



## Spring has sprung and so have our classes

**The daffodils are here and it looks like spring might just about have sprung! I hope this newsletter finds you well, and enjoying the range of activities we have on offer.**

### The new session

**Monday 15 April** marks the start of the new session. There's no need to re-register unless your details change.

If you move or change phone number, please let us know so we can keep our records up to date.

It's also handy for us to have an email address and a mobile number for you in case we have to cancel anything at short notice, so if you have one that you use

please contact the office and let us know on 0141 641 5169.

### Public holidays

Please note that there will be no classes on the following dates as they are public holidays and the venues are closed:

Friday 19 April (Good Friday),  
Monday 22 April (Easter Monday)  
Monday 6 May (bank holiday)  
Monday 27 May (Spring bank holiday)  
Monday 15 July (Fair Monday).

### Summer months

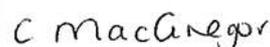
Most activities will run until the up to and including **Friday 28 June** when they will stop for the summer

holiday. As in previous years, some activities will continue over the summer months: badminton, tai chi, table tennis, and Zumba Gold.

Please double check with your tutor or contact me if you are unsure of the finish date as it varies between activities.

If you have any other queries, please do not hesitate to get in touch on 0141 641 5169 or email [catriona@leap-project.co.uk](mailto:catriona@leap-project.co.uk)

Best Wishes



Catriona MacGregor  
Learning Co-ordinator

## Join our friendship groups

On alternate Tuesdays, our **Hands On Project** organises friendship groups which run 1.30-3.30 pm:

Glenpark Gardens Sheltered Housing,  
Cambuslang  
Mill Street Sheltered Housing, Rutherglen

Groups are open to anyone aged 50 and over, and we are keen to encourage people living outwith the sheltered housing to come along.

We often have an activity on such as seated Zumba, which can help keep you fit and mobile without too much effort. On other days we just



get together to have a good wee blether. Coffee, tea and cakes are included and a lovely time is had by all.

Why not get involved? Anyone interested in coming along please contact Janet Low 0141 641 5169 or email [janet@leap-project.co.uk](mailto:janet@leap-project.co.uk)

# Cambuslang and Rutherglen activities for over 50s

## Monday

Tai chi	Cambuslang Institute	10.30-11.30
New age kurling	Cambuslang Institute	13.00-15.00
Beginners' computer and internet	LEAP training suite	13.00-15.00

## Tuesday

Keep fit	Cambuslang Institute	10.00-11.00
Intermediate Spanish	Tollpitch Pavillion	09.30-11.30
Walking group	Bus leaves from outside Halfway Library (fortnightly)	13.00-16.00
Zumba Gold	Cambuslang Institute	14.00-15.00
Art class	Tollpitch Pavillion	17.00-19.00

## Wednesday

New age kurling	Cambuslang Institute	10.00-12.00
Beginners' iPad	LEAP training suite	10.00-12.00
Art class	Whitlawburn Community Centre	10.00-12.00
Tai chi	West Parish Church, Rutherglen	11.00-12.00
Badminton	Cambuslang Institute	13.00-15.00

## Thursday

Beginners' Spanish	Tollpitch Pavillion	09.30-11.30
Table tennis	Tollpitch Pavillion	13.00-15.00
**Art class	Tollpitch Pavillion	16.45-18.45

**\*\*please note the earlier start/finish time**

## Friday

Card making	Tollpitch Pavillion	09.45-11.45
New age kurling	Cambuslang Institute	10.00-12.00
Beginners' tablet	LEAP training suite	10.00-12.00

## How we store your information

LEAP will never share your data with Third Parties without your consent. We record your details for insurance purposes so we know who is attending what activity. We ask for your date of birth for monitoring purposes but all data is made anonymous when shared with funders. If you would like a copy of LEAP's Privacy and Data Security policy that explains this in more detail, please contact the office. **You can also unsubscribe from this newsletter at any time** – either call 0141 641 5169 or email [catriona@leap-project.co.uk](mailto:catriona@leap-project.co.uk) advising that you would like to unsubscribe.



