



Spring 2025

# **Cross Gates & District Good Neighbours' Scheme CIO**

Working with and for older people



Call 0113 260 6565

[www.crossgatesgns.org.uk](http://www.crossgatesgns.org.uk)

# A word from the office...



As Spring arrives, we're also embracing a time of change here at the Scheme and we would like to share some important updates with you.

## Changes in Staff and Roles

It is with mixed emotions that we announce Marion and Stephen's retirement after five years of dedicated service to the Scheme. While they are stepping down from their current roles, they are not saying goodbye. Marion will remain with the team, offering her expertise by writing for our newsletter. If you'd like to be featured or have any stories or feedback, please share with staff, and Marion will get in touch.

Stephen will also stay involved, returning as a volunteer driver and continuing to support the Scheme in a new role. We are grateful for his commitment and look forward to welcoming him back as a volunteer.

## Costs and Staffing Adjustments

Like many charities, we are facing funding cuts and challenges. To maintain the services our members rely on, we are reviewing our contingency plan, volunteer roles, and costings to save time and staff hours. Marion and



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

Stephen's responsibilities will be redistributed among the team, as they will not be replaced.

Starting April 1st, we will also be slightly increasing fees: Sandwich and a Song and Lunch Club will rise to £7, Short Walks to £4, and Transport to £5 for a return journey or £3 one-way. These small increases will help us continue offering a high-quality, affordable service.

## Thank You

A special thank you to the late Les Burrows, whose legacy supports our art materials for a year. We're also grateful for the anonymous donation received last year, which has enabled us to purchase a new minibus (see page 20 or the 'Buy a Bus' update). Additionally, we appreciate the families who donate in memory of loved ones - these contributions are essential in helping us sustain our services.

## Leaving a legacy

Leaving a legacy to our Scheme is a meaningful way to help people in later life live independently. Your support makes a real difference and helps us to continue to provide essential services to our members.

Please note, we will keep you updated on any changes to group or transport arrangements due to the upcoming closure of the bridge directly opposite our main office on Station Road, in June.

## Jo Horsfall - Chief Executive Officer

Please note our Closure Week is **12-16 May**.  
No groups will run in between however  
the office is open for emergencies.

# Reducing Loneliness & Isolation

We're passionate about encouraging connections to help reduce feelings of loneliness, anxiety and isolation and promoting well-being for our members.

Central to this mission is our Outreach Team, who all share a common goal: to make a positive difference in the lives of older adults in our community.



**Nadine (Dee) Oliver**  
**Lead Project Worker**

Dee oversees the day-to-day running of the Outreach Team and allocation of referrals that the Scheme receives. She chairs the weekly Outreach Team meetings and has overall responsibility for the monitoring, recording and delivery of the Enhance project to meet funders' requirements. Dee also coordinates and oversees the running of our monthly **Birds of a Feather Dementia Cafe**, our weekly **Tuesday Health Hub** run by Seacroft Neighbourhood Team Moving On programme and the development of our overall outreach offer.



**Claire Wall**  
**Community Support Worker**

As part of her outreach role, Claire oversees projects supporting members and the local community such as our **Enhance Project** and the **Outreach in the Community Project** through Places for People at Orchard Croft.

Claire provides one-to-one support and signposting in the community at our weekly Drop-Ins, groups and other local

venues. She also refers people for welfare and benefits checks, debt advice and energy support. She works on fundraising projects and securing sponsorship with local businesses and schools. She has strong links and good working relationships with Local Care Partnerships, GPs and Primary Care Networks, as well as local agencies, businesses and city-wide statutory and voluntary organisations. Claire carries out volunteer inductions and DBS checks and coordinates the training plan for volunteers and staff.



