



Enhancing the
lives of older
people in our
community



Welcome to the 2024 LEAP summer newsletter. Here you will find all the information about our new Learning & Leisure programme (pages 2-3). **See below for information on how and when to re-register for the classes and when the classes return.** We also give you an update on our Befriending and Dementia services (pages 10 and 11) and the Handyperson service (page 12).

Please read the descriptions of the classes (pages 4-8). Some activities such as the Walking Group, Zumba Gold, Games Morning and the computer classes don't start on the first week.

Registration

Our activities will be back week beginning Monday 2 September. As per usual, all registers are wiped and everyone needs to re-register for activities they wish to attend. This can be done on **Wednesday 28 August and Thursday 29 August.**

In person

Between 9.30am and 1.00pm at LEAP, 197 Hamilton Road, Cambuslang, G72 7PJ;

By phone

From 9.30am on 0141 641 5169;

Online

From 9.30am you can email enquiries@leap-project.co.uk with the classes you want to book. Please note, your registration is only final with a confirmation email.

Please be aware that we are unable to deal with registrations before 9.30am on Wednesday 28 August and some classes fill up quickly. Activities are open to anyone aged 50 and over living in South Lanarkshire. Places are allocated on a first come first served basis.

Best Wishes

Lysanne Erlings
Learning & Leisure Co-ordinator



GDPR update

You have received this newsletter as your details are included on one of our mailing lists. If you no longer want to receive this newsletter you can unsubscribe from the list by phoning LEAP on 0141 641 5169, writing to LEAP at the address below or emailing LEAP with the subject "UNSUBSCRIBE", and including your name and address.

Post: LEAP, 197 Hamilton Road, Cambuslang, G72 7PJ
Email: enquiries@leap-project.co.uk

LEAP's activities for over 50s



Cambuslang & Rutherglen

Monday

Outdoor Fitness (NEW)	Spittal Community Centre	10.00am-11.00am	£4
Tai Chi	Cambuslang Institute	10.30am-11.30am	£6
Walking Football (NEW)	Spittal Community Centre	1.00pm-3.00pm	£4
New Age Kurling	Cambuslang Institute	1.00pm-3.00pm	£5.50

Tuesday

Tech Drop-in	197 Hamilton Road	9.00am-Noon	£5
Spanish Beginners	No. 5	10.00am-Noon	£5.50
Spanish Intermediate	No. 5	12.30pm-2.30pm	£5.50
Yoga	Roots Café	1.00pm-2.00pm	£5
Walking Group	Bus leaves from Halfway Library (fortnightly from 24 September)	1.00pm-4.30pm	£5

Wednesday

Cycling Skills	Clyde Cycle Park	9.30am-Noon	Free
Art Class	Roots Café	10.00am-Noon	£6
New Age Kurling	Cambuslang Institute	10.00am-Noon	£5.50
Tai Chi	Spittal Community Centre	11.00am-Noon	£6
Yoga	Roots Café	1.00pm-2.00pm	£5
Badminton and Pickleball	Cambuslang Institute	1.00pm-3.00pm	£3.50

Thursday

Laptop Class	No. 5	9.30am-11.00am	£5
Games Morning (NEW)	Toll Pitch Pavillion	10.00am-Noon	£4
iPad Class	No.5	11.30am-1.00pm	£5
Art Class	Roots Café	1.00pm-3.00pm	£6
Table Tennis	Cambuslang Institute	1.00pm-3.00pm	£3.50

Friday

Card Making	Roots Café	10.00am-Noon	£3
Zumba Gold	Cambuslang Parish Church	10.00am-11.00am	£5
New Age Kurling	Cambuslang Institute	10.00am-Noon	£5.50



Hamilton & Blantyre activities



Monday Tai Chi	Hillhouse Parish Church	Noon-1.00pm	£5
Tuesday Art Class	Burnbank Centre	10.00am-Noon	£6
Wednesday New Age Kurling	St John's Parish Church	1.00pm-3.00pm	£3.50
Thursday Yoga (seated)	Blantyre Life	10.30am-11.30am	£5
Friday Tai Chi	Blantyre Life	10.00am-11.00am	£5

New halls and new classes

LEAP has agreed to a temporary lease for the Toll Pitch Pavillion in Cambuslang and Spittal Community Centre in Rutherglen to keep both buildings running as community facilities. We will offer new activities for the community in both halls. If you or a group are interested in renting the hall, you can contact us at halls@leap-project.co.uk.

One of the new activities in Spittal Community Centre is Walking Football. This is a gentler version of football as we know it. It is developed to prevent injuries in people aged 50 years and over, while still enjoying football. Come and try it for free on Monday 2 September!

We now offer an outdoor fitness class (which will be moved inside if the weather doesn't hold up). Come and try it for free on Monday 2 September. You can read more about our new classes in the next few pages.

