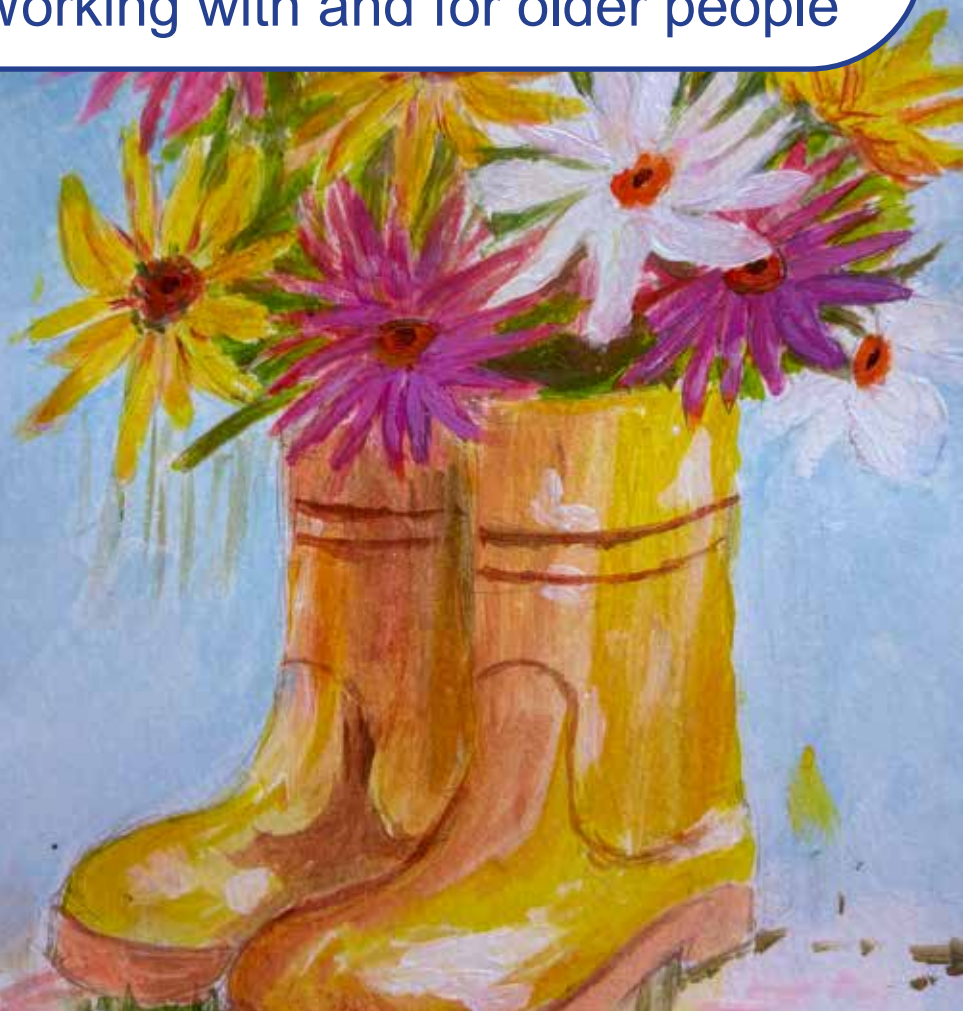




Summer 2026

**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...



Summer is here, and as always it gives me the opportunity to reflect and share updates, with what's going on across the Scheme.

Stay in touch

Our well-being calls and checks continue to help us stay connected with members and ensure we hold the most up-to-date information. They also offer a chance for you to ask any questions or simply enjoy a friendly chat.

We receive many compliments, and I'm sure you will agree the team do an excellent job. If you have any feedback, concerns, or suggestions, please get in touch. We value hearing from you, as it helps us to develop and improve our services.

Sponsored walk

Our sponsored walk will take place on **Monday 13 July**, raising much-needed funds for our transport scheme. A big thank you in advance to all our walkers taking part. Some of our staff will also be joining in, so if you are unable to take part yourself, please consider sponsoring the team as they take on the challenge, including a few of those infamous hills!



