



Spring 2026

**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...



Spring has arrived, and we're back in full swing after a busy season of parties and events! It's been a whirlwind, but we're excited to return to what we do best - supporting our members.

Farewell and welcome back Emily

We said farewell to **Emily** at the end of last year, but we're delighted to welcome her back. It's wonderful to have her supporting the team and our members once again.

We're also thrilled to welcome **Jaimee-Lyn**, our new Support Worker. We're looking forward to the energy, enthusiasm, and fresh ideas she brings to the team.

One of Jaimee-Lyn's roles will include the wellbeing calls, alongside other staff who may contact you by phone or speak to you at groups. These conversations help us keep our records up to date and ensure we can provide the best possible support to all our members.



A big thank you for our beautiful front cover in this edition goes to Margaret Logan from our Wednesday Mixed Activity class

Trips and celebrations

We have some exciting trips coming up, including more popular Mystery Trips! Our Shared Tables programme is also celebrating ten years - see page 20.

Dementia support

Tuesday 19 May 2026 | 11am to 2pm

Dementia Event @ Crossgates Shopping Centre



Operations, training and a big thank you

We now have over 1,700 members, and with this growth, our regular staff operations meetings and lunch-and-learn sessions with volunteers are more important than ever. These sessions help us strengthen teamwork, stay organised, and ensure we continue to deliver a high-quality service.

Our volunteers play a vital role in everything we do, and we'd like to say a huge thank you for their time, commitment, and dedication. To show our appreciation, we'll be hosting a special Volunteer Social 'Thank You' - see page 22 for more details.

I would also like to thank our Trustees, staff and members. Everyone's time, input, and support make everything we do possible.

Jo Horsfall - Chief Executive Officer



Please note:

Our closure week this Spring is **11 to 15 May**
No groups will run during this week, but the office and Health Hub will remain open.

Health Hub Update



The Health Hub is more than just a clinic. Not only does it help local people access the medical care they need more easily, it also provides a warm and friendly place to come together and find social and financial support.

We are delighted to tell you that **Enhance** funding has been confirmed for another year, which means we can keep this much-needed service going.

Meet Arthur

Arthur Dykes (pictured above) was referred to the **Enhance Project** through our weekly **Health Hub** after experiencing severe social isolation and a lack of community engagement. For Arthur, it has been a vital first step back towards improving his social connections and reducing his feelings of loneliness.

Arthur met Shirley in Bramham. They were married and bought their first home in Cross Gates 54 years ago, raising two children. Arthur has been Shirley's primary carer since she was diagnosed with dementia.

Arthur has experienced several hospital admissions himself recently and during his last hospital stay Shirley had to accompany him as there was no one else available to provide care. Arthur found caring for Shirley challenging and exhausting. Following his discharge, Shirley was admitted to hospital before being admitted to a care home.

This left Arthur feeling overwhelmed, lonely, and confined to his home, where he described himself as “rotting away.” His two children and granddaughter are in regular contact with him and try and visit Arthur daily to provide him with a hot meal. Arthur is diabetic and insulin-dependent with a history of heart issues and is aware of the need to maintain a healthy, balanced diet.

Through the Health Hub, Arthur has been able to speak openly about his situation and access coordinated support. He is now receiving assistance to explore meal services and improve home safety through referrals to **Telecare** and **Care & Repair**. Most importantly, the Hub has supported Arthur’s wellbeing and helped him reconnect with others.

Arthur is now using our transport service to attend weekly mixed activities and lunch club. He also accesses our befriending service, and most importantly, has made some wonderful new friends.

Arthur’s story highlights how the Health Hub is becoming a place where care, compassion, and being part of the community help people not just manage, but feel supported and less alone. Arthur says attending the Health Hub and joining our Scheme has helped build his confidence. It has made such a positive difference to his daily life and he has met so many “amazing people.”