**Dianne (Di) Dines**  
**Project Support Worker**

Di leads on the **Travel with Confidence** project including monitoring and reporting and organising Driving Assessments. She also co-ordinates transport and group activity support, keeping an eye on transport capacity to ensure we can transport as many members as possible into activities. Di is passionate about creating meaningful and engaging experiences for our members and brings energy and enthusiasm to her role – as anyone who has attended **Sandwich-and-a-Song** will testify! She oversees the smooth day to day running of the befriending service and supporting our volunteer workforce.

*We believe that no one should feel alone, and the Outreach Team together with the rest of our dedicated staff and volunteer team is here to ensure every member feels part of our family: a place where everyone feels valued and supported.*

# Supporting Independence



In May last year we launched our weekly Self-Management Community Health Hub in partnership with the Seacroft Neighbourhood Team (SNT).

## The Health Hub

The Health Hub is designed to support older people in managing long-term health conditions, helping to improve their quality of life while maintaining independence. Patients are referred to the Hub by SNT staff, where nurses provide a range of treatments previously delivered at home, along with expert self-management advice.

By offering healthcare in a relaxed, social setting, we are not only making it more accessible but also helping to reduce waiting times and the need for unnecessary trips to hospitals or GP surgeries. Our local approach ensures that vital care is available closer to home, supporting our community in a meaningful and practical way.

David Smith, one of our trustees, has first hand experience of using the weekly Health Hub.

*“One day last year my leg suddenly became very red and very swollen. Don’t ask me how it happened, but it was a serious infection. My doctor sent me straight into St. James’ to go on an antibiotic drip. That cured the infection, but my leg needed time to recover.*”

*“Some very dedicated nurses from the Seacroft Neighbourhood Team (SNT) visited me at home every few days to dress my leg. When the Health Hub opened at the Newman Centre, I could get my leg seen to there. It was better for both me and the SNT nurses to have a convenient place with all the right facilities. My leg is completely better now.”*



Dee and Claire, Outreach Workers for the Enhance Project are also on hand at the weekly Health Hub to offer additional support and advice around any social or welfare issues new patients may have.

## **Meet new people and make friends**

This can open a world of new activities to join in and the opportunity to meet different people and make new friends, reducing social isolation and increasing feelings of belonging and support.

A patient referred in by SNT says: *“When CDGNS was first put to me by the nurse, the idea did not appeal to me. Nevertheless, I attended my first coffee morning some months ago.*

*“It’s one of the best things I have ever done. My initial misgivings were soon put behind me. Everyone I have met so far has been friendly and most helpful. I now feel at home every time I attend one of the many activities on offer. I would recommend anyone that feels lonely and alone to give Cross Gates Good Neighbours’ a try.”*

# Reducing Loneliness & Isolation



Ron's story is one of resilience, community, and new beginnings. Born in 1949, his early years were spent in an orphanage, whilst his brother was adopted. Ron was later adopted and it wasn't until he turned 40 that the two were reunited, and they've been in regular contact ever since.

Ron married in 1971 and raised two children, following his divorce, he began to rebuild a new life.

In 1997 Ron met Sue, also divorced, and the pair have been together ever since. They moved to Bolton to follow Ron's job in the Civil Service. Retiring in 2014, Ron discovered an Environmental Resource Centre offering a programme called Men in Sheds and Wildlife. It proved to be the perfect opportunity for him to step outside his academic career and try something new.

Ron's connection to Leeds began through his children. Both attended the University of Leeds, and his son is now settled here. Drawn by the opportunity to be closer to his son and grandchildren, Ron and Sue made the significant decision to move from Bolton to Leeds.

Once in Leeds, a neighbour recognised Ron's sociable nature and keen interest in being involved in the local community and suggested he check out the Cross Gates & District Good Neighbours' Scheme CIO. The neighbour





even passed him the latest newsletter, which he found invaluable for information about the many activities and opportunities available.

Ron's first activity with the Scheme was the Tuesday coffee morning.

Initially unsure, he thoroughly enjoyed the combination of quizzes, lively debates, and meeting new people. *"It's not just coffee and a chat,"* Ron says, crediting the experience with helping him settle into the local community.

