

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 towards autumn, I hope you have all managed to enjoy the sunshine while keeping cool!

I am very pleased to say that I am now back at work following my surgery. A huge thank you to our amazing staff and volunteers, who kept the Scheme running so well, allowing me to focus on my recovery.

A Summer of Support

Our Summer Fayre raised £737.50 and our Sponsored Walk raised an amazing £1,955, with money raised through these events and our weekly 100 Club all going towards our Bus Campaign, helping keep all three buses on the road so members can continue to get out and about.

As some of our funding comes to an end, we are continuing to look at new opportunities to strengthen the Scheme. The development of our **Crisis Resilience Fund** and our new **Active Ageing Progression Pathway** are part of this work, helping members stay active, independent and supported - see more on page 6.

We also have a busy programme of activities and events planned, including our 24th AGM on 8 December, from 11am–1pm, and our Christmas celebrations.



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

Remembering Alan

It is with great sadness that we share the passing of Alan Davey, a much-loved member of our team who worked as a driver and supported our Lunch Club meal deliveries. He was a familiar and friendly face to many members and will be greatly missed.



Thank You and Farewell



We sadly say goodbye to Vanessa Anderson, whose role with the Scheme is coming to an end. Vanessa has supported many members, and we thank her for her kindness and commitment. We wish her all the very best.

A special thank you to our volunteer John Best, who is retiring. John has given many years of support to the Scheme, and we are incredibly grateful for everything he has done. We hope to still see John around the Scheme. Please see page 14 for more about John.

We are also saying farewell to office volunteer Linda Mortimer, who has emigrated. Linda played an important part in our team, and we are grateful for everything she contributed. We wish her every happiness in her exciting new chapter. See page 10 for more.

Thank you all, as always, for your continued support. It is lovely to be back.

Jo Horsfall - Chief Executive Officer

Supporting Independence



Our Enhance Project, delivered in partnership with Leeds Community Healthcare (LCH) NHS Trust, continues to provide valuable support to older people across our community, helping them maintain their independence, health and wellbeing.

The Outreach Team works closely with the Seacroft Neighbourhood Team (SNT), attending weekly meetings and carrying out joint visits with healthcare professionals, where appropriate.

Self-Management Health Hub

A key part of the project is the weekly Self-Management Health Hub, delivered by SNT and held alongside our Tuesday Coffee Morning at The Newman Centre. This enables people to access healthcare services, practical advice, wellbeing support, information, signposting and IT assistance in a welcoming and familiar community setting.

The success of the project comes from the strong partnership between healthcare professionals and our staff team, who work together to ensure people receive the right support at the right time. Importantly, while Enhance support is available for up to 12 weeks, our Scheme can continue to support people long after healthcare involvement has ended, ensuring they remain connected, independent and able to access help whenever it is needed.

Jenny's Story

Jenny Simpson, 64, has lived in Cross Gates since 1968. Following the loss of her parents and brother, she now lives alone. After developing arthritis in her hips and knees, Jenny was forced to stop working, losing not only her job but also the routine and social contact it provided.



Last year, Jenny suffered a serious fall, fracturing her back and spending nine weeks in hospital. Returning home after such a long stay in hospital was not easy for Jenny, but through the Enhance Project she was referred to the Scheme where we began working alongside her healthcare team to support her recovery and rebuild her confidence and independence.

Jenny began attending our Moving On exercise group and Wednesday Lunch Club. Although nervous at first, she quickly made new friends and became a valued member. Following a further stay in hospital, she stopped attending groups, but our staff continue to keep in touch through regular wellbeing calls and ongoing support.

Today, Jenny remains determined and independent, catching the bus with a friend for weekly shopping and meeting church friends for coffee in Cross Gates. We are currently working with Jenny to rebuild her confidence so she can return to our Wednesday Lunch Club and reconnect with friends and support.

Jenny describes the staff and volunteers at the Scheme as “*genuinely caring people*” and says she would never hesitate to ask for help or advice.

Try Something New



We know that starting an exercise programme can sometimes feel daunting, and when a programme finishes, it can be difficult to keep going.

