



Summer 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 Summer newsletter and to baby Ruben born on 5 April. A 7lb15oz ray of sunshine. As you can see from the photo Ruben is coming on a treat!

We have lots to look forward to this summer, such as our Summer Fayre, seaside trip and other events as we continue with our 'Buy a Bus' campaign. Please see pages 18,19 & 22 for further details and updates.

Volunteer Week

On Friday 7 June we held a volunteer celebration event with a buffet, dancing and a quiz to say 'thank you' to our wonderful 134 volunteers, without whose dedication and time we could not run our groups or services so well. It was great to see the volunteers who attended the event, relaxing and having some fun!

Well done! to John Freer who hosts the fortnightly Gardening Club at St. Mary's Drop-In Friday Coffee Morning, on winning a prestigious Silver Gilt Award for his daffodil display at the Harrogate Flower Show. John was '*hoping for Gold*' but was very happy with the Silver Award, especially as he was competing with the 'big boys'



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

against trade stands criteria. John said the daffodil show was very poor this year because of the early season. Most daffs were over before the show.



Currently we are looking at all groups to ensure that we continue to provide a good quality service, with enough staff and volunteer support and to ensure that we can cover costs. Charley and I apply for funding to cover staff and some overheads but the cost of room hire, materials and refreshments are all covered through group charges. We very rarely increase costs and have only done so if necessary. Please see timetable on page 12 for any changes to group costs **highlighted in pink**. These will all come into effect from Monday 1 July.

We really appreciate you taking the time to support staff who have been working hard to ensure that all of your details are up to date such as Next of Kin, GP and any health conditions. Having this information can help us if you ever feel unwell or so that we can tailor services and talks. For example, if we have a high number of people with diabetes we could then organise someone to come and talk at the Drop-In and share useful tips. Some of this information is also requested by funders.

If you receive a call from the Scheme and are unsure if it's from us, please do call us on **0113 260 6565** to check.

Jo Horsfall - Chief Executive Officer

Please note our Closure Week is 9-13 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

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

1pm-3pm | **Leeds Hearing & Sight Loss Service Drop-In.** **Last 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-3pm | **Mind Matters.** A group offering wellbeing support and a safe space to share experiences.

1pm-3.30pm | **Money Buddies.** Help and advice on debt and benefits

Wednesday

9.30am-11.30am | **Summer Food Pantry** | Extra funding received from the Household Support Fund Round Five means our Food Pantry will continue on a **fortnightly** basis until September.

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

10am-12pm | **Police Community Support Officer**

Amoor Community Hub

(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.

3pm-4pm | **Bereavement Support Group.** Every **fourth
Wednesday.** Many thanks to
Sue Sutton (pictured left),
Bereavement Practitioner
who retired at the end of
June. Our Bereavement
Support Group will
continue with Emma
(pictured right).



Thursday

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

Friday

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

One-to-one IT Support

We offer one-to-one IT sessions to support you with tablets, laptops or phones to help you shop online, book GP appointments or use Apps to help you book taxis, use First Bus Leeds, the Access Bus or renew your Bus Pass. To book please speak to any member of staff who will ask Vanessa to contact you directly or email

vanessa@crossgatesgns.org.uk

Supporting Independence



We are now entering the third year of the **Enhance Programme**.

Enhance looks at ways to provide safe and sustainable support to people who have recently been discharged from **Leeds**

Community Healthcare (LCH)

linked to **Seacroft Neighbourhood**

Team, to live independently in their own homes.

The Importance of Partnership Working

In their roles as Enhance workers, **Dee** and **Sandra** carry out joint visits with LCH staff and attend weekly Seacroft Neighbourhood Team handover meetings. (See Dee pictured above with Jill Harrison, Advanced Clinical Practitioner.) Not only does this increase our visibility within their team and help to build good working relationships, it also means Dee and Sandra are on hand to provide extra support and advice about any non-clinical services or activities that would benefit LCH patients in our area, and arrange to carry out joint visits where appropriate.

Partnership working between professionals and volunteers is also crucial in supporting older adults' needs. Professionals bring expertise by providing specialised support and guidance whereas volunteers offer invaluable personal connections, friendships and companionship, brightening people's lives and moods with regular social contact. They also make meaningful relationships that enrich their own lives.

An invaluable service overseen by **Dianne** and delivered by our amazing team of volunteers, is our **Befriending Service**. This service, which is also a key part of our Enhance project, provides individual support and companionship through weekly phone calls and home visits to members who find it difficult to get out and about and helps to prevent loneliness and isolation.

