



Autumn 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 Autumn newsletter. We have some changes happening at the Scheme. The biggest being the closure of the **Cross Gates & Whinmoor Community Hub**.

I for one am extremely proud of the vital support we have offered over the last three years. The fact we have been able to continue for this long, with no huge investment is a testament to us as a team. But it has been hard work, and we are now at a point where we have exhausted all long-term funding avenues. Our Trustees have sadly had to make the difficult decision to close the Hub. **See more on page 4.**

As part of this process, we are speaking with staff on an individual basis, as there will need to be some reduction in working hours and changes of roles and responsibilities. We will as always ensure that we do our best to maintain a good quality service at the Scheme, with our amazing staff and volunteer team at the heart of what we do.

Annual Report and AGM

We are busily preparing our Annual Report/2025 Calendar and 23-24 Annual Accounts. We do hope that you can join us for our 22nd AGM on 10 December - **see page 22.**



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

Thank you

When I received an invitation to one of our wonderful members **Margaret Morley's** 90th birthday party in July, I was overwhelmed to read that the only gift Margaret wanted was people's presence, but that she would be delighted if they would like to make a donation to Good Neighbours or the Alzheimer's Society, both charities that are very dear to her heart. It was a fantastic idea and such a great party, with many of our members attending.



Think of us

Leaving a legacy to our Scheme is one of the most effective ways that you can support local people in later life to live independently. One of our late members, **Claire Clayton** has left a legacy in her Will to us. Claire was a regular at our exercise class, walking group and trips out. Money received will go towards our Buy-a-Bus Campaign as Claire got so much pleasure out of our transport service. **See page 19.**

Thank you to the families who donate money from funeral collections. We very much appreciate all the donations made in memory of the ones you love. It really does mean a lot and is a big part in keeping the Scheme going.

I would also like to thank all our members for your continued support through attending groups, participating in our 100-Club Lottery and donations. Over 100 people attended our Summer Fayre that raised **£846.20.**

Jo Horsfall - Chief Executive Officer



Cross Gates & Whin



Our Hub at Crossgates Shopping Centre, opened by the Lord Mayor of Leeds in November 2021, has served over 25,000 community members.

Unfortunately, due to the increasingly challenging funding environment for charities, we must announce the closure of the Hub, which will be managed until the end of October 2024.

We are immensely proud of the diverse range of services we have provided to people of all ages in our community over the last three years. We extend our heartfelt thanks to the Crossgates Shopping Centre, our funders, supporters, Claire Wall, our Community Support Worker, and the dedicated staff and volunteers who have contributed to the Hub's success.

Despite the closure, not all Hub activities will end. The following adjustments will be made:

Partnership Working

- Claire will continue her vital community and partnership work, organising health and well-being events at Crossgates Shopping Centre and within groups. She will ensure that health messages are delivered into the community and that we continue to develop and maintain a joined-up service.

nmoor Community Hub

- We will continue hosting Local Care Partnership meetings at The Newman Centre.
- Claire will be available at the Drop-In, providing one-to-one community support to the public, who can also access our other services and enjoy a cup of tea with us.

Groups

- One-to-one IT support will continue at the Scheme.
- Carers Leeds and the Bereavement Support Group will relocate to The Newman Centre.
- Money Buddies will relocate to Crossgates Library.
- Breast Friends will remain in the local area but will change location.
- We are still in talks with Mind Matters, Hearing and Sight Loss and the Police Community Support Officers (PCSOs) but will keep you updated on what's happening via our Facebook page.

Staff and volunteers

There will be a restructuring of roles and responsibilities with some reduced hours. Current Hub volunteers will transfer to the office and one-to-one group support roles at the Scheme.

Please check our Facebook page or contact the office to find out what further support will be available.

Supporting Independence



As part of providing person-centred health support to members of our local community through our **Enhance Programme**, we are now working in partnership with Seacroft Neighbourhood Team (SNT) hosting a weekly **Health Hub** alongside our Tuesday Drop-In.

Partnership Working

SNT staff refer patients into the Health Hub where nurses can offer a range of treatments they have been providing at home with self-management advice. Bringing patients into a community setting enables us to engage earlier and provides a smoother transition to our services. Patients can then join the Drop-In, become Scheme members, meet new people, form new friendships and take part in the range of activities, trips and outings we provide.

