



Here's wishing you all a very Merry Christmas and a Happy New Year! The new session of LEAP activities is due to start on **Monday 6 January 2020**, with a few exceptions, so please check the timetable on page two for further details.

Registration for digital classes

LEAP's digital classes will start the **week beginning 13 January** and you can register for these by calling the LEAP office on 0141 641 5169, or emailing catriona@leap-project.co.uk **between 6 and 9 January**.

Registration for R:evolve workshops

R:evolve workshops also start the **week beginning 13 January** (see timetable on page two for further details) and you can register for these by calling Mel Robinson on 0141 641 5169, or by emailing mel@leap-project.co.uk **between 6 and 10 January**.

Please note that you only need to register in January for digital skills and R:evolve workshops, or if you are attending a LEAP activity for the first time. Please also remember to let us know if any of your details change. It helps us to keep you up to date with any news or changes to the 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

Best Wishes,
Catriona MacGregor
(Learning Co-ordinator)

Please note that the LEAP office will close at 4.30 pm on Friday 20 December 2019, and reopen at 9.00 am on Monday 6 January 2020.



LEAP named as Herald Society Awards Older People's Project of the Year

The announcement came at the Awards dinner on Wednesday, 6 November at the Doubletree by Hilton in Glasgow. Introducing the award, host Jennifer Reoch, the TV and radio presenter, said all the finalists had been exceptional. The announcement was made by Maureen Mallon, CEO of OSCR and a member of the judging panel.

Picking up the award, Stuart McGregor, LEAP's executive director said: "We were proud to be named as finalists in this year's awards and never expected to win, especially against other finalists Edinburgh Leisure, Lingo Flamingo and Living Streets.

"However, winning the award is testament to the hard work of our hundreds of front-line volunteers and our small but dedicated staff team.

"This is for them."



From L-R Maureen Mallon, OSCR CEO, Stuart McGregor LEAP Executive Director, Gilly Feron LEAP Chair, Maureen McLaughlin LEAP Volunteer, and host Jennifer Reoch

Cambuslang and Rutherglen activities for over 50s

January - April 2020

Most activities will start the week beginning Monday 6 January, unless otherwise stated. They will run up to and including Friday 3 April 2020.

Monday

Tai chi	Cambuslang Institute	10.30-11.30
New age kurling	Cambuslang Institute	13.00-15.00
Zumba Gold	Cambuslang Institute	17.30-18.30

Tuesday

Keep fit	Cambuslang Institute	10.00-11.00
Intermediate Spanish	Tollpitch Pavillion	09.30-11.30
Walking group starts 21 Jan	Bus leaves from outside Halfway Library (fortnightly)	13.00-16.00
Art class	Tollpitch Pavillion	17.00-19.00

Wednesday

New age kurling	Cambuslang Institute	10.00-12.00
iPad (intermediate) starts 15 Jan	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
Digital skills starts 15 Jan	LEAP training suite	12.30-14.30
Badminton	Cambuslang Institute	13.00-15.00
Knit and Natter starts 15 Jan	R:evolve Rutherglen	13.30-15.30
Tailored for You starts 20 Feb	R:evolve Rutherglen	18.30-20.30

Thursday

Beginners' Spanish	Tollpitch Pavillion	09.30-11.30
Sew Social starts 16 Jan	R:evolve Rutherglen	10.00-12.00
Table tennis	Tollpitch Pavillion	13.00-15.00
Art class	Tollpitch Pavillion	16.45-18.45

Friday

Card making	Tollpitch Pavillion	09.45-11.45
New age kurling	Cambuslang Institute	10.00-12.00
Digital skills starts 17 Jan	LEAP training suite	10.00-12.00
Sew Social starts 17 Jan	R:evolve Rutherglen	13.30-15.30