From October you can join our Games Morning in Toll Pitch Pavillion. We have New Age Boccia, New Age Bowls, Shuffleboard and more. Of course you can enjoy a cup of coffee or tea and a chat in between games.

All new activities are free in the first week, then £3 for 2 weeks and £4 thereafter.

All new activities have a 6 week trial period, we may have to consider cancelling classes if they do not have a high enough attendance.



What to expect at our classes



Outdoor Fitness

Outdoor exercise is becoming more and more popular, no wonder, because studies have shown that exercising outside lowers your blood pressure and heart rate.

But it is fun as well. **Try it for free** on 2 September and join our fitness instructor Claire at our new class. Claire is known for her use of 'functional fitness', and you will improve strength and balance for everyday tasks such as carrying grocery bags or grandchildren, have a wee jog for the bus and climbing the stairs.

The class is suitable for all fitness levels and will be moved indoors if the weather is bad. Bring water.



Art Classes

Our art classes are friendly and informal and are suitable for all levels of experience – beginners welcome!

You will have the opportunity to try a broad range of drawing and painting projects and materials. Come along to try something new and develop new skills.

You are also welcome to bring along your own projects and benefit from tips and advice from the tutor and the group. All materials will be provided.

This is a popular activity and early registration is recommended.



Laptop & iPad class

Our digital wizards Calum and Matthew team up this term to offer our popular Laptop and iPad classes again.

These courses are for everyone who wants to get a better understanding of their laptop or iPad. You will learn how to use the device, as well as its functions and several apps.

You can bring your own laptop or iPad, but we also have laptops and iPads available that you can use. Please let us know if you want to use one of our devices when you register, so we will have them ready for you.

This is a 6 week course and **starts on Thursday 19 September.**



Cycling Skills

Last year's group enjoyed the cycling classes so much that we have been offered another class by Clyde Cycle Park.

Cycling Skills is a perfect way to get (back) into cycling. Volunteers at the cycle park take their time to get you comfortable and confident on your bike. Our participants last year joined because they hadn't cycled for over 55 years, wanted to improve their fitness, or wanted to learn to cycle so they could cycle with their grandchildren. They all say it is one of the best things they have done.

The class consists of a 1 hour skill session and then a ride supported by a tutor.



What to expect at our classes



Tai Chi

Tai Chi is an old Chinese practice that is especially beneficial to us as we get older.

The practice focuses on muscle control, stability, flexibility and balance. Tai Chi is therefore known to help prevent falls among older adults.

Our tutors Derek (Cambuslang, Rutherglen, Hamilton) and Morag (Blantyre) have a wealth of experience in Tai Chi and will talk you through the movements. They also helps us pay attention to our bodies as the seasons change, to help improve our health.



Spanish

Looking to learn Spanish for your holidays? Do you want to improve your existing Spanish?

Our class is perfect for people who want to learn how to speak Spanish or who want to improve their skills. Our tutor Suzy covers grammar, vocabulary and sentences and conversations you would use in daily life.

Spanish is paid by the block instead of per class. Payment can be made by cheque, bank transfer or cash in the office or on the first day of the classes.

The block until Christmas is 16 weeks (£88.00)



Games Morning

Looking for a wee chat and some fun? You might enjoy our Games Morning! We will have dominoes, New Age Boccia, New Age Bowls, throwing targets and a shuffle board that you can use as you wish.

No pressure to play, you can play as many or as few games as you want. There will be plenty of tea and coffee to enjoy in between games.

You are also very welcome to come along and have a cuppa and a chat. You can even bring your newspaper if you want.

Games Morning starts in October, but you can already register interest.



Badminton and Pickleball

Our badminton and pickleball group comes together weekly to play friendly matches. But that doesn't mean they aren't competitive!

We have one badminton field and one pickleball field. Pickleball is a combination of tennis, table tennis and badminton. It is played with a lower net and a perforated ball which moves more slowly. It is a fun game suitable for all ages and abilities. It won't be long before you master the sport and can start working on your strategical game!

You can switch between the two sports. Rackets are provided, but you are welcome to bring your own if you have one.



What to expect at our classes



New Age Kurling

A perfect game for everyone who enjoys playing bowls or (watching) curling. We play singles or doubles and the aim is to get as many stones as close to the target as possible, and to have fun of course!

The stones roll on ball bearings and we play on wooden floors.

We have pusher poles available for participants who don't want to or can't kneel down.

Halfway through the games we enjoy a cup of coffee or tea and a biscuit or cake to go with it. This is optional and an additional £0.50.



Card Making

Want to make your own original Christmas, birthday and Easter cards? Join our card making group!

Our wonderful group of card makers have been meeting for years. They meet once a week to catch up, have a cuppa and make wonderful creations in the meantime.