Lightburn Elderly Association Project (LEAP) is a registered Scottish Charity (SC024196) and Company Limited by Guarantee (SC300044)

# LEAP Learning and Leisure charges

LEAP Learning and Leisure offers a variety of activities and classes for people in South Lanarkshire aged 50 and over.

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. We have not increased our charges since 2015.

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 our smaller group activities including art, Spanish, card making and all computer classes, we ask people to pay for weeks they miss if they are on holiday;
- When someone cannot attend an activity because of illness, bereavement or caring responsibilities we will waive the fees for missed sessions but the individual must notify the tutor or LEAP office if possible;
- If someone does not attend an activity for three or more consecutive weeks without notifying the tutor or 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; and
- These terms apply to LEAP's established activities, and LEAP reserves the right to amend the charging structure for any new and developing activities as appropriate.

If you have any questions about our charges, or want to know more about how LEAP funds its Learning and Leisure programme of activities, call 0141 641 5169, or email Catriona on [catriona@leap-project.co.uk](mailto:catriona@leap-project.co.uk)

## Activity charges (as at April 2019)

Art	£4.00
Badminton	£2.00
Card making	£3.50
Computer/iPad/tablet	£4.00
Keep fit	£3.00
New age kurling	£3.50
Spanish	£3.50
Table tennis	£2.00
Tai chi	£3.50
Walking	£4.00
Zumba Gold	£3.00



# Best foot forward

## Halfway Walking Group news with LEAP's very own Hugh McNulty

**The bus leaves from outside the Halfway Library at 1pm unless otherwise stated.**

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 well as the longer three mile walk. Paths can be muddy so footwear with gripping soles should be worn, as well as waterproof clothing where appropriate.

**30<sup>th</sup> April 1pm - Polkemmet Country Park**

Weather beat us for this walk last year so fingers crossed we'll manage it this time. Tea at Greenside Garden Centre.

**14<sup>th</sup> May 1pm - Darvel to Newmilns**

Not the other way round Linda! Despite the extra mile or so last year it was a great walk as usual.

**28<sup>th</sup> May 1pm - Port Glasgow to Parklea**

No walking season would be the same without coming here to our favourite garden centre.

**11<sup>th</sup> June 1pm - Stirling University**

Hoping to do a circular walk around the grounds here. I haven't finalised details yet but will let you know nearer the time.

**25<sup>th</sup> June 1pm - Luss**

Nice wee trip down to Loch Lomond for an equally lovely walk.

**End of walking group for the summer**

All walks are subject to change but prior notice will be given of any changes as far as possible.

You need to register with LEAP before attending. A first come first served policy operates on the bus and so you are not always guaranteed a place on the walks.

If you have any queries or to register, please contact Catriona on 0141 641 5169 or email



# R:evolve Recycle. We need you!

Do you use our R:evolve Clothing swap shop boutiques? Do you have an interest in fashion, retail or the environment? We have volunteer opportunities in our Rutherglen and Cambuslang boutiques on Saturdays between 10am and 2pm. It is a great way to build your knowledge about climate change, get involved in your community and develop your skills.

We are very flexible and can accommodate to suit you, regardless of whether you would like to help at the shop ever week, or once a month. We would love to hear from you!

If you are interested in finding out more please contact Anne-Marie by calling 0141 641 5169 or email [anne-marie@leap-project.co.uk](mailto:anne-marie@leap-project.co.uk)

## R:evolve Recycle workshops

Why not learn a new skill and come along to one of R:evolve's workshops? All the workshops will run for 6 weeks, starting the week beginning Monday 6 May and finishing week ending Friday 14 June, except our Knit + Natter group which will be ongoing.