The Health Hub is another way to support older people to help them address long term health issues with a view to improving the quality of their life and maintaining their independence. Sentiments supported by Sallie Smith Clinical Manager at Leeds Community Healthcare NHS Trust who said, *“For many patients, attending the Health Hub may be their only social interaction each week, offering both medical care and community connection. Nurses in the Seacroft Neighbourhood Team have observed that this engagement significantly enhances patients’ health outcomes.”*

Farewell to Sandra



Sadly, we say farewell to Sandra who is leaving us in September. We would like to express our gratitude for the huge impact Sandra's made on our community through the care and individual support she's provided to so many of our members during home visits, one-to-one support, group work and trips out.

Sandra's dedication as a Project and Group Support Worker has touched the lives of so many people and we wish her lots of happiness for the future.

Winter Health & Wellbeing Tuesday 29 October

11am-3pm | Crossgates Shopping Centre

In collaboration with **Cross Gates Local Care Partnership** the event will provide valuable information on critical winter wellbeing issues, including flu vaccinations, the cost of living crisis, energy efficiency, fragile & pain management, and support for long-term conditions.

All Welcome

Community events and the new Health Hub provision ensure a joined-up service for our members, further developing partnership working between our Scheme and local health care professionals.

Reducing Loneliness & Isolation

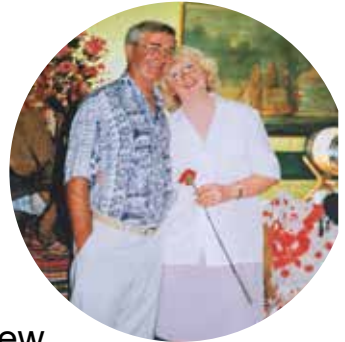


Marie first met Keith, the love of her life, at a police ball in Crigglestone when she was just a teenager. The first words he said to her were, “*You’ve got beautiful hair,*” and Marie, smitten, thought he was gorgeous.

Their romance blossomed, and by the age of 19, Marie was engaged. They married in September 1961 when she was 20. Marie never regretted for one single second marrying young, “*It meant I had more time with Keith.*”

Building a life together

Marie and Keith worked hard to save for their first home in Durkar near Wakefield. They shared a deep passion for the outdoors, countryside and walking, especially in the Yorkshire Dales.



They had one son Keiron, and as he grew older, Marie pursued a career in teaching. After a decade in Durkar, they moved to North Yorkshire before retiring to Colton to be closer to family. Life was wonderful, but in 2016, Keith had a heart valve replacement, which forced him to give up golf, one of his favourite pastimes. Looking for new activities they could do together, the couple discovered Cross Gates & District Good Neighbours’ Scheme CIO.

Though initially hesitant, Marie and Keith became regulars at the Monday Walking Group. As Keith loved painting, he joined the Friday Painting and Drawing sessions. While he was there Marie volunteered in the office, a role she continues to enjoy.

Support we can offer

When Keith passed away in August 2018, Marie was devastated. Their life together had been full of joy and adventure, and she struggled with the enormity of the loss. Despite a loving family, the void Keith left behind was immense.

After some initial one-to-one bereavement support, Marie joined our Bereavement Support Group run in partnership with Carers Leeds, where she says she could speak openly about her grief without fear of upsetting anyone. The group became a safe space for her, and as she began to heal, she switched from participant to volunteer. Marie now serves as the group's "meet and greet" person, making sure everyone feels welcome and supported; a role she absolutely loves.

Marie says there is no pressure on anyone in the group at all. *"It's up to you if you want to join in and say anything, or if you want to just sit and listen. It's a warm, caring atmosphere which is totally confidential and safe."*

Though she still misses Keith every day, Marie feels privileged to be part of such a caring community and through her various volunteering roles, Good Neighbours has given her a renewed sense of purpose.

Reducing Loneliness & Isolation



Born in Micklefield on St. George's Day 1938, sharing a birthday with his dad, Terry grew up with a deep appreciation for hard work and family. At 21, he married Jean, his lifelong love, and they began their life together in Farsley.