Welcomed warmly by staff and volunteers, he felt instantly at home. The experience also informed Ron about benefits he never realised he was entitled to such as Attendance Allowance, which enabled him to make important home adaptations and improve his mobility.

From that first coffee morning, Ron's involvement with the Scheme has grown. He's joined various groups including a ukulele group!

For Ron, Leeds truly is one of the best cities to grow old in. He praises the city's extensive Neighbourhood Network Schemes, which offer older adults a wide range of opportunities to stay active, social, and engaged.

Ron considers joining Cross Gates Good Neighbours as a "no-brainer." He encourages others, especially those who may feel isolated, to get involved. *"It's contact with the outside world,"* Ron says. *"I've never looked back."*



# Supporting Independence



This Spring, we're delighted to feature Sheila Hullah, one of our longest-standing members and a former volunteer driver, whose life is a remarkable story of community spirit and adventure.

Sheila was born in Barnsley as an only child and, sadly, lost her mother at birth. Raised by her father and grandmother, Sheila says she has always been extremely independent. She attended Barnsley Girls High School in Cudworth, where she shared school bus rides with none other than the future TV presenter Michael Parkinson.

At just 15, Sheila started her career in the cash office at Littlewoods, handling tills and cash flow. This hands-on role increased her self-confidence in being at ease with people and money management, skills that would serve her well in her future varied career. At 18, she became a bus conductress, calling out to passengers to "*Move down the bus, please!*" - a brief and enjoyable chapter of her early working life.

Aged 21 Sheila married her husband John, whom she met at a local dance club. The couple eventually managed their first pub, the Angler Inn, situated on the entrance to a caravan site near Boroughbridge where they holidayed every year with their young family. Later they managed the Old Railway Pub in Marsh Lane, Leeds where they got involved in many community events and fundraisers;

a favourite being an annual bed push. Sheila embraced life as a landlady.

Sheila also had a passion for driving, which led her to become part owner and second driver of a local coach company, which meant she shared driving on long journeys such as trips to Scotland.



She also volunteered with the Ladies Licensed Victuallers, where she took part in banquets and travelled on memorable trips aboard the Orient Express and abroad. Her love for adventure and travel took her to America, Egypt, and Spain.



After John died in 1981, Sheila continued to run the pub for 16 more years, supported by a close-knit team and community. Following her retirement, she moved to Cross Gates to be closer to her family and joined the Scheme, finding both a purpose and a supportive social circle. *"It was marvellous,"* she says, reflecting on her early days with 'Good Neighbours'. She volunteered as a driver, joined in outings, and met many new friends.

Now in her 80s, Sheila still lives independently, having recently passed her Mature Driver Assessment. *"I wouldn't drive if I wasn't confident!"* She joins in several weekly activities at the Newman Centre, including coffee mornings, lunch clubs and the Friday games session, as well as the popular Shared Tables meals on weekends.

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>
<b>Weekly Activities</b>		
<b>Walking Group</b>   Leaves The Newman Centre at 10.15am and 11am   £3/£1	<b>Drop-In Coffee Morning</b>   10am-11.45am   £3	<b>Mixed Activities</b>   10am-11.45am
<b>Men's Group</b>   1pm-3pm   £2	<b>IT Support @ Drop-In</b>   10am-11.30am   FREE	<b>Lunch Club</b>   1.30pm   <b>£7</b>
<b>Online Quiz</b>   7.30pm-8.30pm   FREE	<b>Ukulele</b>   11.30am-12.30pm   £5	<b>Flexi-cise challenge exercise</b>   1.15pm-2.15pm-3pm
	<b>Tai Chi</b>   1.30pm-2.30pm   £5	