Katie, one of the Health Hub nurses says: *“Thank you for all your hard work with Arthur. I saw him this morning and he was like a new man. He was smiling which was lovely to see as, when I have seen him previously, he has been quite down. He told me how much he enjoyed the group on Wednesday and was singing your praises!”*

Supporting Independence



As we get older, it's natural for muscle strength, balance and coordination to change, which can increase the risk of slips, trips and falls, which are one of the most common causes of injury among older people.

Keeping active

Keeping active can really help. Strong muscles make everyday tasks easier, while good balance helps us stay steady and confident on our feet, both at home and outdoors. Our **Moving On** exercise sessions are designed especially for older people and provide a safe, friendly and supportive way to improve strength and balance at your own pace. For more information, please contact a member of our Outreach Team on 0113 260 6565.

Another important way of preventing falls is having tailor-made aids to support those with mobility issues.

REMAP Leeds and Bradford

REMAP Leeds and Bradford has been operating for over 25 years and is a local branch of the national charity. REMAP provide free, custom-made equipment and adaptations for disabled people across the country. Their aim is simple: to improve quality of life by creating practical solutions where off-the-shelf equipment doesn't quite meet someone's needs. All equipment is designed and made by skilled volunteer craftspeople, at no cost to the client.

Support begins with an online referral form. If the referral is suitable, a volunteer visits the client to understand their needs and carry out an assessment. From there, a bespoke solution is designed and built. This might involve adapting existing equipment or creating something entirely new, such as mobility aids, personal care tools or household adaptations, all tailored to the individual's needs.

Many of you will already know our very own, **Ken Brace**, who is one of our longstanding volunteers. Ken has had a long career in mechanical engineering and is one of the skilled workers volunteering with REMAP.



REMAP's work is always client-focused, with creativity and problem-solving at its heart. As Ken says, he has always "thought outside the box", a skill that continues to benefit himself and others.

REMAP also has close links with the **William Merritt Centre**, which offers impartial advice and a "try before you buy" approach to commercially available daily living aids, supporting greater independence for disabled people.

New clients and volunteers

REMAP Leeds and Bradford is keen to recruit both new volunteers and new clients. All new volunteers are paired up with experienced volunteers in a buddy system. If you would like to become a volunteer, or are someone who would benefit please visit REMAP at <https://remap.org.uk/>, email data@remap.org.uk or call 01732 760209.

Spotlight on members



If anyone ever tells you that love at first sight doesn't exist, Beryl Stobbart would be the first to set them straight.

In 1965, while out at Swarcliffe Working Men's Club with family, Beryl saw Bill for the first time across the room and asked who he was. She was smitten instantly and said "*I'll have him*" and true to her word, she did! They've been married for 59 happy years, and have a son, daughter and four grandchildren.



Early years

Beryl grew up in Leeds and was dancing almost before she could walk. By the age of three she was already performing, and her talent quickly shone through. She flew through her exams, joined the Theatre Royal as a Sunbeam at 12, and by 13 was performing at the Grand Theatre Leeds as a Winstanley Babe, even sharing the stage with Terry Scott. At almost 15, she joined the Grand Theatre chorus in her first paid role, managing rehearsals alongside school with strong support from her mum.

At 16, Beryl began training as a dance teacher at the Jean Pearce School of Dance and later became part of Leeds' Top Town team, who went on to win a televised competition in Manchester. One unforgettable moment came at

18 when she rode an elephant down Wellington Street in a Billy Smart's Circus parade, wearing only a swimsuit on a freezing day, kept warm by the elephant's ears wrapped around her legs.

After qualifying, Beryl opened the Beryl Dean School of Dance at Cross Gates Bowling Club, the site where our Scheme stands today, and where she later also held her wedding reception. When her children, Dean and Fiona, were born, she closed the school but continued performing with Whitkirk Arts Guild, choreographing, teaching and acting. Her favourite role by far was Dorothy in The Wizard of Oz.