Our **Active Ageing Progression Pathway** has been developed to provide encouragement and opportunities to help older adults stay active, maintain independence and improve wellbeing. Whether you are already a member or new to the Scheme, we can help you find activities that match your interests, confidence and ability.

You may want to improve your strength or balance, meet new people, build confidence, try something new or maintain your mobility and independence. Activities include strength and balance sessions, chair-based exercise, walking activities, wellbeing support, as well as other groups and activities across the Scheme.

Meet Emily

Meet Emily, our Group Support Worker, who will be leading our new Active Ageing Progression Pathway.

Emily will be there to offer encouragement and a helping hand, whether you are taking your first steps towards becoming more active, returning to exercise after an illness, injury or fall, or simply looking for new ways to keep moving.

Emily will also be undertaking Chair-Based Exercise

Instructor training, helping us provide safe, enjoyable and high-quality exercise opportunities. Our exercise tutors will also provide guidance and encouragement, helping members feel comfortable and confident taking part.

A Helping Hand Along the Way

You won't be expected to do it alone. Emily, our staff team and exercise tutors will be there to encourage you, celebrate your achievements and help you explore what you might like to try next.

As you progress, we will talk together about what feels right for you. This could mean moving on to another activity or group, continuing with something you enjoy, or finding other ways to stay active and involved.

Every person's journey will be different. For some, progress may mean becoming stronger and trying a new activity. For others, it could mean gaining confidence, making friends or maintaining independence.

What Matters to You?

Being active is about more than exercise. It can help us stay independent, improve wellbeing, meet people and continue doing the things we enjoy.

Keep moving. Keep connected. Keep doing what matters to you.

This initiative has been made possible thanks to the Leeds Older People's Forum Active Ageing Programme, with funding from Leeds City Council, helping us support more people to enjoy the lifelong benefits of staying active.

If you would like to find out more, please contact the office. We would love to help you take the first step.

Carers' Support



For more than 40 years, Les Stainforth has dedicated his life to caring for others. Born in Seacroft in 1949, Les was one of seven children. Caring has always been part of who he is.

As a young boy, when his mother became ill with cancer, he took on responsibilities at home, helping to look after his siblings and making sure everyone was ready for school or work. Looking back, Les believes he was *“put on this world for caring.”*

Les met his wife, Maria, at a youth club in Seacroft when they were both 17. They married four years later and recently celebrated 57 years of marriage. After leaving school, Les worked as a plasterer. Together they raised a son and daughter and settled in Whitkirk, where they still live today.

Becoming a full time carer

Maria has had many challenging physical and mental health issues throughout her adult life through which Les has supported her, but after an accident Maria had in 1985, he gave up work and became her full-time carer. Since then, caring for Maria has been at the centre of his life. *“She’s a fighter,”* he says proudly.

Today, Maria requires round-the-clock support. Although carers visit twice a day to help with washing and dressing, Les manages everything else himself. While caring for

Maria has given Les a strong sense of purpose, it has also been isolating at times. He admits there have been many periods when he felt lonely, particularly as his caring responsibilities left little opportunity to socialise.

Over the years, Les has made efforts to improve their social network. He helped establish a local mental health support group called Get Set Go and became known as the group's enthusiastic bingo caller.

Discovering the Scheme

Sometime later, while visiting our Summer Fair, Les recognised some neighbours and decided to get involved. He and Maria soon joined the Wednesday Lunch Club and Friday Coffee Morning at St Mary's.

Les says coming to the Scheme with Maria is his respite. Maria accompanies him and sits with her friend Christine, while Les enjoys the opportunity to chat, socialise and spend time with others. There's another highlight he is always happy to mention - the food. *"The food at the Wednesday Lunch Club is great,"* he says with a smile.

Outside of caring, Les enjoys gardening and spending time outdoors. He once had an allotment, but the demands of caring meant it became difficult to maintain. Nowadays, he takes pleasure in looking after his own garden, something he and Maria can still enjoy together as she sits outside watching him work.

Les is clearly an extremely caring person and absolutely devoted husband. Their story is a powerful reminder of the importance of friendship and support, not only for those receiving care, but for the carers whose dedication often goes unseen.