**Fortnightly & Monthly Activities**

<p>Unless stated, activity will take place at The Newman Centre, Station Road, Crossgates, LS15 7JY</p> <p><span style="color: green;">●</span> St Mary's Church, Selby Road, Whitkirk LS15 0AA</p> <p><span style="color: orange;">●</span> Online</p>	First Tuesday of month <b>Sandwich and a Song</b>   12pm-2pm   <b>£7</b>	First Wednesday <b>Carers Leeds</b>   2pm-3.30pm
	Third Tuesday of month <b>Birds of a Feather Dementia Cafe</b>   1pm-3pm   £3	Fourth Wednesday <b>Bereavement Group</b>   <b>2pm-</b>
	Fourth Tuesday of month <b>Food and a Film</b>   12pm-3pm   £7	<b>S</b>

Please contact the office for further information. All groups must be pre-booked due to limited numbers except our Drop-Ins which are open to all.

**Price increases in red from 1 April 2025.**

10.30am
Tuesd Temple
Tuesd Woodle
Tu

<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Activities</b>		
<b>Y Group</b>   n   £4	<b>Line Dancing</b>   1.30pm- 2.45pm   £4	<b>Drop-In Coffee Morning</b>   10am-11.45am   £3
12pm-	<b>Cryptic Crosswords</b>   1.30pm-3pm   £2	<b>IT Support @ Drop-In</b>   10am-11.30am   FREE
<b>Air-based</b> 5pm-2pm & £3.50		<b>Painting &amp; Drawing</b>   12.30pm-2.30pm   £5 <i>Places available</i>
		<b>Games Afternoon</b>   12.30pm-2.30pm   £2

<b>Monthly Activities</b>		
Monday of month <b>IT Support</b>   FREE		Fortnightly on Friday <b>Gardening Club</b>   10am– 11.30am   £3
Tuesday of month <b>IT Support</b> <b>3pm</b>   £1		Fortnightly on Friday   <b>Knitting Group</b>   10am- 11.30am   £3   Alternate week to Gardening Club

### **Supported Short Walks | £4**

<b>Departure from the Newman Centre</b>	
Monday 8 April The Newsam	Tuesday 22 April Roundhay Park
Monday 6 May Sfords Lock	Tuesday 20 May Golden Acre Park
Tuesday 10 June   Stanley Ferry	

# Bereavement Support



When Sue Sutton retired after ten years as a Bereavement Practitioner at Carers Leeds, she could have easily stepped back from the work she loved.

However, when Carers Leeds could no longer fund our monthly Bereavement Support Group, Sue kindly agreed to continue facilitating the group as a volunteer ensuring this crucial service remained available to those who need it most.

Sue's career wasn't always centred around bereavement support. She spent 24 years as Head of Administration at the Northern School of Contemporary Dance. It was only when she was made redundant in 2012 that she decided to pursue her long-held interest in counselling, having qualified a number of years earlier and where she discovered her passion for supporting those in grief during her training.

Sue joined Carers Leeds in 2014, providing one-to-one support and home visits, something she found deeply fulfilling. She also took over the running of the bereavement group - learning how powerful and important these groups can be. Sue's leadership has been instrumental in maintaining the group's structure and supporting the changes involved in moving from the Hub following its closure, to the Newman Centre.

## The Power of Bereavement Support Groups

Sue has seen the profound difference bereavement groups can make in people's lives. They help normalise grief, offering reassurance that members' feelings are valid and that they are not alone. Some prefer to talk, while others simply listen, and that's okay. The hardest part for many is taking the first step - walking through the door. But once they do, they often find not only support in the group but a sense of belonging within the Scheme's wider community.

### What to Expect

Unlike one-to-one counselling, it focuses on shared experiences rather than exploring individual grief. While it may not be suitable for those in the earliest stages of loss - when support from close family and friends who know you best is more beneficial - it offers a valuable space for those ready to connect with others who truly understand what they're going through.

Sue is supported by Marie, an experienced group member who now volunteers alongside her. Marie helps welcome new attendees, makes phone calls before each session, and reassures those who may feel anxious.