A big thank you for our beautiful front cover in this edition goes to Tony McGreavey from our Friday Painting & Drawing class.

In remembrance

It is with great sadness that we share the passing of our oldest member, Frank Ireland, aged 106. Frank was a very special part of our Scheme and will be deeply missed by us all.



Celebrations



On a much happier note, we also want to send huge congratulations to our Operational Manager, Claire, who got married on 28 April. Thank you to everyone who sent cards and kindly donated towards her collection - it was very much appreciated.

Our next free **Later Life Planning session** with John Mumford is on **Tuesday 7 July at 10.30am** at **The Newman Centre**. Covering wills, care fees, trusts, lasting powers of attorney, and protecting family inheritance. **Advance booking essential as spaces are limited.**

Finally, I will be having an operation and will be out of action for a couple of months. In my absence our amazing staff and volunteer team will continue to provide the excellent support and service you are all used to.

Jo Horsfall - Chief Executive Officer

Please note:

Our closure week this Summer is **10 to 14 August**
No groups will run during this week, but the office and Health Hub will remain open.

Outreach



The opening of the **Cross Gates & Whinmoor Community Hub**

laid the foundation of our outreach work in the community.

Launched by the Lord Mayor of Leeds, the Hub quickly became a trusted and welcoming space in

Crossgates Shopping Centre, supporting more than 25,000 people over three years.

Alongside our work as a Scheme supporting older people, we developed into, and continue to be, the **Community Anchor** for the **Crossgates & Whinmoor ward**. The relationships and partnerships established through the Hub created the platform for the outreach service we deliver today.

Household Support Fund

A key element of this development was the Household Support Fund (HSF), which ran until March 2026 and played a central role in our outreach offer. Through this funding, we provided practical support to individuals and families experiencing financial hardship, including food, vouchers and emergency assistance. We worked closely with local schools and partners such as Swarcliffe Good Neighbours and The Newman Centre food pantry to ensure support reached those most in need.

The HSF also enabled us to respond to the wider cost of living crisis through practical workshops and support

sessions. This included budgeting advice, training sessions and the distribution of slow cookers and air fryers to support sustainable living at home.

Although the Hub has now closed, the work it enabled continues to shape and strengthen our delivery. We have maintained strong partnerships across the community, ensuring people continue to receive timely and appropriate support.

Current outreach

Our current outreach includes family support, one-to-one work with individuals and carers, community drop-ins, and ongoing signposting and referrals to specialist services. We remain focused on early intervention, reducing social isolation, and ensuring practical help is available where it is needed most.

This work is supported by our dedicated staff and volunteer team led by Claire Pickles (née Wall), Operational Manager, who continues to play a key role in coordinating outreach activity and strengthening community connections.

Get in touch

Our weekly Tuesday Drop-In runs from 10am-11.45am at The Newman Centre on Station Road and remains a key access point for advice, guidance, and support.

Alongside this, we regularly host speakers and partner organisations within our sessions to provide information, advice and guidance.

Outreach



Our **Outreach Team**, Dianne, Dee and Claire play a vital role in delivering person-centred support across all projects, focusing on reducing loneliness and social isolation, promoting independence, and ensuring our members feel supported and included.

We accept referrals from a wide range of sources, including GPs and primary care services, health and social care professionals, family and friends, coffee mornings, outreach sessions, well-being calls and self-referrals. This enables people to access support in the way that suits them best.

Warm welcome

Each new person referred receives a welcome phone call to introduce our service, understand individual needs, and identify appropriate support. Where more complex or ongoing support is required, we arrange a home visit to gain a clearer understanding of how we can best support the individual in their own environment.

The Outreach Team works closely together and meets weekly to review capacity, availability and emerging needs, ensuring people are matched to the right support at the right time, whether that is lunch clubs, social groups, transport support or other community activities.

Projects and Services

Now in its fifth year, the **Enhance Project** is central to our outreach work. The project focuses on improving the health, well-being and independence of members, helping people manage long-term conditions, stay active and remain connected to their community.

