



Autumn 2025

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...



As we move into the Autumn and Winter months, we have plenty to look forward to at the Scheme!

Celebrations

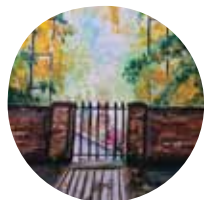
This season marks a special milestone for someone many of you know well – our Office Manager, Charley. He first joined us as a university placement student back in 2014 and has since become an integral part of the Scheme. Over the years, we've watched Charley take many big steps – becoming a homeowner, a proud dad, and now... he's getting married!



We will be celebrating this special occasion on **Tuesday 7 October**. Please note there will be no Drop-In that day. The celebration will be a ticket-only event, on a first-come, first-served basis, so book early if you'd like to join us in marking this joyful occasion.

Welcome Back

We're also thrilled to welcome Samantha Haggart back to the Scheme following a brief career change. Sam will now be leading on all things IT-related and will be on hand at



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

both weekly Coffee Mornings for support, advice, and a friendly chat. Sam will also be running a variety of digital training sessions – **see page 18 for further details.**



In other good news, our Monday Walkers have now returned to two separate groups after a period of walking as one, due to a shortage of volunteer Walk Leaders. With the help of some fantastic new volunteers, we can now offer smaller, more manageable groups – a welcome change after moments like 40 people queueing to cross a stile! Thank you to everyone who made this possible.

Looking ahead, there's plenty more to look forward to, including our AGM, Pantomime, and of course, the return of our much-loved Christmas Party – now back at the Holiday Inn. It's shaping up to be a fantastic end to the year, with lots of chances to come together and celebrate. **See page 22 for all our events.**

We're also delighted to confirm that our Drop-In Christmas Parties will go ahead this year in memory of our late member, Sylvia Rolls. Her family have made a generous donation, with part of it funding the celebrations and the rest supporting future activities. Thank you for your kindness and support.

Jo Horsfall - Chief Executive Officer

Please note: Our closure week this Autumn has changed and is now **22 to 26 September**. No groups will run during this week, but the office will remain open for emergencies.

Supporting Independence



Our weekly **Self-Management Health Hub** is a vital part of the **Enhance Project**, a collaborative initiative between ourselves and **Leeds Community Healthcare Trust**.

The Hub plays a crucial role in empowering older adults and vulnerable individuals to take a more active role in managing their own health and wellbeing. The streamlined year four programme has seen several changes.

Meet Chris Burrows, Enhance Project Manager (pictured above) who has taken over from Linda Glew. Chris has extensive experience designing, planning and delivering public services across a wide range of sectors.

Chris believes his experience will add value, bring external insights and experience to the Enhance Project, especially in developing the Health Hub which he says is a fantastic example of integrated community health care. It allows people to get health-based provision within a community setting, while also having the opportunity to access other social support activities and services.

Chris hopes to spend time with all the Enhance Delivery Partners, getting to know participants, health colleagues and, of course, our Scheme volunteers and staff.

Please feel free to introduce yourself to Chris, if you see him around the Scheme.



We also welcome Leanne Dunbavin, who has joined us on secondment from Leeds Irish Health and Homes, to support us to manage the large increase in referrals we are now receiving via the Seacroft Neighbourhood Team. Leanne has been involved in the Enhance Project from the very beginning and brings a wealth of experience and knowledge.

What our patients are saying

Over recent weeks, we've gathered feedback from patients attending our Health Hub, and the response has been overwhelmingly positive. From improved access to healthcare to the chance to connect socially, the Hub is making a meaningful difference in people's lives.

Many patients shared how the Hub makes accessing care much easier. Some appreciate not having to wait in all day for nurses, while others value the walkable location or the transport provided. Patients also praised the professionalism, warmth, and support of the staff.

The Health Hub is not only improving access to healthcare but also offering a safe, welcoming space for community connection and support. We're thrilled to see it growing and will continue to build on this success – together.

"Appointments are something I look forward to now."

"Without the door-to-door transport, I couldn't get here – it's as simple as that."

Community Outreach



Our outreach work continues to grow, with a focus on dementia support, mental health, and building strong community connections.

Claire's role in outreach

Claire, now our Operational Manager, plays a central role in leading and delivering our outreach work to meet the ever-changing needs of the community. She oversees projects across the Scheme, line manages some of the staff team and continues to offer one-to-one support in the community.

