding for a third year from its funder, **Leeds Community Healthcare Partnership Board**, which is great news!

It means we can continue to provide a joined-up/wrap-around support service with local health and social care partners and agencies to frailer older people in our area who have been discharged from hospital, are at risk of admission or who need extra support with medical conditions.

Crucially it means that Dee and Sandra, our dedicated Enhance Workers, can continue to provide the extra individual support needed by our frailer members and their families and those with more complex needs.

Key Objectives of Our Enhance Workers

Our Enhance workers aim to provide early contact and engagement with individuals after hospital discharge, who are receiving care from Seacroft Neighbourhood Team or do not have long term support from family or other care providers. They are there to support members after hospital discharge, or with ill health, to improve their wellbeing and independence and reduce preventable admissions and readmissions.

On referral, they visit the individual at home and carry out a holistic assessment of what matters to that person and their families at that point in time.

Our many and varied exercise activities, particularly our strength and balance Moving On classes are targeted towards supporting Enhance participants to regain and maintain their physical strength and mobility which in turn benefits their mental health, confidence and ability to live more independently. See page 18 for more information on keeping both mind and body healthy.

Partnership Working

While working more closely with our partner agencies helps us to provide a more joined-up service, it can also help identify people who need medical attention to prevent an issue becoming more critical.

Home Air Quality Workshop

Breathing polluted air affects our health, reduces our life expectancy, and costs our society billions of pounds each year. There are no safe levels of air pollution. Air quality isn't just about what's happening outside but also in our indoor spaces. Evidence has also shown older adults can be more vulnerable to the effects of air pollution.

This workshop will take place on **Tuesday 26 March, 10.15am-11.45am** at The Newman Centre in partnership with **Leeds Older People's Forum** and **Leeds Older People's Public Health Team**.

Each person will receive a FREE goody bag with lots of resources and will be shown how to use a home air quality monitor! Get in touch to book your place.

Reducing Loneliness & Isolation



Leeds Older People's Forum

(LOPF) and **William**

Merritt Centre are leading a pilot scheme to support older drivers to drive safely for longer.

As we age our sight, hearing, reaction time, judgement of speed and distance may not be as sharp as they once were. For many drivers this is a very sensitive subject. The **Mature Driver Appraisal** aims to increase driver confidence to keep older motorists driving safely for longer, or enable them to decide to 'retire' from driving.

Our Champions



David Freer



John Freer

Whilst David and John are not related, they share the same passion for supporting Leeds Older People's Forum driving campaign called **Driving Change Together**.

At Cross Gates, we held a number of focus groups to support Tracy Lenihan from LOPF in her work to develop a campaign to support older drivers to stay driving safely for longer.

David, 76, who retired from driving felt that his health conditions made him question his ability to still be able to react quickly enough to deal with today's challenges of driving.

John, 81, who volunteers with our Gardening Group took the Mature Driver Appraisal (the project name chosen by our members) and was chuffed that he was advised that his driving was "good to go", especially as he drives all over the county in his role as a flower show judge. He was one of the first people to trial the pilot. We are very proud of him.

This scheme is available for older motorists to MOT their driving skills. Driving their own car to places they know around the area they live. John describes this light touch appraisal, *"I felt totally at ease with the William Merritt Centre driving Instructor who said my driving was safe and he gave me some helpful advice. I would recommend this to anyone and I'm really glad I did it."*

Jo Horsfall said *"This campaign is great. I want our members who drive to be safe on the road and the Mature Driver Appraisal is a good way to check your driving skills. I am proud to say that Cross Gates & District Good Neighbours' Scheme CIO has been instrumental in supporting this very important pilot in Leeds."*


Call **Tracy Lenihan on 07526 360 407** or email **tracy@opforum.org.uk**... or just ask David or John all about it!