The Power of Partnership Working

We also work with local partners to host a variety of health and wellbeing events. In March, 30 of our members benefitted from a Home Air Quality Workshop run in partnership with **Leeds Older People's Forum** and **Leeds Older People's Health Team**. They learned that air quality isn't just about what's happening outside but also in our indoor spaces and the things people can do to improve their own home air quality, especially important for those suffering with respiratory conditions.

We continue to work closely with **Memory Service** staff who now regularly attend our monthly dementia café, **Birds of a Feather** where people can come and relax with others who understand what it is like to live with dementia, or to care for someone. It also provides opportunities for those caring for someone with dementia to speak directly to a professional about any concerns or worries they may have.

We are supporting the **Age Friendly Leeds Partnership** which brings together statutory, voluntary and private sectors, by joining their **Age Friendly Ambassador** programme. The ambition for Age Friendly Leeds is to be the **best city to grow old in**.



Supporting Independence



In July 2019, **Christine Roberts** was referred by her GP into a pilot project called **Live Well Café**, a successful weekly group that we ran in partnership with local NHS providers.

The aim of the group was to promote and support a healthier lifestyle. All the patients who originally attended the Café became members of the Scheme and many now access a range of social activities available.

How the group helps

Christine is quite a shy person and says she felt very nervous. *“I had nothing to worry about. It has been one of the best decisions I have ever made. My quite sheltered life since my husband died, has now blossomed. I have made special friendships with people from the group, especially Barbara. We just gelled and now see each other outside the group. We regularly go together on the Scheme’s outings and trips.”*

Unfortunately, in 2020 due to Covid, the group was suspended. As Christine lives alone, she found the lockdowns very challenging and they impacted on her mental health. Despite having a close family, Christine often felt lonely and being able to telephone the friends she made at Good Neighbours and having regular chats with the Scheme’s Support Workers became invaluable to her.

Due to complex health issues that seriously impede her mobility, Christine struggles to walk. Despite being in pain Christine always makes a huge effort to get to her weekly activities. *“Good Neighbours is a very big part of my life. So much so that I try hard to arrange other appointments around the days when I attend activities at the Scheme. It is so special to me. The staff and volunteers are genuinely kind, supportive and helpful. They are often aware, even before I am, that matters aren’t quite right.”*

Helping people obtain the help they need

This was evidenced by our support workers noticing a deterioration in Christine’s health recently. Recognising her need for additional support, our Enhance Worker carried out a home assessment which resulted in some additional practical home support being sourced for Christine. Our Enhance Worker also arranged transport and moral support for Christine at a hospital appointment she was extremely anxious about attending. She was referred into a Strength and Balance class run by Active Leeds, a decision that proved to be a game-changer. Christine’s new-found range of movement, mobility and confidence have been remarkable.

“I had got myself in a bit of a stagnant situation and felt low as I spent too much time alone. Coming to the Scheme and receiving the social interaction and medical support services through their connections with local health and social care services, gave me the confidence to start going out more on my own and on my scooter and that has boosted my mood and confidence massively. They are a wonderful team who have made such a big difference to my life.”

Reducing Loneliness & Isolation



Travel with Confidence is our new project funded by the **Motability Foundation** and managed by **Leeds Older People's Forum** to support people aged 50 plus to have more positive experiences of the transport system and feel more confident in making independent journeys.

Our experience is that confidence, fear and motivation can stop people from travelling. Let us HELP!

- It could be that you haven't used a bus in a while
- You don't know where the bus stops are or times of buses
- You may want to learn a bus route or use the access bus
- You may want to start using taxis
- You may want support to learn about travel apps

Our **new** project aims to help **you** go to the places **you** want or need to go. It's for all levels of mobility, all ages, all ability or disability. Our team will help you with confidence, motivation and feeling safe.

This summer why not use our **Travel with Confidence** project and our team of amazing travel buddies to get out and about.

Contact Dianne for more information, or if you would like to support this project as a volunteer Travel Buddy, we would love to hear from you. Dianne has already made a positive start by supporting one of our members, Anne Cresswell (pictured left).

Destination – Independence!

Anne was thinking about how she would travel about if she ever had to stop driving. She was considering having to use buses again, but it had been over three years since she'd been on a bus and she was feeling scared. She now uses crutches - how would she cope mobility-wise?

