

LEAP Class Newsletter Spring 2019 – Hamilton Edition



Dear Friend,

The daffodils are here and it looks like spring might just about have sprung! 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.

No classes on following dates:

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).

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

Starting in May, we have new funding in the form of The National Lottery Community Fund which means we will be able to continue to offer leisure classes in Hamilton, as well as further afield. Watch this space for info on the new programme which will come out towards the end of the summer.

If you have any other queries, please do just get in touch with me on 01698 907004 or email catriona@leap-project.co.uk.

Best wishes,

C MacGregor

Catriona MacGregor
Adult Learning Co-ordinator

How we store your details

LEAP will never share your data with Third Parties without your consent. We record your details for insurance purposes so that 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 which explains this in more detail, please contact the office. **You can also unsubscribe from this newsletter at any time** – either call me on 0141 641 5169 or email catriona@leap-project.co.uk advising that you would like to unsubscribe.

Hamilton Activities for over 50s

Thanks to funding from the People's Health Trust, using money raised through The Health Lottery in Scotland, we are continuing to run a range of activities in the Hamilton area in 2019. Please contact Catriona on 01698 907004 or email catriona@leap-project.co.uk for more info and to register.



Monday

Computer and internet
(laptop)

Hamilton South Church, Mill Road 10.00-12.00

Tai chi

Gilmour and Whitehill Parish Church,
Burnbank 12.00-13.00

Tuesday

Beginners' android tablet and
smart phone

Hamilton South Church, Mill Road 13.00-15.00

Wednesday

Singing for Fun

Fairhill Lifestyles, Neilsland Road 15.00-16.00

Thursday

Advanced iPad and iPhone

Hamilton South Church, Mill Road 10.00-12.00

Art for Beginners

The Burnbank Centre, Burnbank 10.00-12.00

Beginners' computer and
internet (laptop)

Hamilton South Church, Mill Road 13.00-15.00

New age kurling and
carpet bowls

Hamilton South Church, Mill Road 13.00-15.00



funded
through



News from LEAP's other projects



LEAP Hands On Project

Hamilton Friendship Group – we need you!

One of our well established friendship groups based in Hamilton's Barncluith Sheltered Housing is looking for a volunteer to help out with the Women's group who meet on a Wednesday afternoon. If you would like to give up a couple of hours of your time to help at this group or simply find out some more information about volunteering with us please contact Jodie by calling 01698 907004 or email jodie@leap-project.co.uk

Both the Men's and Women's groups are always welcoming new group members to come along and get together to share stories, interests and build friendships. If you are interested in becoming involved in the Hamilton Barncluith group, know someone who would be interested or would like to know more about it, please give the office a call on 01698 907004 and ask for Jodie or email jodie@leap-project.co.uk

Uddingston Friendship Group

The Hands On Project has recently launched a new friendship group in Uddingston. The group meet on a Tuesday morning for a couple of hours. The friendship groups are about encouraging older people to get together and share stories, interests and friendships. If you are interested in becoming involved in this group, know someone who would be interested or would like to know more about it, please give the office a call on 01698 907004 and ask for Taylor or email taylor@leap-project.co.uk.



R:evolve Recycle is on the move! Our swap shop boutique on Cadzow Street has now closed and we are relocating to Quarry Street! While we are fitting the shop in Quarry Street you can still get your swapping fix by visiting our shops in Cambuslang and Rutherglen. We can't wait to unveil our new shop in Hamilton; keep an eye out for us and pop in to say hi and to see our beautiful shop once we are open at the end of April!



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.

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

The Knit + Natter group - a new weekly group starting on Tuesday 7 May in our R:evolve Boutique, 91 Quarry Street, Hamilton, ML3 7AD. It's a place to meet new people and share ideas and skills – bring along your own knitting or crochet and we'll

provide the rest! Whatever you are working on, and whether you're a new beginner, a little bit rusty, or an out-and-out expert, we want everyone to come together to chat with other enthusiasts over a cuppa and a biscuit. No need to book for this one, just pop along when you can. The group is free to attend, but any donations towards teas, coffee, and materials are welcome.

Basic Sewing Skills – 6 week course starting on Thursday 9 May in our Hamilton R:evolve Boutique. Learn all the basics you need to get sewing! Our expert tutor will show you how to set up a sewing machine, then you'll learn some basic stitches, how to hem an item, and how to fit a zip, as well as some hand sewing and appliqué. At the end of the course you'll leave with your own unique handmade sewing kit including a pincushion, needle case, and sewing bag.



The classes are designed for complete beginners so whether you've never picked up a needle and thread in your life, or whether you just need a reminder of how things work, this will be the perfect starting point. There are limited spaces available for this class so you'll receive plenty of individual support to get you sewing in no time!

Only £95 for the full course including tuition, use of one of our sewing machines, and all materials (not to mention tea, coffee, and biscuits!).



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 and will run monthly, 2.00 pm - 4.00 pm on selected Sundays from 19 May 2019, 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. 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 01698 907004 or email 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!