Monday	Tuesday	Wednesday
Weekly Activities		
Walking Group Leaves The Newman Centre at 10.30am and 11am £3/£1	Drop-In Coffee Morning 10am-11.45am £3	Mixed Activities 10am-11.45am
Men's Group 1pm-3pm £1	Ukulele 11.30am-12.30pm £5	Lunch Club 1.30pm £6
Online Words for Well-being 1.30pm-2.30pm FREE (runs until May 2024)	Mind Matters 1pm-3pm £1	Flexi-cise challenge exercise 1.15pm-2.15pm-3pm
Online Quiz 7.30pm-8.30pm FREE	Tai Chi 1.30pm-2.30pm £5	
Fortnightly & Monthly Activities		

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

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 10am £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 one-to-one 9.30am- 2.30pm £2 please book.
Air-based 10.5pm-2pm & £3	IT one-to-one 9.30am- 12.30pm £2 please book.	Painting & Drawing 12.30pm-2.30pm £4
	IT Drop-In 1pm-2.30pm £2	Games Afternoon 12.30pm-2.30pm £1

Monthly Activities

1st day of month IT Support FREE		Fortnightly on Fridays Gardening Club 10am– 11.30am £3
2nd day of IT & Sight 11.30am		Fortnightly on Fridays Knitting Group 10am- 11.30am £3 Alternate week to Gardening Club
3rd day of month IT Support 10.4pm £1		

Supported Short Walks | £3

10.30am departure from the Newman Centre

Tuesday 7 May |
Woodlesford Lock

Tuesday 21 May |
Temple Newsam

Tuesday 4 June |
Roundhay Park

Tuesday 18 June |
Woodlesford Lock

Tuesday 2 July | Golden Acre Park

Further
pre-booked due
Drop-Ins

Spotlight on volunteers



Tim Brown joined our Scheme recently after reading the 'Thank you' article in our Autumn newsletter thanking everyone who took part in the Monday Walking Group's Annual Sponsored Walk. He thought:

"I can do that!"

About Tim

Born in Whinmoor, Tim has had a varied and interesting working life from his paper round at school to working in a butcher's shop, construction and as a steel erector for many years before working nights as a rail worker. He loved working outdoors.

Tim is extremely creative and has always moulded and sculpted at home, making Airfix models as a child. One of his jobs was based in York sculpting figures for displays in museums all over the country. He worked on many projects from sculpting life size models of horses to children's rides at Flamingo Land.

Having worked since leaving school, and not being able to work at the moment due to health issues, Tim was beginning to feel trapped at home. He had an office job for a while but he found it too sedentary. He was putting weight on and was finding the



work quite stressful. He needed to be outdoors. *“I’d go nuts if I had to stay at home all the time”* says Tim

Helping yourself and the community

Tim has volunteered for a number of organisations including the British Heart Foundation, Leeds City Council Litter Pickers and is now also volunteering for our Scheme supporting the Wednesday Lunch Club and delivering quarterly newsletters.



Tim is passionate about volunteering. For him it’s giving something back to the community at large and looking after the environment as well as yourself. He says volunteering has massively benefited his mental health, as well as his physical health.

Tim thoroughly enjoys volunteering as a **purple bag litter picker** and would encourage people, who are able to, to do it. He says: *“You will feel so much better for getting out and doing something for yourself, your community and your environment. Do it for your mental health. It’s very relaxing. You make lots of new friends. People are always coming up and talking to me. I find out what’s going on locally. You don’t feel alone anymore and it helps the community. A bonus is you can start and stop when you want.”*

If you are interested in becoming a Purple Bag Litter Picker call into The Hub or email info@litterfreeleeds.co.uk

Volunteer with us



We could not run the number and range of services and activities we offer without the support of our dedicated and committed team of 135 volunteers.

Giving is as beneficial as receiving

We've seen through Ageing Better and feedback from our own volunteers, that volunteering can increase the quantity and quality of older people's social connections, self-esteem and sense of purpose, and also contributes to improved levels of life satisfaction.