All materials are provided, as well as the tea.

This is a popular activity, make sure you register early.



Tech Drop-in

Have you forgotten your password, do you need the text on your device to be bigger, have you received a message you can't open or do you have any other small problems with a mobile device?

Pop by during our Tech Drop-in hours and Matthew will help you navigate your device.

Please make sure your device is fully charged.

You do not have to book a slot, you can just drop in at the office.

This service starts from Tuesday 17 September.



Walking Football

Did you use to play football and do you want to get back to it? Why not try our indoor Walking Football?

It is the game that you know and love, but played at walking pace. This helps prevent injuries, but won't make it less competitive! You can walk as fast as you can.

We will play 3 or 5 a side, depending on the amount of attendees. So take your friends with you and come and try it out!

There is a **free taster** on Monday 2 September. Wear comfortable clothing you can exercise in.



What to expect at our classes



Yoga

Yoga is a practice that hosts a lot of benefits for older adults. It helps improve flexibility, balance, bone strength, sleep quality, and reduces stress.

It is a safe way to increase your overall wellness. Yoga helps to keep your body strong, without adding too much pressure on joints that higher impact sports can do.

Mats and other equipment will be provided. No experience required.

Yoga in Blantyre (Thursday) is seated yoga.



Zumba Gold

Do you like having fun, dancing and staying fit? Then this activity will be perfect for you! Our popular tutor Irene is back with LEAP with her Zumba Gold classes.

Zumba Gold is a gentle but energising and uplifting exercise class. It is a great way to keep your mind and body fit, strong and resilient as we get older.

The classes are designed to suit the group, so fitness (and fun!) is guaranteed.

This class takes place every two weeks and returns **Friday 20 September**.



Walking Group

Join our fortnightly coach trip with our walk leader Hugh.

Please note that you must be able to walk at least a mile in order to attend the walking group. All routes have a mile route included for those who don't want to walk as far as the regular, but longer, three mile walk.

September: 24
October: 8, 22
November: 5, 19
December: 3

Walking destinations will be published on the website and handed out on the first walk.



Table Tennis

Our table tennis group meets once a week to play doubles. We have three tables and the group make sure everyone gets enough play time. But they are not all about the game. They make sure to make time for the tea break with plenty of biscuits and cakes (they have their own tea kitty for this) and sometimes even delicious home baked goods.

The group is open to people from all levels and they will explain the rules if you don't know them yet.

All equipment is provided but you are welcome to bring your own.



Register interest for future classes



Drawing (6 weeks)

During the drawing course you can try a range of materials and working methods. At the end of the course, you will have a series of drawings to take home and a new set of skills!

Beginners welcome. Materials will be provided.

Classes that are missed will have to be paid for.

We will offer this course in winter in Cambuslang and Blantyre. Please register your interest during the registration days and we will keep you updated on times and dates.



Yoga Hamilton

Our yoga classes in Cambuslang and Blantyre are very popular and we are interested in adding a yoga class in Hamilton to our programme.

It would be in St. John's Parish Church on Duke street, depending on availability.

If you are interested in attending this yoga class in Hamilton, please register your interest. If we have enough interest, we will contact a tutor and the church to get a taster session booked in for everyone who is interested!



Volunteer with us

Without volunteers we couldn't do what we do, and that is why we place so much emphasis on training and supporting our volunteers. Our volunteers tell us they get as much out of volunteering as our clients.

The LEAP Dementia and Befriending Service offers a number of different services including one-to-one home befriending visits, telephone befriending and friendship groups providing short and longer term support and companionship to older people who may be isolated or lonely.

The LEAP Handyperson Service is available to those aged 50 and over. We are able to provide small jobs such as changing lightbulbs, putting up shelves and turning mattresses. We are also able to offer paid for services including smoke detectors, key safes and assembling flat pack furniture.

Alongside the mandatory induction training, all our volunteers are offered developmental training throughout their volunteering career including emergency first aid, dementia awareness and bereavement training. Travel expenses are covered for volunteers.

Contact us at the office if you are interested in volunteering with us.



Learning and Leisure charges

We aim to keep any charges for activities as low and affordable as possible.

People taking part in these activities pay each week when they attend.

To offer some clarity on why we need to charge for activities, we would like everyone to be aware of the following:

- LEAP has limited grant funding, which is often time-bound;
- For some of our activities including **Art, Spanish, Yoga, Tai Chi Blantyre** and **all computer classes**, we ask people to pay for weeks they miss. When someone cannot attend an activity due to severe circumstances (such as cancer treatment) we will waive the fees for missed sessions. This must be cleared with Lysanne in the office first.
- If someone does not attend an activity for three or more consecutive weeks without notifying the LEAP office, we reserve the right to terminate the person's place on that activity. We will try to contact them prior to doing this to discuss any issues.