<b>Camby Crafters</b>	Tuesday	10.30am - 12.30pm	Cambuslang	£18
<b>Knit + Natter</b>	Tuesday	1.30pm - 3.30pm	Hamilton	Donations only
<b>Quarry St Crafters</b>	Wednesday	10.30am - 12.30pm	Hamilton	£18
<b>Alter + Upcycle</b>	Wednesday	10.00am – 12noon	Rutherglen	£18
<b>Basic Sewing Skills</b>	Thursday	10.30am - 12.30pm	Hamilton	£95
<b>Introduction to Dressmaking</b>	Thursday	6.00pm – 8.00pm	Rutherglen	£95
<b>Alter + Upcycle</b>	Friday	10.00am – 12noon	Rutherglen	£18

At **Camby Crafters**, for example, you'll learn a new crafty skill each week and have plenty of time for a cuppa and a chat with some like-minded folk. At the end of the 6 weeks you'll have made a selection of different mini makes, such as a knitted brooch, woven coasters, and a pompom garland.

For more info, or to book a space, please contact [victoria@leap-project.co.uk](mailto:victoria@leap-project.co.uk) or 0141 641 5169, or check out our social media pages [@revolverecycle](#).



# News from other organisations

**The LGBTI+ Elders Social Dance Club** is a fabulous, free, monthly social event for lesbian, gay, bisexual, trans and gender diverse, and intersex elders and allies.

Come one, come all to The LGBTI+ Elders Social Dance Club! With delicious catering, music, lots of folk to chat to, a chance to meet new people, connect with the LGBTI+ communities and if you fancy it – have a wee boogie. We would like get to know you, and you can get to know us.

Social Dance Clubs are free run monthly, 2.00pm - 4.00pm on selected Sundays from 19 May 2019 in the Tron Theatre, Glasgow.

Come and join us for as many or as few dates as we move towards The Coming Back Out Ball in 2020. We hope to make the ball very special, so come along to the The LGBTI+ Elders Social Dance Club and share your stories, memories, hopes and passions and of course, your favourite dance moves! No dance experience required.

To book or to find out more about the events, please call 0141 227 9013 or email [thecomingbackoutball@nationaltheatrescotland.com](mailto:thecomingbackoutball@nationaltheatrescotland.com)

Advance booking is not required; you can just turn up at the session.



A National Theatre of Scotland and All The Queens Men co-production, in partnership with Eden Court and Luminare, and in association with Glasgow City Council.

<https://www.nationaltheatrescotland.com/production/lgbti-elders-social-dance-club/>

# LEAP Learning and Leisure evaluation April 2019

We'd like to know what you think about the LEAP activities you have attend over the past year so please take a few minutes to fill in this short survey. It will help us to improve the activities we run across South Lanarkshire.

If you have any queries about this survey, please contact Catriona MacGregor (Learning Co-ordinator) on 0141 641 5169 or email [catriona@leap-project.co.uk](mailto:catriona@leap-project.co.uk). If you prefer, you can complete the survey online by following this link - <https://www.surveymonkey.co.uk/r/LEAPApril19>

1. What is the first part of your postcode? (e.g. ML3, G72)

2. What is your age?

- 50 to 59
- 60 to 69
- 70 to 79
- 80 or older

3. What LEAP activities have you attended over the past year?

4. What were your reasons for coming to the LEAP activities in the first place? Please tick all that apply.

- to learn a new skill
- to meet new people
- felt lonely and isolated
- looking for something to do
- in retirement
- to stay active
- Other (please specify)

5. What difference do you feel attending the LEAP activities has made to you? Please tick all that apply.

- feel more confident
- feel less socially isolated
- have made new friends
- feel fitter
- feel happier
- feel more involved in my local community
- Other (please specify)

6. What do you like most about the LEAP activities? Please tick all that apply.

- the tutor/class leader
- the other people in the classes
- learning a new skill
- the location
- having fun
- Other (please specify)

7. Is there anything LEAP could do to improve the activities?

8. Did you feel socially isolated before coming to LEAP activities?

- Yes
- No
- Don't know

9. Do you feel less socially isolated since you started coming to LEAP activities?

- Yes
- No
- Don't know

10. Do you have any other comments or suggestions about LEAP activities?

**Please return completed forms via one of the LEAP tutors  
or to the LEAP office at 197 Hamilton Road, Cambuslang,  
G72 7PJ.**

**Many thanks for your time!**