The Bereavement Support Group is held on the fourth Wednesday of every month, from 2pm-3pm, providing a supportive space where individuals can share, listen, and heal. For anyone considering attending, Sue, Marie, and the team offer a warm welcome.

If you or someone you know would like to attend our monthly Bereavement Support Group, please contact the office.

# Volunteer Noticeboard

Would you be interested in volunteering with us?  
Full training provided for all roles - get in touch!

**Shared Table  
Hosts**

**Newsletter  
deliverers**

**Group  
set-up and  
take-down**

**Walk  
Leaders**

**Drivers &  
Minibus  
Escorts**

**Office  
Reception  
Monday am**

**A massive  
thank you to  
all our amazing  
volunteers!**

## **Volunteer Social**

We are celebrating **Volunteer Week** on  
**Friday 6 June** at **St Mary's Community  
Hall** from **1-3pm**

All our volunteers are invited to enjoy a  
buffet, music and some fun! Please let us  
know if you can make it so we know how  
many to cater for,



# Digital Confidence

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

## Take the First Step Towards Digital Confidence!



These sessions are free and open to all. Don't miss this opportunity to make the internet a useful and empowering tool in your daily life.

- Tuesday: 10am–12pm @ The Newman Centre
- Friday: 10am–12pm @ St Mary's Community Hall



### Free Digital Support Sessions

Vanessa is here to help you gain essential digital skills that will enhance your daily life. Whether you need help setting up apps, managing online accounts, or just want to feel more confident using your phone or computer, join us for free at one of our one-to-one digital sessions or book on one of our training workshops!

### Digital Training Sessions @ The Newman Centre:

- Fuel Poverty | Tuesday 18 March | 10am-12pm
- NHS Apps | Thursday 10 April | 10am–12pm

One-to-one bookable appointments with Vanessa are also available.



**Please book via the office on 0113 260 6565. Limited places.**

We are proud to work in partnership with Clarion Futures to bring you one-to-one IT Support Drop-ins and Digital training sessions ensuring accessible learning for all.



Cross Gates & District Good Neighbours' Scheme CIO,  
The Newman Centre, Station Road, Leeds LS15 7JY  
Registered Charity Number: 1160095 | [crossgatesgns.org.uk](http://crossgatesgns.org.uk)

# Supporting Independence



Providing accessible and affordable transport via our Transport Service is crucial for supporting our members to get out and about. It's vital to keeping them socially connected and living as independently as possible.

Without the door-to-door transport service provided by our volunteer drivers, many of our members would not be able to take part in our activities or trips out. Here some of our volunteer drivers and members tell us what the service means to them.

*"I cannot walk very well due to a bad back, so would have to get a taxi."*

*"I started volunteering as a driver to stay busy and give something back to the community."*

*"We pay a small amount for the transport but it's worth it. I would really struggle to get the bus, especially in bad weather."*

*"The pleasure I get from taking members out each week is beyond measure."*

*"Although I am retiring in March, I will continue to volunteer at Good Neighbours as I like helping people and it's really great when members say 'Thank you. I enjoyed the trip.'"*

*"I wouldn't be able to get out of the house to join the activities if not for the mini-bus."*

# Thank you



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# Buy A Bus Update



Thanks to your incredible support and everyone's efforts, the Trustees decided to allocate additional funds beyond the initial £10,000 from the anonymous donation received last year, enabling us to purchase a much-needed third minibus sooner.

**Thank you** to Stephen and Jo for sourcing and collecting the bus from AFJ Services in Birmingham, to Austhorpe Signs for expertly signwriting the vehicle, and to The Keith Howard Foundation for their generous support with the first year's running costs.

## Ongoing Fundraising Success

This achievement would not have been possible without the fantastic fundraising efforts of our members. From a sponsored cycle to Holland to local sponsored walks, every event has made a difference. Additional support has come from donations, the "Name the Teddy" competition, a sponsored knit, and our Small Change Boxes, all of which help keep our wheels turning.