Members' stories



Did you go to the old York Road Baths with your school or family? After your swim, you could buy some salted biscuits or a Wagon Wheel from the lady at the turnstile. I'm certain they were a lot bigger in those days!

Doris Storey's story by David Smith

Our Trustee David Smith recalls his Aunty Doris, the famous swimmer, pictured above with Mr Laycock, her trainer and Manager of the York Road Baths.

Background

Doris Storey grew up in her father's grocery store, just 150 yards from the entrance to the Baths. She showed great swimming talent and trained while also working full time at Montague Burton's. In 1936 at the age of 16 she represented Britain in breast stroke at the Berlin Olympics. She was favourite for a medal but came fifth after injuring her wrist just before the final.

Then Doris took the six-week sea voyage with all the British team to the Empire Games in Sydney in 1938. She won gold medals in breast stroke and medley relay and on returning to Leeds got a rapturous reception. She later broke the world record for 200 yards breast stroke.

David is related to Doris because her elder sister married his uncle in Burmantofts in the 1930s. When he was

growing up, she was “Aunty Doris” and he says you couldn’t imagine anyone kinder or more modest. You’d never have known that she was once the most celebrated person in Leeds. Of course, to accomplish what she did, she must have had inner determination.

Doris married Norman Quarmby and they ran Quarmby’s fish and chip shop on East Park Drive near East End Park. She always promoted her sport, running a swimming club and teaching countless people of all ages how to swim.

Doris Storey memorials

At the end of her life, Doris lived in a bungalow on Field End Crescent in Halton. She died in 2005. In 2024, Halton in Bloom opened a memorial flower bed nearby on Selby Road, opposite The Woodman pub.



When Leeds City Council developed new housing in Seacroft, local schoolchildren chose the name ‘Doris Storey House’ for a large block of flats. It was opened last year and in the entrance lobby there’s a wonderful mural depicting Doris’ life and achievements.

Finally, in March this year, Leeds Civic Trust honoured Doris with a Blue Plaque, which is now installed next to the old entrance to the York Road Baths.

Do you have a story to share?

Are you, or do you know, a local person with an interesting story to tell, a remarkable achievement, or a claim to fame? We’d love to hear about them and share their story with fellow members in a future edition of the newsletter.

Monday	Tuesday	Wednesday
Weekly Activities		
Walking Group Leaves The Newman Centre at 10.30am & 11am* £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 £3.50
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 £7
	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	

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 12pm-2pm		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 12.30pm £1			Fortnightly on Friday Knitting Group 10am-11.30am £3 Alternate week to Gardening Club

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.

Thank you to our volunteers



Our volunteers are truly at the heart of everything we do. Their kindness, dedication and generosity allow us to offer the wide range of services, activities and support that so many of our members value.

Every day, volunteers give their time to make a difference, whether that is providing friendship and companionship, supporting groups and activities, helping with transport, making wellbeing calls, delivering meals or simply being there with a friendly face and a listening ear.



Celebrating our volunteers

To say thank you for their continued support, we held a Volunteer Afternoon Tea on 5 June. It was a wonderful opportunity to bring volunteers together, celebrate their achievements and recognise the important role they play within the Scheme.

The afternoon was filled with delicious food, music, laughter and even some dancing! It was lovely to see volunteers relaxing, catching up and enjoying time together away from their usual roles.

Our volunteers are a valued part of the Scheme, and this event was a small way of showing how much we appreciate everything they give.

Supporting our volunteers

We work hard to ensure our volunteers feel supported, confident and involved. Our regular “Lunch and Learn” meetings provide opportunities for volunteers to share ideas, ask questions and suggest improvements, while also receiving updates from staff about their service areas and the wider Scheme.

Throughout the year we provide training opportunities including dementia awareness, food hygiene, first aid, wheelchair handling and MIDAS training, helping volunteers feel equipped and confident in their roles.

We also provide ongoing support for volunteers who may work more independently. Our befriending volunteers, who provide regular visits and wellbeing calls to members, are invited to monthly peer support meetings. These offer a friendly and confidential space to share experiences and support one another.