Although wanting to be a joiner, Terry got an apprenticeship as a plumber, a career that spanned over 50 years until he retired at 75.

Terry's Life of Love, Service, and Community

Terry's early adulthood was also shaped by his National Service, which saw him posted to Kenya and later Colchester. After completing his service, he and Jean settled in Whitkirk, where they lived ever since, raising their four children. Terry is especially proud of his grandson, who brings him great joy.

Terry and Jean shared many passions, including their love for Cliff Richard's music. Avid Cliff Richard fans, the couple travelled across the country to attend his concerts and spent many evenings dancing to his songs. Sadly, Jean passed away six years ago. Terry says they had a "smashing life together" and still misses Jean dearly.

Following Jean's passing, Terry found himself struggling with loneliness. Though he had always enjoyed long walks and gardening, roses being his favourite, back pain began to limit his activities. His days felt long and empty, but

everything changed when he discovered Cross Gates & District Good Neighbours' Scheme CIO.

One day he decided to drop by the Hub, where he was warmly welcomed and invited to a coffee morning. That decision marked a turning point in his life. Terry says joining Good Neighbours was the "best thing he ever did". Through the Scheme, he has formed meaningful friendships and enjoys the warm community, particularly appreciating the volunteer drivers who help with his mobility issues and brighten his days with friendly banter.

Terry's love for travel has been reignited through the Scheme's Shared Outings. He fondly remembers coach holidays with Jean and was particularly moved by a recent visit to a colliery, recalling his father's work as a miner at Beckfield Colliery in Micklefield. Terry remembers as a boy lighting the coal fire at home after school ready for his dad to have a bath when he came in from working in the mine.




In addition to the Tuesday coffee mornings, Terry also attends the Wednesday Lunch Club, where he enjoys the company, meals, and bingo. The friendships and trust he has built with fellow members, staff and volunteers make him feel safe and supported.

Terry says he is extremely grateful for Good Neighbours, which has transformed his life, filling his days with purpose and things to look forward to. He considers joining the Scheme the best decision he ever made.

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	IT Support @ Drop-In 10am-11.30am FREE	Lunch Club 1.30pm £6
Online Quiz 7.30pm-8.30pm FREE	Ukulele 11.30am-12.30pm £5	Flexi-cise challenge exercise 1.15pm-2.15pm-3pm £5
	Tai Chi 1.30pm-2.30pm £5	This timetable is subject to change. Please use the office for the latest information.

Fortnightly & Monthly Activities		
	First Tuesday of month Sandwich and a Song 12pm-2pm £6	First Wednesday of month Carers Leeds 2pm-3.30pm £5
	Third Tuesday of month Birds of a Feather Dementia Cafe 1pm-3pm £3	Fourth Wednesday of month Bereavement Support Group 3pm-4pm £5
	Fourth Tuesday of month Food and a Film 12pm-3pm £7	

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

 St Mary's Church, Selby Road, Whitkirk LS15 0AA

 Online

Please contact the office for further information on all activities except our Drop-In which is free.

Wednesday	Thursday	Friday
Activities		
IT Support Group 12pm-2pm £4	Line Dancing 1.30pm-2.45pm £4	Drop-In Coffee Morning 10am-11.45am £3
IT Support 12pm-2pm £4	Cryptic Crosswords 1.30pm-3pm £2	IT Support @ Drop-In 10am-11.30am FREE
Air-based 12.30pm-2pm & £3.50	IT One-to-one Lessons 10am-2pm Please book £2	Painting & Drawing 12.30pm-2.30pm £5
Table is valid from Friday 1 November. Please see the Summer newsletter timetable until then.		Games Afternoon 12.30pm-2.30pm £2

Monthly Activities		
IT Support 1st day of month FREE		Fortnightly on Friday Gardening Club 10am–11.30am £3
IT Support 2nd day of month 4pm £1		Fortnightly on Friday Knitting Group 10am-11.30am £3 Alternate week to Gardening Club

For more information. All groups must be pre-booked due to limited places. All activities are open to all. Our Short Walks will be back in the Spring!