A key element of our support is the **Befriending Service**, led by Dianne and delivered by dedicated volunteers. This provides regular telephone calls and home visits to members who are unable to get out and about easily. It offers companionship, reassurance and emotional support to reduce loneliness and isolation.

Dianne also leads the **Travel with Confidence project**, supporting members to maintain independence through practical guidance and confidence-building around travel and getting out safely.

We continue to work closely with memory services through our monthly dementia café, **Birds of a Feather**. This is a relaxed and welcoming space for people living with dementia and their carers to meet, share experiences and access advice and support. The café runs on the third Tuesday of each month, from 1-3pm. At the Scheme, the Outreach Team are here to offer practical support, advice, and a listening ear whenever it is needed.

Thank you

We would also like to extend a heartfelt thank you to **Leanne Dunbavin**, whose secondment to the Enhance Team has now come to an end. Her knowledge, experience and support have been invaluable.

Supporting independence



Befriending is about much more than just companionship. It's having someone to share day to day life with, whether it's a chat, a laugh, or talking about something that's worrying you, with someone you trust. It's about being listened to and valued and can help ease loneliness by making new friendships.

Stella's Story

At 74, Stella Fraser brings a lifetime of experience to the Scheme's volunteer befriending service. A familiar face at the weekly Tai Chi class, Stella enjoys keeping fit and active, and meeting new people. But it's her role as a befriender that highlights the many benefits of connecting with others.

Background

Stella and William were childhood sweethearts meeting at school in Wolverhampton, marrying and moving to Leeds for William's job. Together they built a loving family, raising five children, though heartbreakingly they lost their daughter Gillian, at just two months old. Today, their children are spread across the UK and beyond, including a son in Norway.

Stella's interest in befriending began at school during her Duke of Edinburgh Award, when she visited an older lady and discovered how much she enjoyed listening and

chatting. Family has always been at the heart of Stella's life. She describes being a mother and homemaker as her greatest achievement and loved the bustle of a busy home filled with chatter and laughter. With her family now living further afield, she misses that regular contact.

Marjorie's Story

Marjorie Beckworth has always been a people person. Now at 94, living alone she finds the quiet can sometimes feel overwhelming. *"I don't like it,"* she admits.

Marjorie has three sons who all have busy family lives which means visits aren't as often as Marjorie would like. Evenings, in particular, when the doors are locked and the curtains drawn, can feel especially long and lonely.

Through the Scheme's befriending service, Marjorie was matched with Stella. *"She's lovely,"* Marjorie says with a smile, *"I really look forward to her coming."*

Their weekly visits are relaxed and friendly, with chats covering a wide range of topics and plenty of laughter. Knowing that Stella will be there each week gives Marjorie something to look forward to.

"If you're interested in meeting new people and listening to what they have to say, you may be surprised by what you get out of it too," says Stella. *"You're giving someone the enjoyment of talking to someone who is interested in what they have to say,"* Stella explains, *"And you get that enjoyment too."*

If you are interested in becoming a befriender or would benefit from our befriending service, either through a weekly phone call or home visit, please call the office and speak to Dianne.

Reducing Loneliness & Isolation



Back in March, Susan Walls and her husband Patrick, both retired TV producers, kindly offered to create a short film about us. The film showcases our work through real members' stories capturing what makes our Scheme so special.

Susan previously worked for a charity connecting younger and older people through creative community projects. During Covid, she secured funding to deliver online creative activities, bringing together Leeds Neighbourhood Networks, MHA groups, and drama students to form a comedy group that met weekly on Zoom to read and perform comical plays.

The project proved so successful that when restrictions lifted, Susan introduced it 'in real life'. She says, "*Good Neighbours stood out like a beacon: their ethos of working 'with and for' older people really makes a difference; all the staff and volunteers are fantastic.*"

Background

The group quickly flourished at Tranquillity Court and The Newman Centre, running successfully for two years. When Susan left, Brian Sugden and long-standing member Harold Hunter took over. The Comedy Drama Group now meets every Thursday from 3pm-4.30pm at The Newman Centre, and new members are always welcome.