Our Travel with Confidence volunteers also receive Train the Trainer and Travel Buddy Training, helping them support members to build confidence and independence when using public transport.



Thank you to our volunteers

Quite simply, our volunteers make a real difference every day. Their compassion, commitment and willingness to give their time helps improve the lives of so many local people. We cannot thank them enough for everything they do. We look forward to welcoming our volunteers to our next Volunteer Social in December, when we can come together again to celebrate and say thank you.

Spotlight on volunteers



Born in East End Park in 1954, Linda Mortimer grew up as an only child and shared a close bond with her parents, especially her dad, whom she idolised.

Meeting Tom

Just before turning 18, Linda met Tom at Leeds Bierkeller in a moment she remembers vividly. Playfully, Tom placed a cold glass against her back - she was wearing a halter neck dress at the time! The two were instantly attracted and married in 1975. They settled in Whitkirk where they've happily lived for the last 43 years.



Linda began her career as a shorthand typist before becoming a PA at Crabtree Vickers. Once her two children, Claire and Robert, started school she returned to work in various part-time roles within public health and local clinics. In 1999, she joined the Psychology Team at Hyde Terrace, where she worked until retiring at 59.

Retirement gave Linda more time to dedicate to her sporting passion, golf. She served as Captain at Wyke Ridge Golf Club and later joined Garforth Golf Club in 2017, where she remains an active member. Her organisational skills also led her to serve as secretary for the ladies' section for seven years.

Volunteering

Linda became a volunteer after she spotted a banner for the Scheme during a walk to Cross Gates. Curious, she visited the office and soon found the perfect role, as an office volunteer, combining her administrative skills with her natural warmth.

On one occasion, a member's son rang Linda to express his gratitude, reassured that someone was looking out for his mum during a difficult time. Moments like these highlight the difference Linda, and all our volunteers, make to individuals and their families.

"I sometimes think I get more out of my role than I give back." Linda's advice to others considering volunteering is simple, *"Think about what you fancy doing and give it a go. You'll be amazed by what you get out of it."* Linda is also key to the facilitation of the popular monthly "Food and a Film" group.

She is currently supporting a handover to a new volunteer, ahead of her next chapter. With both their children and families now living in New Zealand, Linda and Tom are planning an exciting move of their own.



Linda wanted to thank everyone at the Scheme, particularly the staff. She says, *"It is some achievement!"* When you look at all the support and activities available for local people through the Scheme.

Everyone at the Scheme would like to wish Linda and Tom every happiness in their new life with their family in New Zealand.

Spotlight on volunteers



This September, shortly after celebrating his 87th birthday, John Best plans to finally retire as walk leader, bringing to a close an extraordinary 22 years of service. *“Unfortunately, I now find I’m not walking fast enough”* explains John.

Early years

John joined the Scheme over two decades ago. Back then, John never imagined he would still be leading walks more than twenty years’ later. His enthusiasm, reliability and love of walking helped shape one of the organisation’s most valued activities. Alongside Jacki and Bob Lawrence, John helped plan the walking group from the beginning, and over the years has documented more than 100 walks for walkers to enjoy, meaning members never have to do the same walk twice in a year!

John’s lifelong love of walking began in childhood. Born in Micklefield in 1939, just days before the outbreak of the Second World War, he grew up living with his grandparents. His father served abroad for much of the war, and one of John’s earliest memories of him was meeting him in Leeds when he returned to England on an Officers’ Training Course. Together they went to the pictures to see *The Wizard of Oz*, starring Judy Garland. A memory that has stayed with John throughout his life.

After the war, the family moved first to Garforth and then to Halton. By the age of eight, John was already exploring the Yorkshire countryside with his father, climbing Ingleborough and walking through the Washburn Valley and the Dales. That passion never left him.



Although he enjoyed sport more than academics at school, captaining his house rugby team and playing for West Leeds High School, John also built an engineering career. Beginning as a 16-year-old apprentice at the huge Hadfields steelworks in Sheffield, he gained engineering qualifications while working long hours for a weekly wage of just over £3.

John met his wife Cynthia, at a youth club in Sheffield. The couple married in 1963 and went on to build a happy family together, raising three daughters.