On hearing these concerns, Dianne offered to accompany Anne on a couple of bus trips to provide moral support. Once Dianne had accompanied Anne on a couple of trips, Anne felt perfectly safe and confident travelling on her own. She even came up with the ingenious idea of putting her bus pass in a Cross Gates lanyard which she could hang around her neck – freeing her hands to manage her crutches. She suggests everyone puts their bus pass in a lanyard regardless of whether they use crutches or not!

Anne makes sure she uses buses regularly now. If she hasn't used a bus for a while she will walk half way down to Cross Gates and then 'hop' on a bus for two stops just to maintain her ability to use them confidently. It also stops her hands getting so sore from using her crutches.

Anne says using buses has now made a huge difference to her life and she would not have done this without Dianne.

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 £2	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 £1
	Tai Chi 1.30pm-2.30pm £5	

Fortnightly & Monthly Activities		
Last Monday of month Hearing & Sight Loss 1pm-3pm Free	First Tuesday of month Sandwich and a Song 12pm-2pm £6	First Wednesday of month Carers Leeds 2pm-3.30pm £1
<p>Unless stated, activity will take place at The Newman Centre, Station Road, Crossgates, LS15 7JY</p> <ul style="list-style-type: none"> ● Cross Gates & Whinmoor Community Hub, Crossgates Shopping Centre, LS15 8DT ● St Mary's Church, Selby Road, Whitkirk LS15 0AA ● Online 	Third Tuesday of month Birds of a Feather Dementia Cafe 1pm-3pm £3	Second Wednesday of month Hearing Loss 10am-12pm £1
	Fourth Tuesday of month Food and a Film 12pm-3pm £7	Fourth Wednesday of month Bereavement Group 3pm-4pm £1

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		
IT one-to-one 9.30am-2.30pm £4	IT one-to-one 9.30am-2.30pm £2 please book.	IT one-to-one 9.30am-2.30pm £2 please book.
12pm-	Line Dancing 1.30pm-2.45pm £4	Drop-In Coffee Morning 10am-11.45am £3
Air-based 1.5pm-2pm & £3.50	Cryptic Crosswords 1.30pm-3pm £2	Games Afternoon 12.30pm-2.30pm £2
		Painting & Drawing 12.30pm-2.30pm £5

Monthly Activities

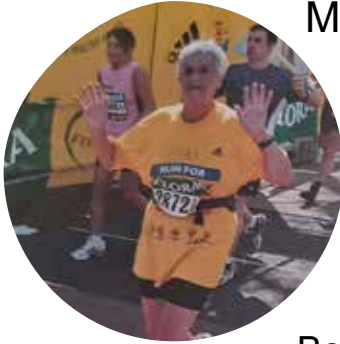
Monday of month IT Support FREE		Fortnightly on Friday Gardening Club 10am-11.30am £3
Tuesday of month IT & Sight 12pm Free		Fortnightly on Friday Knitting Group 10am-11.30am £3 Alternate week to Gardening Club
Monday of month IT Support 4pm £1		

Supported Short Walks | **£4**

10.30am departure from the Newman Centre	
Tuesday 9 July Golden Acre Park	Tuesday 16 July Middleton Park
Tuesday 30 July Springhead Park	Tuesday 6 August Rothwell Park
Tuesday 20 August Temple Newsam	

Further
 -booked due
 Drop-Ins

Spotlight on a member



Meet 84-year-old **Moira Lenaghan**. An extraordinary woman who has embraced her life's challenges with grace, determination and acceptance.

Background

Born in a family of twelve in the charming surroundings of Sand Hutton, near Thirsk, Moira recalls a happy and carefree childhood filled with the simple pleasures of roaming fields with the local kids and her schoolfriend Doreen, who she is still in touch with.

On leaving school Moira got a job in the local pub. She diligently saved her tips and invested in a push bike, which eventually upgraded to a Lambretta Scooter and later a Ford Popular, which paved the way for Moira's exploration and adventures beyond the boundaries of her village.

While working at the pub Moira met Irishman Jim, an RAF driver and in 1964 they were married, marking the beginning of a journey that included two sons, Andrew and Marc. Crossing continents due to Jim's military postings, they settled in Seacroft before Moira later moved to Crossgates.