Learning and Leisure locations

Cambuslang

No. 5	5 Craigallian Avenue	G72 8RN
Toll Pitch Pavillion	21 Hamilton Road	G72 8HT
Cambuslang Institute	37 Greenlees Road	G72 8JE
Roots Café	56 Hamilton Road	G72 7LD
Clyde Cycle Park	Dale Avenue	G72 7DX

Rutherglen

Spittal Community Centre	Carrick Road	G73 4LJ
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Hamilton

Burnbank Centre	76 Burnbank Centre	ML3 0NQ
Hillhouse Parish Church	14C Clarkwell Road	ML3 9TQ
St Johns Parish Church	10-14 Duke Street	ML3 7DT

Blantyre

Blantyre Life	90 Park Lane	G72 9AS
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Befriending & Dementia Services



Befriending Services

The befriending service continues to be extremely popular with waiting lists in all areas. We are urgently looking for volunteers across South Lanarkshire so please do register your interest if you are able to help.

Volunteer Week

This June, we celebrated Volunteer Week by sending out thank you cards to all of our amazing volunteers to thank them for all the time and commitment they give to the project! As part of the celebration, VASLan hosted an evening event in Rutherglen Town Hall. Iain English, our Cambuslang and Rutherglen VDO, attended with our volunteers Alison Black and Maureen McLaughlin. During this event, we were delighted to be featured in a video presentation on volunteering and the impact it has.



Dementia Services

The Wednesday Lunch Club is going strong in Cambuslang and were recently awarded further funding to start further dementia groups across East Kilbride over the next two years.

From August 2024, we are going to start a drop-in coffee morning, a music group and a lunch club for people living with dementia and their carers in East Kilbride. For more information about our dementia services, please email dementia.services@leap-project.co.uk or phone 0141 641 5169.

Friendship Groups

We have recently started a new fortnightly Monday friendship group in Strathcona Sheltered Housing in East Kilbride. Like all our friendship groups, we welcome members aged 50 years or over to enjoy a cuppa, chat, activities and the occasional outing. We also have friendship groups in Hamilton, Uddingston, Blantyre, Rutherglen and Cambuslang. For more information, or to register for a Friendship Group, please email befriending@leap-project.co.uk or phone 0141 641 5169.



Spotlight on our volunteers



Christine Brown, Grace Coyle and Joan McMillan

This newsletter we would like to highlight the work of some of our amazing volunteers. We're focussing on three of our volunteers who volunteer in multiple roles across the Befriending and Dementia Services.

Christine Brown

Volunteering Roles: Group Befriender, Dementia Lunch Club

Other Interests: New Age Kurling

Volunteer Start Date: 2015

Best part of volunteering: *'Everything! I love being part of the LEAP community.'*



Grace Coyle

Volunteering Roles: Group Befriender, Dementia Lunch Club

Other Interests: Knitting, New Age Kurling

Volunteer Start Date: 2023

Best Part of Volunteering: *'All the new experiences and friendships!'*

Joan McMillan

Volunteer Roles: Face-to-face Befriender, Group Befriender, Dementia Lunch Club

Other interests: Keep fit, knit and natter, chatty crafters

Volunteer start date: 2022

Best part of volunteering: *'I like the social interactions with others and like the different personalities of each group.'*



If you are interested in volunteering with the LEAP project, please visit our vacancies page www.leap-project.co.uk/vacancies or phone 0141 641 5169 to find out more.

Handyperson Service



Our handypersons team is waiting to come to your aid with small jobs you can no longer safely do yourself, or larger jobs you want done professionally and at a fair price.

Small jobs

Our team – led by Kevin Key – can turn their hands to many everyday jobs, from changing curtains to turning mattresses and bigger jobs such as fitting keysafes. No job is too small, so please call the office if you need anything done.

Kevin said: “I have a team of regular volunteers who carry out around 600 jobs every year, either on their own or with my support if needed. I also help clients with bigger jobs where they would usually contact a tradesperson but might be uncomfortable with doing that for fear of being ripped off.”



Bigger jobs

“In the past year we have helped more than 100 people in this position by fitting keysafes and new smoke alarms, fitting wireless intruder alarms, power washing drives and patios and cleaning gutters.

We have also done some external decorating and we are now also looking at fitting telephone call blockers.”

“In all cases where we will charge for work, I will give customers a binding quote and suggest they also get quotes from other tradespersons so they know they are getting best value for money.

And when we can't do a job, for example plumbing or electrical work, we will put people in touch with tradespeople we have already worked with.”

“Basically, we will look at any job and do what is best for the clients in all cases.”

To get in touch with our handyperson service call our admin team on 0141 641 5169 and they will arrange an appointment for you.