Reasons our volunteers say they do what they do:

- Making new friends- giving something back
- Gaining new skills - improves confidence
- Improve mental and physical health and wellbeing

Application Process

- Complete a volunteer application form (obtained from office or online via our website)
- Once the volunteer application form is completed, we will send for references
- Once suitable references are received you will be invited for an induction to discuss the role you are interested in, learn more about our Scheme, receive a Volunteer Handbook and sign a Volunteer Agreement Form

- For roles requiring one-to-one support, we will carry out a DBS check (paid for by the Scheme) e.g. befriending or driving roles
- Your photo will be taken for your Identity Badge
- You will be supported by a designated member of staff according to the role undertaken

Volunteers are the core of our service!

In November 2023 (pictured left) over 70 of our volunteers attended a Volunteer Away Day facilitated by Jenny Cooper who has an in-depth knowledge of working with Neighbourhood Networks across Leeds.

In small round table discussions, we discussed fundraising, efficiency savings in terms of time, money and effort, as well as what the Scheme does well or could improve on. Some ideas and ways of improving our service are already being implemented. With such a large volunteer workforce it is really important to us that our volunteers feel supported and valued.

To reinforce this, we will be holding lunches for groups of volunteers to meet up. These get togethers will give us a chance to reflect and look at our groups to see what works well or not so well and how we can improve services together. Dianne will be in touch with dates for each group.

Volunteer Social | We are celebrating Volunteer Week on Friday 7 June at St Mary's Community Hall | 12-3pm

All our volunteers are invited to enjoy a buffet, music and some fun! Please book via the office and also let us know your favourite song so we can include it in our playlist.

Keeping Healthy



Keeping your brain stimulated is as important for your overall health and wellbeing as keeping your body physically fit and active. Also, the more active your brain is, the better your memory is likely to be.

As well as a wide range of physical activities available at our Scheme we also offer a wealth of different activities to stimulate and challenge your mind to improve your mental health and wellbeing (see more on page 12.)

Online Quiz | Something fun and sociable to join in with from the comfort of your own home on a Monday evening. Speak to the office for further information.

Online Words for Wellbeing | Mondays from 1.30pm until 2.30pm on Zoom. This group uses the written word in lots of different ways to connect with others, put the world to rights, laugh and chat over a cuppa. You don't have to come to every session, only when you feel like it. You will need to register in advance for this activity - via the office for the zoom link. This group runs until May 2024.

Sandwich and a Song | Singing is so good for you! It has many benefits such as boosting confidence, improving memory, enhancing lung function, helping you get rid of stress and relax but most of all it lifts your mood and makes you feel happy! If you enjoy belting out a tune, then come along and join our Karaoke Sing-a-long. After a

light lunch we offer a variety of songs - old favourites and new. This is a dementia-friendly group and carers are also welcome. We also now have a new and much improved sound system in place and a larger screen to make it easier to hear and follow the words (see photo left.)

Food and a Film | If you enjoy films, this group could be for you. 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 the interval.

Mixed Activity Group | If you enjoy painting, drawing or making things in company– this is the group for you!

Cryptic Crosswords | An enjoyable and stimulating pastime if you enjoy solving puzzles. Unravelling cryptic crosswords, especially in company, is fun to do and provides a good work out for the mind.

Games Group | including Dominoes, Rumikub – don't know how to play? Come and learn with this very friendly group!

Gardening Club | An opportunity to meet new people and share knowledge, ideas, get tips, swap cuttings and small plants. Join in the gardening quiz.

Knitting Group | Run by our very own John Freer, who is happy to teach absolute beginners as well as assist more advanced knitters.

Art Group | Painting and drawing can be very therapeutic and help you feel calm and content. Examples of artwork from members of the Wednesday and Friday Art classes are displayed at The Hub and the Newman Centre and are regularly updated. Perhaps your masterpiece could feature on the front cover of one of our future newsletters!

Buy a Bus Campaign



Our transport service is at capacity and struggling with increased demand to provide more transport across the Scheme. Both our mini-buses are used every day to take members to and from groups, our Walking Group further afield and out on Shared Outings.

As our current buses age, the maintenance and running costs are increasing. These costs are covered through transport fees, small funding pots, our Annual Sponsored Walk and the 100 Club weekly lottery. We need **£75,000** to cover the purchase of a 17-seater accessible bus and insurance for the first year.