Saturday

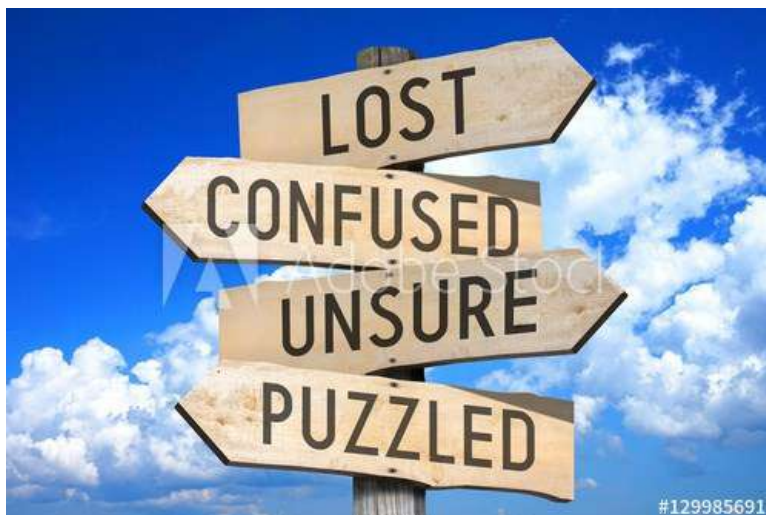
Sew Social Jnr starts 18 Jan	R:evolve Rutherglen	10.30-12.30
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Digital Skills Sessions - starting the week beginning 13 January 2020

Did Santa bring you a new tablet for Christmas? Or did someone give you their old one? Not sure what to do next?

Why not sign up to a 10 week course, covering all you need to know to set up, maintain and use your tablet, smartphone or laptop? We'll look at everything from switching it on, to online safety and watching TV. You'll work at your own pace in a relaxed and informal atmosphere, and there's even time for a cuppa!



If you don't have a device, you can borrow one of LEAP's. Advance booking is required as places are limited. Contact Catriona on 0141 641 5169 or email catriona@leap-project.co.uk for more information and to register. Costs £4 a session.

Singing for Fun group comes to Halfway, Cambuslang!

Thanks to funding from Aspiring Communities, we are planning on running a new weekly singing group in Halfway on a Thursday (late afternoon) for people aged 50 and over. Full details to follow in the new year, but we hope to start in the fourth week of January. The group will be really informal, and you don't need to read music to join in. We'll even take requests. Singing can reduce feelings of stress, and help with your breathing and general well being.

To register your interest, please contact LEAP's Learning Co-ordinator, Catriona MacGregor on 0141 641 5169 or email catriona@leap-project.co.uk



Don't just take our word for it! These photos show LEAP's Singing for Fun group and Choir in Hamilton. They're having a great time! The Hamilton groups meet weekly in Hamilton South Church.

Walking into Winter

Halfway Walking Group news for 2020 with LEAP's very own silver stroller, 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 the regular but longer three mile walk. Paths can be muddy so footwear with gripping soles should be worn, as well as waterproof clothing where appropriate.

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 catriona@leap-project.co.uk.

Tuesday 21 January 1.00 pm - Pollock Country Park - good place to start our walking year.

Tuesday 4 February 1.00 pm - Drumpellier Country Park - not too far away and a decent 3 miler. Tearoom refurbished but I'll check it out prior to going.

Tuesday 18 February 1.00 pm - Polkemmett Country Park - proved very successful last year so can't get too much of a good thing.

Tuesday 3 March 1.00 pm Mugdock Country Park - you'll have gathered by this time that I like country parks and this is one of the best - just outside of Milngavie.

Tuesday 17 March 1.00 pm St.Paddy's day walk. Not New York or Boston (our budget is limited) but a new walk around Cumbernauld park and glen.

Tuesday 31 March 1.00 pm Eglinton Country Park - aye another one - last one before Easter down in deepest, darkest Ayrshire.



Easter break

Tuesday 28 April 1.00 pm Mystery Walk - another new walk and it's a mystery only because I've yet to find a place for the coach to drop us off and get a nice tearoom.

Tuesday 12 May 1.00 pm Darvel to Newmilns - deepest darkest Ayrshire again but an old favourite.

Tuesday 26 May 1.00 pm Port Glasgow to Parklea - don't buy your bedding plants till you come on this walk - bestest wee garden centre ever!

Tuesday 9 June 1.00 pm Lunderston Bay - back down the same road as a fortnight ago for a lovely stroll to Inverkip and back

Tuesday 23 June 1.00 pm Stirling Uni – no not to study (bit auld in the tooth for that) but a brilliant walk round the grounds which proved a big hit last year.