Claire works Monday, Tuesday, Thursday and Friday, regularly attending local Drop-Ins, groups and venues such as the Methodist Church and Orchard Croft. Thanks to new funding from Places for People, we are increasing our support to Orchard Croft residents. Claire and Vanessa now alternate visits there every other Monday (1.30pm–3.30pm). They also attend the Methodist Coffee Morning on the first Monday of each month (10am–11.30am).

Behind the scenes

Claire also manages and supports our volunteer inductions, staff training, project planning and monitoring, the distribution of Household Support Fund (HSF) grant and the Cross Gates Food Pantry, which runs every Tuesday and Thursday from 9am-11am at The Newman Centre, funded via our HSF Voluntary Action Leeds grant.

Events and community engagement

Claire works closely with the Crossgates and York Road Local Care Partnership, Jo, and the wider team to plan and deliver community health events, especially around mental health, wellbeing, and dementia awareness.

So far this year, we've delivered several impactful awareness events at Crossgates Shopping Centre, including Domestic Violence Across All Ages and Breastfeeding Awareness, both of which were very well received.

In March, we hosted a highly successful Dementia Awareness Event at the Crossgates Shopping Centre, including twelve community stalls and attracting over 1,800 visitors.

We are proud to support ***Light in the Darkness***, a powerful book by Brian Sugden, which gives a heartfelt insight into living with dementia. It's available from our office for a suggested donation of £6 in aid of Alzheimer's Research UK.



Looking ahead, planning is already underway for our next event...

Save the date!

Community Winter Wellbeing Event | Crossgates Shopping Centre | Tuesday 28 October, 11am–3pm

Last year, we welcomed over 16,000 people and over 40 stallholders. This year promises to be even bigger. Together, we're making a difference in our community - thank you for being part of it.

Spotlight on Volunteers



We'd like to say a big thank you to everyone – both volunteers and staff – who joined us for our **Volunteer Away Day** in June. It was a lovely chance for everyone to get together, share stories, and celebrate all the fantastic work our volunteers do.

Our volunteers are the heart of our Scheme. Thanks to their kindness and dedication, we can offer a wide range of activities and support services to more than **1,600 members** – with over **600 people** attending monthly and weekly groups and over **100 people** receiving support at home via befriending or hot meal delivery!

Altogether, our amazing team of volunteers give an incredible **381 hours** of their time every week. That's the same as having over **ten full-time staff**, which would cost around **£242,000** a year.

We truly couldn't do it without you – thank you for everything you do!





Turn over to read Jackie and Paula's mother and daughter journey. A heart warming story of how the Scheme, whether as a member or a volunteer, brings people together and supports wellbeing.

Why not chat to us about volunteering? Our next **Volunteer Social** is on **Friday 5 December** from 1-3pm, venue to be confirmed.

Spotlight on Volunteers



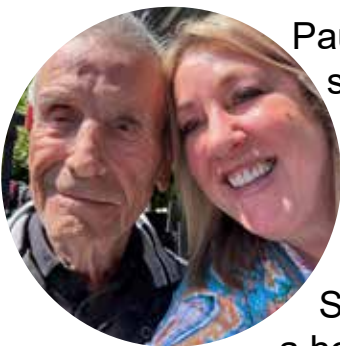
This autumn, we're delighted to share the story of Jackie and Paula – a mother and daughter whose lives have been enriched since joining the Scheme last year.

Originally from the Northeast, Paula's life took a romantic turn when she met her late husband Steve, a former RAF serviceman who went on to work as an electrician and later as a police officer, in a Whitley Bay nightclub. Just 15 months later, they married and settled in Leeds, Steve's hometown. Together, they raised two sons, sharing 26 happy years until Steve sadly passed away from cancer in 2017. The following year, Paula also lost her much-loved dad.

Jackie and Paula's family story is full of fascinating chapters. Paula's dad, a civil engineer, worked around the world – from the Middle East to the Seychelles – and Paula spent her childhood travelling between these places and boarding school in Northumberland. When her dad retired at just 44, Jackie and he built a home in the Algarve, where they lived for 27 years, enjoying annual visits from Paula, Steve and the boys during school holidays, before returning to the UK due to ill health.

In early 2024, Jackie decided to move down to Leeds to be closer to family. Wanting her mum to have her own circle of friends, Paula searched for local community activities. That's how they discovered the Scheme!

In October 2024, Jackie joined as a member, with Paula accompanying her to the first Tuesday coffee morning. And what a difference it has made! Jackie has made some lovely friends and is now part of a supportive friendship group that Paula fondly calls the “Golden Girls.” The group often meets up outside of the Scheme, too – showing how new connections can blossom into lasting friendships. Jackie also helps Paula look after her grandchildren on Thursdays, enriching family life even more.





