



Enhancing the
lives of older
people in our
community



I hope everyone has been enjoying the Learning & Leisure classes so far.

We are just checking in with you before we go on our yearly 3-week Christmas break. Our activities will run up to and including **Friday 13 December**. They will be back week beginning **Monday 6 January**.

The last classes before the Easter break are on Friday 4 April. The activities return Tuesday 22 April, as Monday 21 April is a Bank Holiday.

Our activities stop for the summer break on Friday 27 June.

Register interest for classes

As you are all aware, there is less funding available for charities. LEAP has been informed about more funding cuts. This means we have to be even more careful when putting activities on.

We will take interest for certain classes, to make sure we will have enough participants to be able to run these classes. You can see a list of those classes on page **6**.

To register interest you can phone the office at 0141 641 5169. We will get in touch with you at a later date to let you know whether we are able to run the class. More information on this can be found in the class description on page **6**.

All classes in **blue** in the timetable have not started yet, or will take interest only.

I hope everyone has a lovely winter break and I'll see you all in January!

Best Wishes

Lysanne Erlings



Funding for bicycle repairs

We have partnered up with Chapeau Cycles in Kirkintilloch. This cycling shop has funding for £100 repairs on a bike for people who otherwise aren't able to afford this. This means that a £150 repair will cost you £50. If a repair is under £100, you won't have to pay anything.

We will bring your bike to the shop with our van and will collect it for you as well. Chris, the mechanic, will call you to talk through the repairs before he will do anything to your bike.

In order to receive this funding, you would need to supply Chris with your postcode and email address, as you need to fill in a survey afterwards.

Chapeau Cycles also has a Recycling Grant. You can donate a bike you don't use anymore. Chris will refurbish it and will then donate it to someone who needs a bike.

LEAP's activities for over 50s



Cambuslang & Rutherglen

Monday

Keepfit	Spittal Community Centre	10.00am-11.00am	£4
Tai Chi	Cambuslang Institute	10.30am-11.30am	£6
New Age Kurling	Cambuslang Institute	1.00pm-3.00pm	£5.50

Tuesday

Tech Drop-in	197 Hamilton Road	9.00am-Noon	£5
Zumba Gold	TBC	10.00am-11.00am	£5
Spanish	No. 5	10.00am-Noon	£5.50
Yoga	Roots Café	1.00pm-2.00pm	£5
Walking Football	Spittal Community Centre	1.00pm-3.00pm	£4
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

Games Morning (NEW)	Toll Pitch Pavillion	TBC	£4
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
New Age Kurling	Cambuslang Institute	10.00am-Noon	£5.50



Hamilton & Blantyre activities



Monday Tai Chi Drawing (6 weeks)	Hillhouse Parish Church Blantyre Life	Noon-1.00pm 1.30pm-3.30pm	£5 £6
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) Yoga (seated and mat)	Blantyre Life St John's Parish Church	10.30am-11.30am 1.00pm-2.00pm	£5 £5
Friday Tai Chi	Blantyre Life	10.00am-11.00am	£5

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.



A spotlight on some of our newest classes



Keepfit for over 50s

Work on your balance, cardio, flexibility and overall strength with our instructor Claire.

The class is suitable for all fitness levels and activities can be adjusted for individual abilities.

Through fun exercises you will improve strength and balance for everyday tasks such as carrying grocery bags or grandchildren, climbing the stairs, having a wee job for the bus.

You will also increase your strength to help you get up from chairs without using your hands, and getting up after a fall.



Yoga Hamilton

Join our tutor Nicole in our new mat and chair Yoga class in Hamilton.

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.



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!

Wear comfortable clothing you can exercise in and shoes with good grip.



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.

You can play as many or as few games as you want. Please bring any boardgames with you if you have ones you like to play!

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 when Toll Pitch reopens. You can register interest and we'll be in touch once it opens.



A spotlight on some of our newest classes



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.

28 January: Pollock Country Park
11 February: TBA
25 February:
Broadwood Loch
11 March: Summerlea
Museum
25 March: TBA
8 April: Croy to
Auchinstarry



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.

Please phone ahead to book a time slot.



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.



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.



Register interest for future classes



Digital Support

Our Digital Skills tutor Calum has been getting requests for 1 to 1 help. If you have a specific interest you want to learn about (spreadsheets, certain software, security), you can book a 1 hour slot with Calum.

We are taking down interest for this. Please call the office and let us know what you want help with.

Once we know when Calum is available, and we have enough people, we will give you a call to book you in.

The Digital Support will take place in No 5. at Craigallian Avenue, will last 1 hour and will be £10.



Spanish

This is a class of mixed level for people who already have an understanding of Spanish. Our tutor Suzy keeps working on grammar and Spanish you can use during holidays.

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 Easter starts 21 January and lasts 10 weeks (£55.00)



Drawing

As requested, we are looking to run another 6 week drawing course. Our tutor Kirsty will get you started with the basic skills of drawing and will help you grow your skills.

All materials are provided and experience isn't necessary.

The class will run from Monday 3 February until Monday 10 March in Blantyre Life.

This class can only run when we have enough people. Please phone the office to register interest and we will be in touch in January to let you know if the class can go ahead.



Zumba Gold

Our tutor Irene will return with Zumba classes in the new year.

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.

We are awaiting Irene's availability, but it will highly likely that it will be Tuesdays from 10.00am-11.00pm.

You can register interest and once we have a time and venue confirmed, we will be in touch with you.