End of walking group for the session



R:EVOLVE RECYCLE



create.swap.reuse

R:evolve Rutherglen

Drop in weekly workshops

starting week beginning 13 January until week beginning 30 March (Easter break)

Knit & Natter (donation)

Bring along your knitting or crochet projects, have a cuppa and a natter and maybe pick up some skills along the way

Sew Social (donation)

Got something that needs to be repaired or altered, or have something you would like to upcycle? Drop in to any one of our weekly classes to learn new skills. Put some life back into your wardrobe without spending a penny!

Sew Social Jnr. (£3 a session)

A workshop for grandparents, parents and their children to learn together. Come along and make a scrunchie, purse, bag, or upcycle your jeans. Children aged 8+ have to be accompanied by an adult aged 16+



Specialised workshops

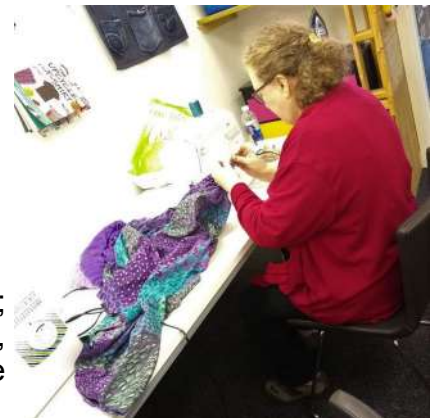
Tailored for You (£60 for 6 week block - starts 20 February 2020)

Basic workshop where participants learn to sew a garment. You will start from scratch picking your cloth, working from a pattern, cutting, and machining.

Please note:

Drop in workshops can be attended on the day without booking; however if you are really keen and want to guarantee your place, we recommend you register the week of 6 January 2020 to be sure.

Specialised workshops have to be pre-booked and paid in advance. Places are limited to ensure that you get plenty of assistance from our tutors sign up the week of 6 January 2020 to secure your place.



All workshops are held at R:evolve Rutherglen 71-75 Main Street, G73 2JQ

Please call Mel Robinson on 0141 641 5169 or email mel@leap-project.co.uk the week beginning 6 January 2020 to register for any of these workshops.

Please note that all R:evolve Clothing shops will close for Christmas at 1.00 pm on Friday 20 December 2019, reopening at 10.00 am on Wednesday 8 January 2020.



Focus on Friendship

It's true when they say that you often meet friends in unexpected places! For Joyce Boxshall and Catherine McKenna, that is certainly true!

Last year, Joyce and Catherine did not know each other but both had decided that they would like to try some volunteering. In September 2018 both ladies applied to be a volunteer Swap Shop Assistant at R:evolve in Rutherglen. Joyce and Catherine attended R:evolve Induction Training in October 2018 and just so happened to sit next to one another...

Fast forward a year to September 2019 and Joyce and Catherine were on holiday in Italy together at Catherine's holiday home! Neither Joyce or Catherine thought that by sitting next to one another at a R:evolve training day that they would be jetting off on holiday together one year later!

After the initial training day, Joyce and Catherine were often in the R:evolve Clothing Swap Shop in Rutherglen volunteering together and over time, became great friends.

Friendship is just one of the many things to be gained from volunteering. If you would like to give it a try, R:evolve in Cambuslang and Rutherglen is recruiting for volunteers now! Get in touch with Anne-Marie on 0141 641 5169 or email anne-marie@leap-project.co.uk to find out how you can get involved.





Locals to Cambuslang, or those simply passing through, will have noticed a lot of action across from the Tollpitch Pavillion. LEAP is delighted to announce that the white building situated at the crossroads, formerly a gym, is now in our hands and we are busy working away to make this a hive of activity in the local area.

With planned office space and sorting facilities for the R:evolve Recycle Project, as well as lots of exciting activities within our wider LEAP programme, we will have more info for you in the new year. So watch this space! It really is a building site at the moment so for your safety please wait for information about our launch before you head down for a look.



The Discovery Award

Are you over 50? Would you like to meet new people? Would you like to take up a challenge?

Then come and join the Discovery Award. The Award is open to everyone of this age regardless of health, ability, or status. You can progress at your own pace and within your own capabilities. You set your goals.

There are 4 sections:

- A hobby or interest
- A recreational pursuit
- Service in the community
- Journey of discovery

For more information, phone Charlotte on 0141 641 6530 or pop into Cambuslang Universal Connections, 148 Main Street, Cambuslang G72 7EL



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

Activity charges (as at Dec 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



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 advising that you would like to unsubscribe.