Pursuing other passions

After 30 years of dancing, Beryl decided to slow down and pursue her other passions, including knitting, travel, seven cruises with Bill, supporting Leeds Rhinos, and cheering on Bill's successful darts playing for which he is the proud owner of many trophies.

Six years ago, Bill was diagnosed with dementia, which has changed life significantly, but not his sense of humour. (On the night they met, he offered Beryl a lift home – on the handlebars of his pushbike!)

With support from memory services, dementia groups and activities at the Scheme, they've created a new routine of coffee mornings, walks along the canal and monthly Birds of a Feather Dementia Café. Beryl says walking back into the building that once housed her dance school felt strange but it brought back many cherished memories – and continues to help them make new ones... together.



Spotlight on members



Born in Beeston, Peter Fogarty moved to Armley just before the Second World War began. When he was only eight years old, he and his six-year-old brother were told they were *“moving to a quiet place.”*

Neither they nor their parents were told where they were going and Peter remembers on a Friday morning, boarding a train for a new life, waving goodbye to their parents from afar, as they weren't allowed onto the station platform. It was a very emotional time for the family.

With all the station signs blacked out, the boys had no clue where they were headed. Eventually, they arrived in Lincoln and spent a few nights sleeping in tents until local families came to choose children to care for. Ironically, Lincoln was surrounded by airfields, so their “quiet place” was anything but quiet! Peter remembers those years vividly, and with his usual good humour.

A life of service and love

The boys returned to their parents and, at 18, Peter was called up for National Service. He went on to join the regular army as a radio operator with the Signal Regiment, rising to the rank of sergeant. After leaving the army Peter returned home and not long after met his future wife, Jacqueline. They married in 1955 and enjoyed 64 wonderful years together, raising a son and daughter and sharing a lifelong love of travel.

Back when most people holidayed at the seaside, Peter says *“We liked going places other people didn’t”* recalling trips to Europe, Australia, and America.



After leaving the army, Peter spent many happy years with Chubbs Security, travelling across the north of England. His work took him everywhere, banks, supermarkets, jewellers, prisons, police and armed forces properties. *“No two days were ever the same”* says Peter, and he loved meeting new people. He says ‘every day was an adventure’ and has many incredible stories to tell.

Finding friendship and purpose

Sadly, Jacqueline passed away in 2019, and Peter downsized to a bungalow in Cross Gates. He regularly sees his children and two grandsons and he joined the Scheme, where he is now a familiar face at our Wednesday lunch club and Friday coffee mornings. *“It gives me something to get up for and look forward to each week,”* he says.

Even after a stroke affected his mobility, Peter’s positivity and determination continued to shine through. With support from our Travel With Confidence project - see page 16, he gradually started getting back out and about again. Our team spent time walking with him to the group, building his confidence step by step. His can-do attitude and positivity continue to inspire everyone who meets him.

Peter extends a big thank you to all the staff and volunteers for the lifeline they gave him. He is also the brilliant mind behind our **Small Change Boxes**, which has raised a fantastic amount towards our Buy a Bus campaign. Thank you, Peter!

| Monday | Tuesday | Wednesday |
|--|---|---|
| Weekly Activities | | |
| Walking Group Leaves The Newman Centre at 10.15am & 10.45am* £3/£1 <i>*When only one group runs departure is 10.30am. Please book via the office.</i> | Drop-In Coffee Morning 10am-11.45am £3 | Mixed Activities 10am-11.45am £4 |
| | IT Drop-In 10am-11.30am FREE | Lunch Club 12pm-1.30pm £7 |
| Men's Group 12pm-3pm £3 | Ukulele 11.30am-12.30pm £6 | Flexi-cise challenge exercise 1.15pm-2.15pm-3pm |
| Online Quiz 7.30pm-8.30pm FREE | Tai Chi 1.45pm-2.45pm £5 | |