Paula, meanwhile, felt inspired to give something back. After chatting with Claire, our Operational Manager, she decided to volunteer – even though she wasn’t sure at first what roles were available, and what she wanted to do.

She now volunteers as both a driver, and a home-visiting befriender for Peter, who loves sharing his stories during Paula’s weekly visits. *“He’s got a great sense of humour,”* Paula says. *“I’m a new pair of ears, and I love hearing all his tales!”*

Volunteering has been a perfect fit for Paula, a natural ‘people person’ – not surprising given her career as an NHS medical rep. She especially enjoys listening to the fascinating stories that older people have to tell. Joining the Scheme has brought Paula and Jackie new friends, new routines, and a real sense of belonging. And to top it all off, Paula has also found love again with Chris, an ex-army officer who shares her love of travel and adventure.

Monday	Tuesday	Wednesday
Weekly Activities		
Walking Group Leaves The Newman Centre at 10.15am & 10.45am £3/£1	Drop-In Coffee Morning 10am-11.45am £3	Mixed Activities 10am-11.45am
Men's Group 12pm-3pm £3	IT Drop-In 10am-11.30am FREE	Lunch Club 1.30pm £7
Online Quiz 7.30pm-8.30pm FREE	Ukulele 11.30am-12.30pm £6	Flexi-cise challenge exercise 1.15pm-2.15pm-3pm £7
	Tai Chi 1.30pm-2.30pm £5	

Fortnightly & Monthly Activities		
First Monday of month Methodist Church Drop-In 10am-11.30am FREE	First Tuesday of month Sandwich and a Song 12pm-2pm £7	First Wednesday of month Carers Leeds 2pm-3.30pm FREE
<div> <p>Unless stated, activity will take place at The Newman Centre, Station Road, Crossgates, LS15 7JY</p> <p> St Mary's Church, Selby Road, Whitkirk LS15 0AA</p> <p> Online</p> </div>	Third Tuesday of month Birds of a Feather Dementia Cafe 1pm-3pm £3	Fourth Wednesday of month Bereavement Group 2pm-3pm £7
	Fourth Tuesday of month Food and a Film 12pm-3pm £7	

Our Short Walks take a break for Winter

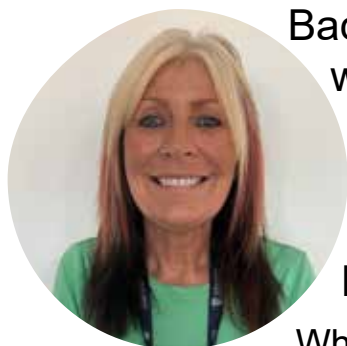
Wednesday	Thursday	Friday
Activities		
Y Group n £4	Line Dancing 1.30pm- 2.45pm £4	Drop-In Coffee Morning 10am-11.45am £3
12pm-	Cryptic Crosswords 1.30pm-2.30pm £2	IT Support @ Drop-In 10am-11.30am FREE
air-based 5pm-2pm & £3.50	Comedy Drama Club 3pm-4.30pm £3	Painting & Drawing 12.30pm-2.30pm £5 <i>Places available</i>

Monthly Activities

day of month s Support FREE	<p>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.</p>	Fortnightly on Friday Gardening Club 10am– 11.30am £3
sday of month t Support 3pm £1		Fortnightly on Friday Knitting Group 10am- 11.30am £3 Alternate week to Gardening Club

Winter but will be back in the Spring!

Carers Support



Back in 2009, Angie Thompson was working with SureStart, supporting families and children through events, one-to-one sessions, and joint work with NHS clinicians.

When a new role in the Third Sector as Carers' Group Coordinator at **Carers Leeds** came up, she saw it as an exciting chance to make a difference — even if it meant leaving the security of a statutory organisation for a role often reliant on short-term funding.

Angie jumped straight in, setting up and running ten carer support groups, including the Cross Gates group, which she took over and helped grow. Always proactive, she reached out to other organisations to launch groups tailored to specific needs: for carers of people with dementia, parent carers, and those affected by substance misuse or head injuries, among others.

In the early days, when she had more time, Angie secured funding for many of these new activities. Things changed in 2014, when Carers Leeds, Age UK, Alzheimer's Society, and the NHS mental health team came together to create a single, joined-up carers' service, ensuring carers had a single point of contact for support.