There's no need to worry about acting on your feet. All stage directions are read aloud by a narrator and each person's lines are clearly highlighted, meaning even those living with dementia can take part confidently and enjoy the creativity, laughter and sense of achievement.

For many, it's the humour that stands out. **Christine** says, *"Most groups for older people are quizzes or bingo. This is something completely different."* **Val** adds, *"I love reading the scripts and pretending to be different people. We laugh so much!"*

Her lifelong friend **Beryl** joins her each week, with their quick-fire banter keeping everyone entertained. Ron says, *"The sessions make me very happy... sometimes I laugh so much I can hardly say my lines!"* **Anne** adds, *"It's a fantastic pain-reliever – and I've also made some lovely new friends."*

For members like **John**, the impact has been life-changing: *"After losing my wife, I struggled. Now I join lots of things. I feel like a new man."*

At its heart, the Scheme is about reducing loneliness and isolation while creating opportunities to try something new. Those featured in the film describe feeling respected, valued, and supported throughout.

Capturing their experiences on film provides powerful evidence for funders, complementing written applications and strengthening future bids.

Keep an eye out for the upcoming film.

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 10.15am-11.15am 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 & 2.15pm-3pm £3
Online Quiz 7.30pm-8.30pm FREE	Tai Chi 1.45pm-2.45pm & 3pm-4pm £6	
Fortnightly & Monthly Activities		

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

First Tuesday of month Sandwich and a Song 12pm-2pm £7	First Wednesday of month Carers Leeds 2pm-3.30pm £3
Third Tuesday of month Birds of a Feather Dementia Cafe 1pm-3pm £3	Fourth Wednesday of month Bereavement Group 2pm-3pm £3
Fourth Tuesday of month Food and a Film 12pm-3pm £7	Sunday Activities

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

Tuesday & Wednesday Round
Tuesday & Wednesday Round
Tuesday & Wednesday Round

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 10.15am-11.15am 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
Wednesday of month IT Support 10am-11.30am £1		Fortnightly on Friday Knitting Group 10am-11.30am £3 Alternate week to Gardening Club

Supported Short Walks | £5*

10.30am-1pm	
Monday 14 July Head Park (Whitwell)	Tuesday 25 August Middleton Park
Monday 8 September Whitwell Park	Tuesday 22 September Temple Newsam

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.

Keeping Healthy



The Scheme's Monday Walking Group has been bringing older adults together for over twenty years, enjoying weekly walks of three to four miles in the beautiful local countryside.

Until recently, our walks have always gone smoothly, but for the first time we faced a serious incident that reminded us just how important being prepared can be.

The incident

On this particular walk, just about a mile from our transport and having left a lovely wooded area and a nearby lake, an 82-year-old member of the group fell over. She was in considerable pain and it was clear that she had injured her shoulder. She couldn't walk, and it was obvious that she needed emergency help.

Calling for help

John Best, our Volunteer Walk Leader immediately called 999. Being in a rural spot with few landmarks, it quickly became tricky to explain exactly where they were. That's when John remembered the **What3Words app**, which he had installed a couple of years earlier. By reading out the three words the app showed, the 999 operator was able to pinpoint their precise location within seconds.

Thanks to this, the ambulance knew exactly where to go, identifying a nearby farm and lane close to a village. What could have been a stressful and time-consuming situation was resolved quickly and efficiently.

What we learned

This incident was a clear reminder of how hard it can be to describe a location in rural areas, especially when everyone is concerned for someone's safety. Without What3Words, it could have taken much longer for help to arrive.

Interestingly, most members of the walking group hadn't heard of What3Words, even though many carry smartphones.

When could you use it?

What3Words is helpful for all sorts of situations:

- You fall while out walking and need help
- Your car breaks down on a country road
- You feel unwell in a park
- You miss your bus and feel unsure where you are
- You get lost on a walk or day trip

What3Words divides the whole world into small three metre squares. Each square has a unique three word name, such as: apple. chair. table

Emergency services, family and friends can use these three words to find you quickly.