Reducing Loneliness & Isolation



Our monthly dementia café, **Birds of a Feather (BOAF)** is more than just a group. It provides a safe and welcoming space to meet others who truly understand what it's like to live with dementia or care for someone who does and it's a stepping stone into a network of support and activities that can enhance their lives in meaningful ways.

Let's hear from some of our members about what BOAF means to them.

Paul and Sue: Since attending BOAF with his wife Sue, Paul has made many new friends and really looks forward to each meeting. His time at BOAF has inspired him to join Sandwich and a Song and our Lunch Club. Sue greatly appreciates the support she receives. She also very much values the respite and peace of mind she gets while Paul is engaged in groups and the independence it gives him.

Anne and Peter: When Peter was diagnosed with dementia, he and Anne searched for local activities they could do together and were directed to BOAF by their memory nurse, Claire. Anne describes the group as a "Godsend," offering them both a chance to get out of the house and enjoy some fresh conversation with new people. Anne has developed good friendships, particularly with Jean. She says the group's setting, with

everyone around a big table, is vital for creating a sense of togetherness, although Anne acknowledges that outings they've made, like barge trips, meals out, and a theatre trip offer opportunities to get to know people better through smaller group conversations.

Jean and Pat: Jean and Pat joined BOAF following a recommendation from their Admiral Nurse after Pat's dementia diagnosis. Initially apprehensive, Jean quickly found the group to be warm and welcoming. Having lost many of their social connections during the pandemic BOAF has introduced them to new friends. Anne and Jean hit it off straight away and due to their shared experiences soon developed a deep friendship.

Volunteers: Our volunteers play a crucial role in the success of BOAF. **Melvyn**, who has been with us since the group started, describes BOAF as one of his favourite groups. He loves the easy-going atmosphere and the opportunity to give back to the community. **Alison**, a new volunteer, echoes these sentiments, appreciating the warm, friendly environment.

Other Support: Finally, **Claire**, Memory Support Worker, emphasises that BOAF is a place where everyone is brought together in a warm, inclusive setting. It's an accessible starting point for those with dementia as it's not overwhelming and offers respite for carers as they can chat and share experiences which can make them feel less alone in their day-to-day caring roles.

Supporting Independence



We know from experience, as well as research, that social interaction is extremely important in helping to combat feelings of loneliness, depression, anxiety and social isolation in older people.

Providing accessible and affordable transport via our Transport Service is vital to ensure that members who would otherwise be unable to get out and about, are able to join in groups, supported trips and outings.

How can we help!

As the weather changes, it can be more difficult to get out and about, but we are here to support you. This could be through providing transport for you to get to an activity, delivering a hot meal, collecting a prescription or anything else that you may need support with. Our Outreach Team can support members to claim benefits, such as Attendance Allowance, which they can then use toward the cost of our subsidised Transport Service, or taxis.

The new Travel With Confidence project is another important way in which we can support our members to be able to get out and about more confidently and independently - **see more on page 19.**

If you would like to discuss what support we could offer you, please call the office and speak to Di.

Can you help us!

Our Transport Service is run by a dedicated team of volunteer drivers who drive their own cars or one of our accessible minibuses. Without their support, many of our frailer and less mobile members would not be able to participate in our activities, trips and outings. For some of our members, this is the only time in the week they go out. Members also look forward to seeing the drivers, sharing some friendly banter, and greatly appreciate their assistance with any mobility issues they may have. We need to recruit more volunteer drivers. If you or a family member have time to spare, or are interested in becoming a volunteer driver please get in touch.

**Cross Gates
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Volunteer Drivers Needed

Could you spare a couple of hours a week to support our members to get to and from our groups? You need to:

- Have your own car
- Be flexible
- Mileage expenses paid
- Full induction training

**To find out more call the
office on 0113 260 6565**

Registered Charity Number: 1160095 | crossgatesgns.org.uk

Buy A Bus Campaign



Our Transport Service is now at capacity as we are transporting at least 55 different people in each week. At a recent meeting the Trustees agreed to allocate some of the Scheme's funds towards this campaign to meet increased demand.