Angie has run the Cross Gates monthly Carers' Support Group since 2009. It's free to join the group which meets

on the first Wednesday of each month, 2pm–3.30pm in the Newman Centre. At the heart of all Carers Leeds groups is peer support: offering carers a safe, confidential space to share stories, experiences, and practical tips.

What Carers Leeds means to our members

Many members say the group is a lifeline—somewhere they can talk freely, knowing others truly understand the challenges of being a carer. They value learning coping strategies and practical ideas that help in everyday life. For those who feel isolated, the group is especially important: a safe space to be open about how they're really feeling.

What the group means to Angie

For Angie, it's all about the personal touch and making sure everyone feels welcomed and valued. Angie loves seeing how support stretches beyond the monthly meetings. *"I feel like I've helped people,"* she says. *"I feel I've made a real difference to someone's day-to-day life."* Always ready to go the extra mile, Angie finds it incredibly rewarding when members return and share how the group has helped them cope.

Finally, Angie extends a heartfelt thank you to the Scheme for providing the venue and for our strong partnership working, which helps signpost carers to even more support and activities.

If you're a carer looking for understanding, friendship, and support, why not come along and see what the group can offer you? You'll always find a warm welcome waiting.

Buy a Bus campaign



Thanks to your incredible support, we are delighted to share that we have now raised enough money to purchase a new minibuss!

A major boost came from the sale of our beloved Crafter minibuss, along with surplus funds released by our trustees that had been ring-fenced for staffing costs.

This year's fundraising events made an amazing difference - £834.51 was raised at our Summer Fayre, £1,437 from the Sponsored Walk and £990.29 from John Freer's Sponsored Knits.

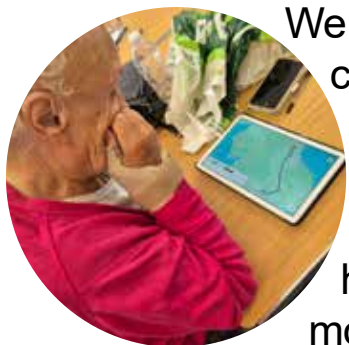
A huge thank you to everyone who contributed, including local organisations, businesses and community groups. A special thank you goes to our members, whose encouragement has been invaluable throughout the campaign. Together, these efforts have raised an incredible £28,583.

Looking ahead, we'll continue fundraising to cover running costs and overheads for our transport scheme. Your small change keeps our wheels turning.

Can you spare an hour or two each week?

We're looking for volunteer minibuss drivers and escorts to join our friendly team. If you have a little time spare, enjoy meeting people and want to make a real difference in your community, we'd love to hear from you.

Travel with Confidence



We know how important it is to stay connected, keep active, and feel confident when getting out and about. Our **Travel With Confidence** project is here to help people aged 50 plus feel more at ease using public transport.

Whether you're heading to appointments, social events, or just fancy exploring somewhere new, we offer friendly, practical support to help you travel independently and confidently.



One-to-one support:

On bus, train or taxi journeys

- Help with registering on the Access Bus and how to use it
- Help with journey planning, travel apps and practical trips
- Scooter support: build skills with one of our volunteers
- Walking with confidence: gentle support after illness or surgery

Group travel training

- Travel with others and not alone
- Visit local places of interest
- Make new friends along the way



Interested in joining or finding out more? We'd love to hear from you. **Let's travel with confidence – together.**

Winter Wellbeing

As we say goodbye to the long, light-filled days of summer, there's something comforting about the arrival of autumn — the changing colours of the leaves, crisp cool mornings, and cosy evenings.

That said, we also know that winter can bring its own set of challenges, especially as we get older. From seasonal illnesses and colder weather to feelings of isolation or low mood, the winter months can feel tough at times. But you're not alone — and there are lots of simple ways to stay active, connected, and well through the colder months.

Winter vaccination events

Protect your health this winter by attending one of our upcoming vaccination events: **see back page for further details.**

Things to do from the comfort of your home

Activities like reading, crosswords, jigsaws, drawing, and crafts can keep your mind active and lift your spirits, perfect for passing the time indoors when it's chilly outside.

Stay Connected

- Join our Shared Tables – enjoy a meal, meet new people, and share some laughs - **see page 21.**
- Feeling lonely? Call The Silver Line on 0800 4 70 80 90 – a free, confidential helpline offering support and companionship available 24/7 for older people.