What can you do to help?

Sponsor our Bike Ride from Leeds to the Netherlands and back - by bike, bus, train and boat! Two staff and three volunteers will take on the challenge of cycling at least 1,000 miles collectively, during our May week closure.

Join us on our journey with regular updates on our Facebook page and a full update in our Summer Newsletter.

Sponsor our Summer Walk around Manston Park Square

Look out for further details. Every little helps! Donations can be made via the office or via our Just Giving Page - thank you.

Aim:
£75,000

Current:
£10,000



Date	Location	Time	Cost
April			
Thursday 4	Empire Outwood (Fish and Chips)	11.30am- 3pm	£20 for 3 courses
Thursday 18	Marks and Spencer Exhibition	10.30am- 2.30pm	£7
May			
Thursday 9	Barge Trip with a Picnic. <i>Priority for those that haven't been before.</i>	10am- 4pm	£25 inc. picnic
Thursday 23	Wentworth Woodhouse House and Gardens. Good Mobility	9.30am- 4pm	£35 inc. entrance, tour & buffet
June			
Thursday 6	The Piece Hall, Halifax, via Train. Good Mobility	9.45am- 3pm	£10
Thursday 20	National Mining Museum. Good Mobility	10.30am- 4pm	£15 inc. museum tour
July			
Thursday 11	Barge Trip with a picnic. <i>Priority for those that haven't been before.</i> Supported.	10am- 4pm	£25 inc. picnic

Please contact the office to book. We will be taking bookings from **Monday 18 March.**

Events



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

ANNUAL SPONSORED WALK

JOIN US ON MONDAY 17 JUNE
TO RAISE FUNDS FOR THE
RUNNING AND UPKEEP OF OUR
MINIBUSES. THERE IS A CHOICE
OF TWO WALKS: 'CARLTON
CANTER' (7 MILES) OR THE
'CHEVIN TROT'
(4.25 MILES)

Join the Cross Gates & District Good Neighbours' Scheme CIO community
We work with & for older people to provide support & reduce loneliness

SPONSOR US

Registered Charity Number: 1160095 | crossgatesgns.org.uk

<https://www.justgiving.com/crossgates-goodneighbours>

Manston Park Bowling Club



No experience necessary – you're never too old to learn. Equipment provided including bowls pick up sticks so no bending required!

Enjoy a **FREE** morning of Crown Green Bowling at **Manston Park Bowling Club**
Thursday 2 May
10.30am–1.00pm

All welcome for a morning of fun, plus a light lunch.

Tea & coffee available all day - please book at the office.

Shared Tables

Date	Time	Venue
Sunday 31 March	2pm	La Cantina
Saturday 6 April	1pm	Skyliner
Sunday 14 April	1pm	Devon
Saturday 20 April	1pm	Harvester
Sunday 28 April	2pm	La Cantina
Saturday 4 May	1pm	Barnbow
Sunday 12 May	1pm	Zorbax
Saturday 18 May	1pm	Skyliner
Sunday 26 May	1pm	Devon
Saturday 1 June	1pm	Harvester
Sunday 9 June	2pm	La Cantina
Saturday 15 June	1pm	Barnbow
Sunday 23 June	1pm	Devon
Saturday 29 June	1pm	Brown Cow
Sunday 7 July	2pm	La Cantina
Saturday 13 July	1pm	Harvester

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
Spring Show **'Memories are
Made of This'** on **Wednesday
22 May** from 1.30pm-3pm |
£7.50 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

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

Have you joined our 100 Club?

Each 100 Club member is given their own number. Every Monday, four numbers are drawn and prizes given!

**First Prize - £25, Second Prize - £15,
Third Prize - £10 & Fourth Prize - £5**

It costs just £1 a week!

If you would like the opportunity to win and support our minibuses by joining the 100 Club, please contact the office. Thank you for your continued support.

Scan me to visit website



Registered Charity Number: 1160095