## Continuing the Buy a Bus Campaign

As of March 2025, the total raised has reached **£17,197** towards replacing our aging white bus!

**Thank you for your continued support!**

# Travel with Confidence



**Travel Connections**  
DESTINATION INDEPENDENCE

## Travel with Confidence

For those who are over 50 and:

- Want help if you have lost confidence travelling.
- Want to reach new destinations through travel.
- Would like to use transport to increase social connections.
- Want to explore new methods of travel.



To find out more, contact :



Dianne:  
0113 2606565



admin@  
crossgates.org.uk



www.crossgatesgns.  
org.uk



Leeds  
Older  
People's  
Forum

Funded by



**Motability  
Foundation**

Making all journeys accessible

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

# Shared Tables

Shared Tables is a great way to enjoy a meal out in good company on weekends. It's perfect for members who can make their own way to the venue and don't require one-to-one staff support. We take care of booking the venue. All you have to do is show up - just let us know by the Friday before if you need to cancel. Simple!

## Would you like to be a Volunteer Shared Tables Host?

We're looking for volunteers who can bring a smile and a warm, welcoming vibe to these gatherings. Expenses covered. Let us know if you would like to find out more.

Date	Time	Venue
Sunday 30 March	2pm	La Cantina
Saturday 5 April	1pm	Skyliner
Sunday 13 April	1pm	Brown Cow
Saturday 19 April	1pm	Barnbow
Sunday 27 April	1pm	Zorbias
Saturday 3 May	1pm	Harvester
Sunday 11 May	2pm	La Cantina
Saturday 17 May	1pm	Devon
Sunday 25 May	1pm	Luigi's
Saturday 31 May	1pm	Harvester
Sunday 8 June	1pm	Brown Cow
Saturday 14 June	5pm	Sorrento
Sunday 22 June	1pm	Barnbow
Saturday 28 June	1pm	Skyliner
Sunday 6 July	1pm	Zorbias
Saturday 12 July	1pm	Devon

# Shared Outings



A big thank you to **The Keith Howard Foundation** for supporting us for the second year in a row, helping to subsidise our shared outings, cover volunteer expenses, and assist with running costs.

Date	Location	Time	Cost
<b>April</b>			
Thursday 3	Black Swan, Barwick in Elmet	11.45am- 3pm	£20 inc. meal
Thursday 17	Empire Outwood (Fish and Chips)	11.30am- 3pm	£22 inc. meal
<b>May</b>			
Thursday 1	Afternoon Tea, Temple Newsam	12.30am- 3.30pm	£20
Thursday 29	Mystery Shopping & Meal Out <b>Good Mobility</b>	10am- 3pm	£20 inc. meal
<b>June</b>			
Thursday 12	Barge Trip with a picnic.	10am- 4pm	£25 inc. picnic
Thursday 26	The Piece Hall, Halifax via train <b>Good Mobility</b>	9.45am- 3.30pm	£10
<b>July</b>			
Thursday 10	Burnby Hall Gardens	9.45am- 3.30pm	£23 inc. entrance
Thursday 24	Otley Garden Centre	10.30am- 3pm	£7

Please contact the office to book. We will be taking bookings from **24 March**.

# 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](mailto:admin@crossgatesgns.org.uk)

Visit [www.crossgatesgns.org.uk](http://www.crossgatesgns.org.uk)

'Like' us at [www.facebook.com/crossgatesgns](http://www.facebook.com/crossgatesgns)

Follow us @CrossGatesGNS on X and Instagram

We also have our own YouTube channel

Book your place for our Spring Show **'There's No Business Like Show Business'** on Wednesday 28 May from 1.30pm-3pm £7.50 including tea & cake!



Scan me to visit website



Registered Charity Number: 1160095