Looking Ahead

The Scheme will be offering training sessions to show you how to use the app easily and confidently, and you can also find out more by visiting: <https://what3words.com/>

Spotlight on members



At 96, modest Iris Dixon, has a lifetime of stories to tell.

Early years

Iris and her late husband Alan first met as youngsters growing up on Rookwood Avenue in Leeds. At 17, Iris moved to Horsforth with her family, and the couple married in 1956. Like many newly-weds of their time, they started out in a modest rented “up and a down” with an outside toilet. Five years later, after saving hard, they bought the home in Temple Newsam where Iris still lives today.

Working life

Alan completed his National Service in the Navy before settling into a long career in engineering. Iris, meanwhile, became a talented dressmaker. She left school at 14 and worked at Chanel in Commercial Street Leeds, and Dobett’s dress factory. She spent the last ten years of her career in the sewing room at ‘Jimmies’. She still laughs about her friend Norma, who once told a bus passenger that she worked in the sewing room, only to be met with horror. The passenger assumed she stitched up patients after surgery! Norma was quick to clarify they made and altered nurses’ uniforms; not anything quite so dramatic!



Not having any children, travel became a big part of Iris and Alan's life together. From motorbike trips with friends to Oliver's Mount in their younger days, complete with one tumble (no injuries!), to upgrading to a car and driving across California, and exploring places including Europe, Turkey, China and Istanbul (one of Iris's favourites). They certainly made the most of their time.



Solo adventures!

After Alan sadly passed away in 1992, Iris embarked on a remarkable solo adventure. A long-time pen friend of Alan's, Don from Canada, invited Iris to visit. "*Why don't you come over to this side of the Pond*" he wrote. '*Why not*' thought Iris and took the leap, flying to Winnipeg and travelling across Canada with him, stopping in hotels or with his family, all the way to Vancouver. They kept in touch, and Iris still has links with his family to this day, his granddaughter having recently stayed with her.

And she's not slowing down. She's off on a cruise soon to Sweden, Finland and Estonia, with a brand-new passport in hand! Closer to home, Iris has found friendship and connection through the Scheme. She's taken part in IT sessions and makes good use of the Access Bus to stay independent. A regular at the Friday coffee mornings at St Mary's, Whitkirk, she enjoys catching up with familiar faces and meeting new people.

For Iris, it's simple: "*It's lovely to have somewhere to go, people to talk to, and support if you need it.*"

IT Support



Over the last six years, our Scheme has supported over 600 members to develop and improve their digital skills. During this time, staff have picked up concerns from members about misinformation, scams, and online safety.

Sadly, we have heard many stories of members being scammed, or nearly scammed, and the stress this has caused them and their families. Many members have also been left vulnerable when misinformation has affected health decisions because it was difficult to judge whether the information they received was reliable.

To address this, and funded by the **UK Shared Prosperity Fund (UKSPF)**, we partnered with **100% Digital Leeds** to deliver the Connecting and Protecting Communities project. This supported members to recognise scams and feel more confident understanding misinformation, disinformation, and online scams.

The Sessions

The sessions included discussions, practical examples (including role play scripts), worksheets, and real-life examples. Over twelve interactive sessions delivered by Samantha Haggart, Digital Coordinator, we helped 22 participants and 18 devices were gifted.

Session topics

- Understanding misinformation and disinformation
- Recognising scam texts, emails, and calls
- Checking links and websites safely
- Identifying suspicious messages
- Understanding health misinformation
- Blocking spam messages and protecting devices

Participants learned to pause and question information before believing or sharing it, how to check information sources, and how to recognise and block scam calls, texts, and links. Several participants who previously avoided smartphones said they felt more confident and less fearful using their devices after the course.

Tea and Tech - funded via Clarion

Building on what we've learned from the misinformation project, we will be using the quizzes developed for the course at some coffee mornings and groups, giving more members a chance to discuss and learn together.



Since April, we have been running our Tea and Tech one-to-one support sessions and courses, advertised across local groups.