Online Fun & Learning

Join Sam for friendly, informal digital sessions covering a wide range of topics:

- Monday evening **Zoom quiz** – every Monday at 7pm
- **IT support** – learn how to make **video calls** on **WhatsApp** or **Zoom**
- **Photo sessions** – organise digital photos or share stories using old albums
- **Plan journeys** – use Google maps to avoid waiting in the cold
- **Stay safe online** – spot scams and protect yourself this winter
- **Meal planning** – save money, find recipes, and create your own online recipe book
- **Online supermarket shopping** – set up an account, practise ordering, or book a delivery slot
- **At home exercise** – use YouTube and the NHS app for simple routines to improve strength and balance
- **Entertainment online** – explore free games, art tools, music, audiobooks, and more using BBC Sounds, Spotify, and BorrowBox

If you're interested in joining any of these sessions, please contact the office to be added to our interest list. Dates to be confirmed.

Even though winter brings its challenges, it's also a time to try something new, reconnect with others, and take care of your health and wellbeing. We're here to help you every step of the way.

Shared Outings

Date	Location	Time	Cost
October			
Thursday 30	Mystery Tour with meal, tea & coffee	11.30am-3pm	£25 inc 2 courses
November			
Thursday 13	Batley Mills Shopping Trip	10am-3pm	£7.50
Thursday 27	Tong Garden Centre	10am-3pm	£7.50
December			
Thursday 11 <i>Final Payment due by 31 October.</i>	Holiday Inn Christmas Lunch and entertainment.	12pm-3.30pm	£39.95 inc 3 courses
January			
Thursday 8	White Rose Sale Shopping Trip	10.30am-3pm	£7

Bookings taken from **Monday 29 September**. To secure your place, a **£5 deposit** is required. The full balance must be paid at least two weeks before the trip date.

We understand that illness or unexpected circumstances may mean cancelling at the last minute and while we will always do our best to fill your seat, if we are unable to do so, we may not be able to offer a full refund. All our trips are carefully costed in order to keep prices as low as possible for everyone.

Thank you for your continued support and understanding!

Shared Tables

Join us for good food and great company!

Shared Tables brings people together at local restaurants and venues. We handle the bookings, you just show up, relax, and enjoy. It’s perfect for members who are happy to make their own way there and don’t need one-on-one support.

As one guest put it, *“It’s a great way to enjoy a meal, share some laughs, and connect with friends.”* Have a favourite eatery we could try? Let us know! We’re always looking for new spots. And if you’re a friendly, welcoming type, why not consider being a Volunteer Table Host? Help set the tone for a great time—we’d love to have you on board.

Date	Time	Venue
Sunday 12 October	1pm	Brown Cow
Saturday 18 October	1pm	Devon
Sunday 26 October	2pm	La Cantina
Saturday 1 November	1pm	Barnbow
Sunday 9 November	1pm	Luigi’s
Saturday 15 November	1pm	Skyliner
Sunday 23 November	2pm	La Cantina
Saturday 29 November	1pm	Harvester
Sunday 7 December	1pm	Zorbas
Saturday 13 December	1pm	The Devon
Sunday 21 December	1pm	Brown Cow
Saturday 27 December	1pm	Skyliner
Sunday 4 January	2pm	La Cantina
Saturday 10 January	1pm	Harvester

Events

Wedding Tea Dance

To celebrate our Office Manager,
Charley and Olivia's wedding with
music and a buffet

Tuesday 7 October

10.30am-12.30pm

Ticket only



Please join us for our 23rd

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

Annual General Meeting

Tuesday 9 December 11am-1pm

Guest Speaker: **Ali Kaye**

Third Sector Development 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 to raise in the 'Any Other
Business' part of the meeting please submit it to the
office by **14 November** in an envelope marked AGM.



Book your place for our
Christmas Panto **Puss in
Boots** on **Wednesday 3
December** from 1.30pm-3pm |
£7.50 including tea & cake!



Christmas Parties @ the Drop-In
Tuesday 16 Dec | The Newman Centre
Friday 19 Dec | St Mary's Church
10am-12pm | Buffet and Music
Please book via the office



Christmas Film Show
Tuesday 23 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

Winter Vaccination Events

Protect your health this winter by attending one of our Drop-In vaccination events, between 9.30am -11.30am.

- **Tuesday 14 October | Newman Centre**
- **Friday 17 October | St Mary's Community Hall**

Receive your flu and COVID vaccines, learn more about our Winter Wellbeing activities and get support from the Green Doctors team.

Scan me to visit website



Leeds
CITY COUNCIL

Voluntary
Action Leeds
Supporting Communities Together



Good Things
Foundation



West
Yorkshire
Combined
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100%
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Registered Charity Number: 1160095