Fortnightly & Monthly

| | | |
|---|---|---|
| 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 |
| <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> | Third Tuesday of month Birds of a Feather Dementia Cafe 1pm-3pm £3 | Fourth Wednesday of month Bereavement Group 2pm- |
| | Fourth Tuesday of month Food and a Film 12pm-3pm £7 | |

** £5 includes tea/coffee at our Tuesday Drop-In Coffee Morning before departure.*

| |
|---------|
| Tuesday |
| Temple |
| Tuesday |
| Woodle |
| Tu |

| Wednesday | Thursday | Friday |
|---|--|---|
| Activities | | |
| Drop-In Group 10am-11.45am | Line Dancing 1.30pm-2.45pm £4 Fully Booked | Drop-In Coffee Morning 10am-11.45am £3 |
| | Cryptic Crosswords 1.15pm-2.45pm £2 | IT Support @ Drop-In 10am-11.30am FREE |
| Air-based 10am-2pm & £3.50 | Comedy Drama Club 3pm-4.30pm £3 | Painting & Drawing 12.30pm-2.30pm £5 <i>Places available</i> |
| | Line Dancing 3pm-4.15pm £4 Beginners | |

| Monthly Activities | | |
|--|--|---|
| Monday of month IT Support FREE | | Fortnightly on Friday Gardening Club 10am-11.30am £3 |
| Tuesday of month IT Support 1.30pm £1 | | Fortnightly on Friday Knitting Group 10am-11.30am £3 Alternate week to Gardening Club |

Supported Short Walks | £5*

| 10.30am-1pm | |
|-------------------------------------|-----------------------------------|
| Monday 14 April Newsam | Tuesday 28 April Roundhay Park |
| Monday 26 May Sfords Lock | Tuesday 9 June Stanley Ferry |
| Wednesday 23 June Kirkstall Abbey | |

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.

IT Support



Over the past few months, we have been busy applying for funding and identifying the support our members need to improve digital skills, confidence, and access across our community.

A busy year of funding and projects

Thanks to funding from **100% Digital Leeds**, we have been able to deliver a **Misinformation Awareness course** for 22 of our members to identify reliable online information. We will use learning from this project to expand our online safety and digital literacy support for more members.



Funding from **Skipton Building Society Charitable Foundation** has enabled us to fund our **Digital Money Skills Project**. This has enabled us to support more than 50 people facing financial hardship, over a twelve-month period. We have combined financial education with digital training to improve wellbeing, independence, and confidence including one-to-one sessions, six workshops, workbooks, online safety sessions, and follow-up support.



Funding received from the **Household Support Fund** has allowed us to offer practical budgeting classes, together with a slow cooker and recipes to each participant, to support members with the cost of living.



Funded by
UK Government

Clarion Funding enabled us to successfully run our **Accessible Technology Awareness event** designed to support older adults or those with dexterity, vision, or hearing challenges in how to use smartphones and tablets more effectively.



New Tea and Tech group

Our new **Tea and Tech group** will be starting weekly for six months from 1 April. It will include six structured workshops and is open to all members, including Clarion residents. Watch out for dates in our groups and on our Facebook page.

We would also like to thank **Clarion Futures**, part of **Clarion Housing**, for providing repurposed laptops. (See Dianne, our Transport Co-ordinator pictured left.) These have allowed us to upgrade outdated equipment for our staff, helping us to continue supporting our members and expand the services we can offer.

Our training team

Sam Haggart, alongside support from staff and our volunteers, continues to develop and deliver our digital projects, helping members to increase their skills and confidence.

Looking ahead

With ongoing funding and community support, we aim to expand our digital programmes even further, making technology accessible to all members and the wider community. **We look forward to welcoming you to our upcoming sessions and workshops!**

Travel with Confidence



Our **Travel with Confidence project** can help you feel more confident whilst travelling. The project supports you to feel safer and reassured when out and about, giving you more freedom, choice, and control in everyday life.