Upcoming sessions

- Photos & photo organisation
- What3Words app
- Searching the Internet (local info & activities)
- NHS app & online Health Services
- Online safety (scams & blocking calls/messages)

Book early via the office to join a session at St Mary's Whitkirk Community Centre or The Newman Centre.

Shared Outings



As a Scheme, we have always supported members with one-to-one assistance on day trips, and we will continue to do so.

As part of our **Travel with Confidence project** this year, we will also be developing independent group day trips out, with a focus on shared experiences and building friendships. This new initiative will allow us to create more opportunities for group activities.

If this is something that may interest you, please speak to Di or contact the office. The success of our group outings has highlighted the value of supporting each other and helped inspire this next stage in our work. Our aim is to create a lasting legacy from the project that supports more autonomous travel, building confidence, connection, and enjoyable experiences along the way.

More trips coming up

Our Shared Outings continue this summer, offering sociable days out with one-to-one support available from our staff and volunteers when needed. We've added a new selection of trips, including relaxed local visits, full day excursions, and the popular Mystery Trips where the destination is revealed on the day. Some trips are marked as ***good mobility** to help you choose what best suits you.

We are always looking for new destinations, so if you have any ideas, please speak to the office. A big thank you to our drivers and volunteers for their ongoing support in making these outings possible and enjoyable for all.

Date	Location	Time	Cost
July			
Thursday 23	Mystery Trip with Afternoon Tea	10.45am-3.30pm	£25
August			
Thursday 6	Barge Trip <i>*New Members Only*</i>	10am-4pm	£25
Thursday 20	Yorkshire Sculpture Park with entrance*	10am-3.30pm	£25
September			
Thursday 3	Mystery Coach Trip	9am-5pm	£15
Thursday 17	Wetherby trip*	10.30am-2.30pm	£7.50

***Good mobility needed**

Bookings will be taken from **Monday 22 June** to secure your place. A **£5 or £10 deposit** is required at the time of booking and 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 that if we are unable to do so, we may not be able to offer a full refund. Thank you for your continued support and understanding.

Shared Tables

Our Shared Tables offer a friendly way to get out, enjoy good company and share a meal together. With our table hosts there to meet and greet you, you'll never feel like you're walking in alone. If you would like to attend, please book in advance by phone or by visiting the office. Once booked, you can simply turn up on the day.

Bookings must be made no later than the Friday before the weekend the meal takes place. Any cancellations must also be notified by **midday** on that Friday. We are always on the lookout for new venues to keep things fresh and enjoyable, so if you have any suggestions, please share them with us. We'd love to hear from you.

Date	Time	Venue
Sunday 5 July	1pm	The Brown Cow
Saturday 11 July	1pm	The Devon
Sunday 19 July	1pm	The Harvester
Saturday 25 July	5pm	Sorrentos
Sunday 2 August	1pm	The Brown Cow
Saturday 8 August	1pm	The Skyliner
Sunday 16 August	2pm	La Cantina
Saturday 22 August	1pm	Barnbow
Sunday 30 August	1pm	Thalassaki
Saturday 5 September	1pm	The Devon
Sunday 13 September	1pm	The Harvester
Saturday 19 September	5pm	Sorrentos
Sunday 27 September	1pm	Brown Cow
Saturday 3 October	1pm	The Skyliner

Events

Sponsored Walk

Monday 13 July

Starting at 10am from the office

All funds raised will go towards the upkeep and maintenance of our minibuses.

Choose your challenge:

Harewood Hobble (7½ miles)

Wharfedale Wander (5 miles)

Sponsor forms and bookings available through the office – don't miss out!

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

Summer Fayre

Summer Fayre

Tuesday 18 August

11am-1pm | Free Entry

Browse our stalls including:

*Tombola • Clothes • Bric-a-Brac
Unlimited tea & a cake. Ticket £3*

*Donations to be received during our
Closure Week 10-14 August - thank you.*

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

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 Instagram

We also have our own YouTube channel

Leeds Sensory Services Hearing Aid Clinics

The Newman Centre, Cross Gates

Date: Tuesday 21 July and 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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