The importance of walking

Walking has remained central in his life. John and Cynthia completed famous long-distance routes including the Dales Way and the Cleveland Way. In 2004, John walked the 268-mile Pennine Way in 15 days. He's completed the Yorkshire Three Peaks many times and climbed all 29 Yorkshire mountains.

Since joining the Scheme, John has become an invaluable member of the volunteer team and a familiar, friendly face. Now, as he prepares to hang up his boots as Walk Leader, everyone at the Scheme thanks John for his years of dedication, friendship and service.

Shared Outings

Date	Location	Time	Cost
October			
Thursday 1	Murgatroyds Fish & Chip Restaurant	11.30am-3.30pm	£24
Thursday 15	Garforth Garden Centre	10.30am-2.30pm	£5
Thursday 29	Mystery Trip inc. three-course meal	11.30am-3.30pm	£18
November			
Thursday 12	Frasers Plus Designer Outlet Leeds (Junction 32)*	10.30am-3pm	£7.50
Thursday 26	Tong Garden Centre	10.30am-3pm	£7.50
December			
Thursday 10	Crooked Billet Christmas Meal - two courses	11.30am-3.30pm	£30

****Good mobility needed***

Bookings taken from **Monday 21 September**. To secure your place, a **£5 or £10 (if including a meal) deposit** is required at the time of booking. The full balance must be paid at least four weeks before the trip date.

While we will always do our best to fill your seat if you cancel, please note that if we are unable to do so, we may not be able to offer a full refund.

Shared Tables

Date	Time	Venue
Sunday 11 October	2pm	La Cantina
Saturday 17 October	5pm	Sorrentos
Sunday 25 October	1pm	Thalassaki
Saturday 31 October	1pm	The Devon
Sunday 8 November	1pm	The Barnbow
Saturday 14 November	1pm	The Harvester
Sunday 22 November	1pm	The Devon
Saturday 28 November	1pm	The Skyliner
Sunday 6 December	2pm	La Cantina
Saturday 12 December	1pm	The Devon
Sunday 20 December	1pm	The Barnbow
Sunday 27 December	5pm	Thalassaki
Saturday 2 January	1pm	The Harvester
Sunday 10 January	1pm	The Brown Cow
Saturday 16 January	1pm	The Skyliner
Sunday 24 January	2pm	La Cantina
Saturday 30 January	1pm	The Devon

Shared Tables is a great way to get together, enjoy a lovely meal and spend time with others. These events take place at weekends, when the Scheme is closed, giving members the opportunity to meet up outside of our usual activities.

Bookings or cancellations must be made via the office no later than noon the Friday before the meal takes place. A great opportunity to enjoy the food and share some good conversation with friends old and new.

Events

Book your place for our
Christmas Panto - **A Christmas
Carol on Wednesday**

2 December from 1.30pm-3pm
£2.50 including tea & cake.

Subsidised by the Crisis Resilience Fund.



Please join us for our 24th

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

Annual General Meeting

Tuesday 8 December 11am-1pm

Guest Speaker: **Claire Graham**
Project Worker, Voluntary Action Leeds

*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 **13 November** in an envelope marked AGM.

Thursday 3 December
Thorpe Park Hotel Christmas Lunch

12pm-3pm | £40

Please book via the office

Christmas Parties @ the Drop-In

Tuesday 15 Dec | The Newman Centre

Friday 18 Dec | St Mary's Church

10am-11.45am | Buffet and Music | £5

Please book via the office

Tuesday 22 December
Mince Pie Drop-In | 10am-11.45am | £3

Christmas Film Show | 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.

Telephone 0113 260 6565

Cross Gates & District Good Neighbours' Scheme CIO,
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Our Film Is Ready!

We are delighted to announce that our Scheme film is now complete! The film celebrates the incredible stories of some of our members and volunteers, and the difference our Scheme makes to people's lives.

We will be holding a special première and lunch for members and those who have been involved in making the film. This event is by invitation only.

For everyone else, don't worry – you won't miss out!

The film will be shared with our groups and on Facebook, and we'll also be showing it at our AGM.

Thank you Patrick Titley & Susan Wall who made the film

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