Group outings and peer support

Our group outings have been a real highlight. As well as being a great way to meet new people and make friends, everyone has a chance to practise travelling and share experiences in a supportive setting. Each journey is carefully planned to help people build skills and confidence over time.



First cinema trip aged 84

One particularly inspiring moment was supporting someone to visit the cinema for the very first time at the age of 84. With Sam's support, they planned the journey, practised the steps involved, and built the confidence to go. The digital support also helped them manage tickets and get ready digitally.



"I never thought I'd do this at my age, but I did, and I loved it."

One-to-one support

Alongside group activities, the **Travel with Confidence project** also offers individual support for people who want to build confidence travelling on their own or who find certain journeys more challenging.



This might be after leaving hospital, adjusting to changes in mobility, or getting used to buses and taxis after stopping driving. The focus is on building confidence, so people feel more comfortable getting out and about in ways that work for them

Peter's story: getting back to weekly activities

Peter's story is a great example of how this support can make a difference. (See Peter's story on page 10 for more details). He rebuilt his confidence with step-by-step support from the team and can now travel independently to his weekly activities.

Being able to get out on his own has helped him get back into a routine and stay socially connected.

Interested in finding out more?

If you or someone you know are interested in getting out and about more, or interested in joining one of our **Travel with Confidence** groups, please get in touch. We're always happy to have a chat about how we can support people to learn new skills, and build confidence to travel.



Bus Campaign update



Thanks to your support, we now have three buses in our fleet!

Maintaining and running these vehicles is a big task, so a special thank you to **Dianne**, our Transport Co-ordinator for managing it all and to **our volunteers**, who are always on hand to donate their time and who recently undertook the intensive Minibus Driver Awareness Scheme (MIDAS) training to ensure our buses are driven safely. Without them, we would not have a transport service.

We also extend our gratitude to **The National Lottery Community Fund** and **The Keith Howard Foundation** for covering some overheads and helping us keep our buses on the road.

As part of this next stage, we've updated the name of our "Buy a Bus" campaign to simply the "Bus Campaign" to reflect our ongoing fundraising for the whole fleet.

One of the ways we continue to fund our Transport Scheme is through our weekly **100 Club** cash draw, now just £5 per month with an increased £30 first prize. New members are always welcome!

Please speak to the office for further information on how to join.



Shared Outings

| Date | Location | Time | Cost |
|--------------|---|----------------|------|
| April | | | |
| Thursday 16 | White Rose Shopping Trip | 10.30am-3pm | £7 |
| May | | | |
| Thursday 21 | Afternoon Tea Temple Newsam | 11.45am-3pm | £20 |
| June | | | |
| Thursday 4 | Tingley Garden Centre | 10.30am-3pm | £7 |
| Thursday 18 | Mystery Trip with stop including three-course meal* | 10.30am-3.30pm | £25 |
| July | | | |
| Thursday 9 | Harewood House inc. entrance & tour* | 10.30am-3.30pm | £24 |

*Good mobility required for these trips.

Bookings taken from **Monday 16 March** to secure your place. A **deposit of £5 or £10** (if meal is included) is required at the time of booking. The full balance must be paid at least four weeks before the trip date.

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

Shared Tables



This year marks **ten years** of Shared Tables. What began as a response to loneliness among single and recently bereaved members, particularly at weekends, has grown into a thriving, much-loved activity.

Shared Tables offers the chance to enjoy good food and great company in a friendly, supportive environment. We recently celebrated this milestone with a special meal to thank our dedicated volunteer table hosts, past and present.

When does it take place?

Shared Tables usually takes place at weekends when, we are frequently told, loneliness is often felt the most. We book the venue and provide a **Volunteer Table Host**, who is there to greet everyone, keep conversation flowing, and help with practicalities such as ordering food and sorting the bill.

People simply choose when and where they'd like to go, call the office to put their name down, and then meet up with others at the restaurant on the day. It really is as simple as that! Details of dates and venues are advertised in our newsletter, and booking is always via the office.