As a child Moira said she never walked anywhere if she could run and her passion for running and jogging was sparked during a family holiday to the Isle of Wight where she took part in a two-mile run. Back home Moira joined Cross Gates Running Club. Unfortunately, her husband's

diagnosis of Motor Neurone Disease at the age of 49 meant she had to stop jogging for a while, to take care of him. Sadly Jim died two years later.

Victorious Spirit

Following Jim's death, Moira trained on her own and remarkably completed her first marathon in London in 1992 in an impressive 3.5 hours. She re-joined Cross Gates Running Club and later Kippax Running Club. Over the years Moira completed ten London marathons, the New York marathon, and numerous half-marathons and ParkRuns. In 2005 she clinched victory for her age group, 65-69 in the London marathon.



During her ninth London Marathon she remembers saying to herself: *“London Bridge here I come”* and the next moment waking up in a first aid tent! Moira had a history of passing out. While agreeing to stop running full marathons, she continued with half-marathons and parkruns showing her determination and perseverance.

Moira ran her 100th and last parkrun just before her 80th birthday, three years ago. Facing health challenges, including Parkinson's disease, a shoulder replacement, and a pacemaker, Moira decided to retire from running.

Today Moira enjoys leisurely strolls around the block with her daughter in law, Donna. She remains very close to her family and friends, who she sees regularly. She also enjoys catching up with new friends made at St. Mary's Friday morning Drop-In, where her son Marc often volunteers helping out serving refreshments.

Keeping Healthy



As we enjoy the warmer summer weather and longer days, it's the perfect time to explore the simple but remarkable joys and benefits of walking. Celebrating one of our own, **John Best**, for his inspiring involvement in our Monday walking group.

About John

John was born in Micklefield before his working career as an engineer draughtsman took him to Sheffield, where he met and married Cynthia 62 years ago. Fast forward to his retirement twenty years ago, which brought him to our doorstep just as the Scheme was gearing up its Walking Group.

John's lifelong passion for long distance walking, including iconic trails like the Pennine Way, Three Peaks and climbing all the 33 mountains in Yorkshire and the Yorkshire Dales, together with his experience of having always been an active member of a local walking club, made him a natural fit as the walking group leader, a role he has embraced ever since.

Reflecting on his volunteering role, John recalls his initial involvement with the Walking Group as a means to stay active and engaged, post-retirement. Little did he anticipate that nearly two decades later, he'd still be at the helm.

Taking on the role of walking group leader, John has been the driving force in mapping out, risk assessing and writing out directions for over 100 different routes between 3 and 4.5 miles, ensuring that walkers never have to repeat the same walk in a year. Some of our walks are local and others make a day out with a train journey or minibus ride.

John said he soon found out that you could also very quickly become a little unpopular when walking! For example, lo and behold you say a walk is flat and a small hill is found! Heaven help you if you say there are two stiles and the group find three... It all adds to the fun and banter.



The joys and benefits of walking

Walking is more than just a means of getting from A to B; it's an opening to improved physical and mental health and well-being. It also allows us to do more in our lives for longer.

John is quick to share the credit with fellow volunteers who became walk leaders, particularly Bob and Jacki Lawrence and Brian Livesey who led walks in the early days and are still leading, and Sandra Gaunt, Roy Cressey and Mick Lloyd, current walk leaders. They, along with our volunteer minibus drivers, have all made our walking group into what it is today. Their dedication and enthusiasm keep our members going come rain or shine.

John says he has loved every minute of being a volunteer walk leader and plans to continue for many more walks to come.

Buy A Bus Campaign

Thank you to you our members, volunteers and staff who are all pulling together to help raise funds to purchase a very much needed minibus.

Two staff and three volunteers took on the challenge of cycling at least 1,000 miles collectively from Leeds to the Netherlands, raising an amazing amount of **£1,597.50**



Aim:
£75,000

Current:
£13,875



We followed them daily via our Facebook page. A land of water, windmills, bicycles and asparagus. The Netherlands was a great place to cycle and stay. At times it was challenging, but the team soldiered on and completed 1,163 miles. The sponsored cycle was also their annual holiday, so some sightseeing and a visit to an asparagus and wine farm added to an enjoyable week, alongside the weather that was very kind to them. A fun time was had by all cycle buddies!

How can you help?

Sponsor or come along and support us!

- Some of our less mobile members will participate in our **Sponsored Summer Walk** around Manston Park Square on **15 August**, with refreshments and cake to finish. See page 22 for further details.
- Our **Walking Group Sponsored Walk** on **17 June**, has raised over **£520** to date. The final figure will be published in the Autumn newsletter.
- Some of our members have kindly donated a total of **£80** from their 100 Club winnings. If you would like to join our weekly 100 Club please contact the office.