Our Trustees are overwhelmed with the amount of support that we have received with the **Buy a Bus Campaign** and understand how vitally important our transport service is in providing inclusivity and accessibility to our activities. Over the next few months we will start searching for a minibus that is suitable for our Scheme and members. Until then our fundraising will continue and we will keep you all updated!

The amount raised as we go to print stands at **£21,260**. What an amazing job we are all doing pulling together to raise funds through sponsored walks, cycles, small change money boxes, 'Name the Teddy', birthday gift exchange, legacies and members' donations.



In August, nineteen of our less mobile members took on the challenge of walking round Manston Park. *"It was great to be able to get involved. I managed two laps around the football pitch."*

TRAVEL WITH CONFIDENCE

A NEW project aimed at supporting older people in our community to use public transport more confidently and independently

Let us HELP! If you:

- haven't used a bus in a while
- don't know where the bus stops are or bus times
- want to learn a bus route or use the access bus
- want to start using taxis
- need support to learn about travel apps



Cross Gates & District Good Neighbours[®] Scheme CIO
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For more information contact Dianne on 0113 260 6565



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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 13 October	2pm	La Cantina
Saturday 19 October	1pm	Skyliner
Sunday 27 October	3pm	Spice Zone
Saturday 2 November	1pm	Harvester
Sunday 10 November	1pm	Barnbow
Saturday 16 November	1pm	Devon
Sunday 24 November	2pm	La Cantina
Saturday 30 November	1pm	Skyliner
Sunday 8 December	1pm	Brown Cow
Saturday 14 December	1pm	Harvester
Sunday 22 December	1pm	Zorbis
Saturday 28 December	1pm	Devon
Sunday 5 January	2pm	La Cantina
Saturday 11 January	1pm	Barnbow
Sunday 19 January	3pm	Spice Zone
Saturday 25 January	1pm	Skyliner

Shared Outings



Thank you to Wade's Charity for supporting our Shared Tables and Shared Outings for the next six months. **Book from 30 September.**

Date	Location	Time	Cost
October			
Thursday 17	Crooked Billet	11.30am-3.30pm	£25 for 2 courses
Thursday 31	Afternoon Tea, Temple Newsam	12.30pm-3.30pm	£15 inc. food
November			
Thursday 14	Batley Mill, Shopping	10.30am-2.30pm	£7
Thursday 28	Tong Garden Centre	10.30am-2.30pm	£7
December			
Thursday 5	Tong Garden Centre	10.30am-2.30pm	£7
Thursday 12	Christmas Lunch, Crooked Billet	11.30am-3pm	£30 for 3 courses
Thursday 19	Lunch with the Jersey Boys, Kings Croft Hotel, Pontefract	11.30am-4.30pm	£35 for 2 courses
January			
Thursday 9	White Rose Centre <i>Good Mobility</i>	10.30am-2.30pm	£7
Thursday 23	The Red Lion	11.30am-3.30pm	£20 inc. meal

Events

Afternoon Tea Dance

To celebrate **International Day of Older People** we will be holding an Afternoon Tea Dance on **Tuesday 1 October**
11am-1pm | Tickets £10



Please join us for our **22nd**

**Cross Gates
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Annual General Meeting

Tuesday 10 December 11am-1pm

Guest Speaker: **Tracy Lenihan**,
Travel Connections Project Manager
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 **15 November** in an envelope marked AGM.



Book your place for our
Christmas Panto **Jack and the
Beanstalk** on **Wednesday 11
December** from 1.30pm-3pm |
£7.50 including tea & cake!

Christmas Parties @ the Drop-In

Tuesday 17 Dec | The Newman Centre

Friday 20 Dec | St Mary's Church

10am-12pm | Buffet and Music

Please book via the office

Christmas Eve Film Show

Tuesday 24 December | 12pm-3pm | £7

With lunch and warm mince pies

Please book via the office.

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

Pension Credit Awareness Week | 9-15 September

Winter Fuel Payments are now linked to Pension Credit - check your entitlement

If you receive a state pension, you could be eligible to increase your weekly income by claiming Pension Credit. You can make a claim online, by phone on **0800 99 1234** or you can request a paper claim form at <https://apply-for-pension-credit.service.gov.uk/start>

Scan me to visit website



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