What makes Shared Tables so special?

What makes Shared Tables so special are the volunteers who step forward as hosts.

Hear from our hosts on why taking part is so rewarding:

As **Sheila**, one of our longest-serving hosts, explained: *“Hosting is not just about meeting and greeting and helping conversation flow. It’s about looking after the more vulnerable people who attend, making sure they can order and pay for food, and even helping order taxis if needed. I’ve made lifelong friends through Shared Tables.”*

David enjoys the variety of restaurants in the area and says it’s a great way to give back to the Scheme.

Anita and Ken love the chance to meet people socially, outside of other activities.

Melvyn loves the conversation and companionship.

Veronica, who joined the Scheme after losing her husband, has recently begun hosting. *“I’ve made so many new friends and hosting has given me confidence again.”*

Anne is unable to cook due to her arthritis and thoroughly enjoys having meals cooked for her while she gets to enjoy good company too.

As Shared Tables moves into its next decade, we are looking for more Volunteer Table Hosts to join our friendly team. If you enjoy meeting people, helping conversations flow, and don’t mind a bit of light organising, please contact the office, we’d be delighted to welcome you!

Shared Tables

For guests, the pleasure is clear too: *“It’s lovely to eat with other folk,”* said **Irene**. *“When you live on your own, it’s so nice to have a meal cooked for you and to be able to eat in company. I really look forward to it.”*

We couldn’t talk about Shared Tables without mentioning our volunteer, **Marie**, who liaises with all the venues, coordinates the events and contacts participants to make sure everything runs smoothly on the day. Bookings are by phone or visits to the office and have to be made no later than the Friday of the weekend the meal takes place. Any cancellations must also be notified by 12 noon that Friday too.

| Date | Time | Venue |
|-------------------|------|---------------|
| Saturday 4 April | 1pm | The Devon |
| Sunday 12 April | 1pm | Barnbow |
| Saturday 18 April | 5pm | Sorrento |
| Sunday 26 April | 2pm | La Cantina |
| Saturday 2 May | 1pm | The Harvester |
| Sunday 10 May | 1pm | Brown Cow |
| Saturday 16 May | 1pm | The Skyliner |
| Sunday 24 May | 1pm | The Devon |
| Saturday 30 May | 1pm | Thalassaki |
| Sunday 7 June | 5pm | Sorrento |
| Saturday 13 June | 1pm | The Harvester |
| Sunday 21 June | 2pm | La Cantina |
| Saturday 27 June | 1pm | The Skyliner |
| Sunday 5 July | 1pm | Brown Cow |

Events

Later Life Planning - What Everyone Needs to Know

Free talk and information session with John Mumford

St Mary's Drop-In Coffee Morning
Friday 10 April | 10.30am-11.30am

Join us for an essential talk covering: wills and protecting your assets; care fees and how to safeguard your estate; trusts and inheritance planning; lasting Powers of Attorney; inheritance tax planning and how to protect your family's future.

Book your place for our Spring Show 'When I'm Cleaning Windows' on **Wednesday 6 May** from 1.30pm-3pm | £7.50 including tea & cake!



VOLUNTEER SOCIAL

FRIDAY 5 JUNE 1PM-3PM

ST MARY'S, WHITKIRK

JOIN US FOR
AFTERNOON TEA AND
MUSIC SO THAT WE CAN
SAY THANK YOU.

A VOLUNTEER ONLY EVENT

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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We also have our own YouTube channel

Leeds Sensory Services Hearing Aid Clinics

The Newman Centre, Cross Gates

Date: Tuesday 21 April | 21 July | 20 October

Time: 10am-11.30am

Crossgates Library, Crossgates Shopping Centre

Date: Every third Wednesday of the month

Time: 10am-11.30am

Please note: Services are only for NHS hearing aids.

Drop in for expert advice, guidance, and support with your hearing aids!

Scan me to visit website



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