- A big thank you to a lady in Scholes who donated a teddy for our *'Name the Teddy'* competition. This raised **£198**. The name drawn was 'Teddy' and was delivered to our member Irene, who was absolutely thrilled to have won. We are happy that Teddy has found a good home!



- Thank you to one of our members for suggesting to distribute Collection Boxes to our members. This genius idea has raised a remarkable **£1,449.50** to date and members continue to give their *'small change'* to keep our *'wheels turning!'* If you would like a box please ask at the office.



Let us know, if you have any fundraising ideas to help us raise extra funds. To donate visit <https://www.justgiving.com/crossgates-goodneighbours>

New Group!



Our new **Comedy Play Reading Group** has now started and runs from 12.30pm until 2pm on Tuesday afternoons until October. The group costs £3 per session which includes tea and cake.

Four reasons why you should join

1. You will laugh a lot: *“These scripts are really funny and a joy to read,”* says Scheme member and Trustee Brian Sugden, who previously enjoyed a comedy play reading group at Tranquility Court.
2. It’s good for your brain, *“much better than Sudoku or crosswords,”* say cognitive scientists at the University of Swansea.
3. The scripts are adapted so those with mobility and memory challenges can join in. *“This group is for everyone,”* says Susan Walls from the healthcare charity **Kissing it Better**, who runs the project.
4. Who doesn’t love tea, cake and company and a good laugh!

For more information about our new Comedy Play Reading Group get in touch with the office.



Shared Outings

Funding received towards our Shared Outings from **The Keith Howard Foundation** has enabled us to provide



34 trips out to **192** members over the last twelve months.

Date	Location	Time	Cost
July			
Thursday 25	The Red Lion, Shadwell	11.30am-3.30pm	£20 for 2 courses
August			
Thursday 8	RHS Garden Harlow Carr	10am-4pm	£22 inc. entrance
Thursday 22	Barge Trip with a Picnic. <i>Priority for those that haven't been before.</i>	10am-4pm	£25 inc. picnic
September			
Thursday 5	Bridlington Seaside Trip*	9am-5pm	£10
Thursday 19	Empire Outwood (Fish and Chips)	11.30am-3.30pm	£22
October			
Thursday 3	Barge Trip with a Picnic. <i>Priority for those that haven't been before.</i>	10am-4pm	£25 inc. picnic

**Thanks to Leeds City Council MICE monies for part-funding this trip.*

Please contact the office to book. We will be taking bookings from **Tuesday 9 July**.

Events



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

Summer Fayre

Tuesday 13 August

11am-1pm | Free Entry

Browse our stalls including:
Afternoon Tea Special £5 • Tombola • Bric-a-Brac • Tea & Cake £2 • Bun Stall.
Donations to be received no earlier than Friday 9 August - thank you.

Sponsored Walk



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

Sponsored Walk

@ Manston Park

Thursday 15 August

10.30am-12.30pm

Help our less mobile members raise funds for our 'Buy a Bus' Campaign by sponsoring our walkers and coming along to cheer them on!

Shared Tables

Shared Tables is a chance to eat out in company at weekends. It is for members who can make their own way there and don't require one-to-one staff support.

We book the venue and a volunteer table host is there to provide a friendly face to greet and make sure everyone is welcomed and feels included. They can also help the conversation along, although this is not usually a problem! You book via the office then turn up. Just let us know by the Friday before the meal takes place if you wish to cancel. Simple!

Date	Time	Venue
Sunday 23 June	1pm	Barnbow
Saturday 29 June	1pm	Brown Cow
Sunday 7 July	2pm	La Cantina
Saturday 13 July	1pm	Harvester
Sunday 21 July	1pm	Zorbas
Saturday 27 July	1pm	Skyliner
Sunday 4 August	2pm	La Cantina
Saturday 10 August	1pm	Harvester
Sunday 18 August	3pm	Spice Zone
Saturday 24 August	1pm	Barnbow
Sunday 1 September	1pm	Devon
Saturday 7 September	1pm	Skyliner
Sunday 15 September	2pm	La Cantina
Saturday 21 September	1pm	Harvester
Sunday 29 September	1pm	Brown Cow
Saturday 5 October	1pm	Zorbas

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

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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