



Enhancing the
lives of older
people in our
community

Welcome to LEAP's 2025 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 Line Dancing, Drawing, Yoga, and Spanish can only go ahead if we have enough people join them. They are listed in [blue](#) on our programme overview (page 2-3)

Registration

Our activities will return from **Tuesday 2 September**. As per usual, all current registers are emptied and everyone needs to re-register for activities they wish to attend. This can be done on **Tuesday 26 and Wednesday 27 August**.

In person

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

By phone

From 9.30am until 4.00pm 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 when you receive a confirmation email.

Please be aware that we are unable to deal with registrations before 9.30am on Tuesday 26 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

Keepfit	Spittal Community Hub	10.00am-11.00am	£4
Tai Chi	Cambuslang Institute	10.30am-11.30am	£6
Keepfit with Parkinson's	Spittal Community Hub	11.30am-12.30pm	£4
Line Dancing	Spittal Community Hub	2.00pm-3.00pm	£5
New Age Kurling	Cambuslang Institute	1.00pm-3.00pm	£5.50

Tuesday

Spanish Beginners	No. 5	10.00am-Noon	
Spanish Intermediate	No. 5	12.30pm-2.30pm	
Walking Football	Spittal Community Hub	1.00pm-3.00pm	£4
Walking Group	Bus leaves from LEAP Office (fortnightly from 23 September)	1.00pm-4.30pm	£5

Wednesday

Cycling Skills	Clyde Cycle Park	9.30am-Noon	Free
Art Class	Toll Pitch Community Hub	10.00am-Noon	£6
New Age Kurling	Cambuslang Institute	10.00am-Noon	£5.50
Tai Chi	Spittal Community Hub	11.15am-12.15pm	£6
Yoga	Toll Pitch Community Hub	1.00pm-2.00pm	£5
Badminton and Pickleball	Cambuslang Institute	1.00pm-3.00pm	£3.50

Thursday

Digital Skills	No. 5	10.30am-12.30pm	Free
Art Class	Toll Pitch Community Hub	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



LEAP's activities for over 50s



Hamilton & Blantyre

Monday

Tai Chi	Hillhouse Parish Church	Noon-1.00pm	£5
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Tuesday

Art Class	Burnbank Centre	10.00am-Noon	£6
Keepfit with Parkinson's	Blantyre Life	3.00pm-4.00pm	Donation

Wednesday

Drawing (6 weeks)	Blantyre Life	10.00am-Noon	£6
New Age Kurling	St John's Parish Church	1.00pm-3.00pm	£3.50

Thursday

Yoga (seated)	Blantyre Life	10.30am-11.30am	£5
Yoga	St. John's Parish Church	1.00pm-2.00pm	£5

Friday

Tai Chi	Blantyre Life	10.00am-11.00am	£5
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Join LEAP's AGM

You are cordially invited to LEAP's AGM which is being held on Monday 1 September in Cambuslang Parish Church, 1 Arnott Way, Cambuslang G72 7JQ.

Registration will take place from 10.15am for an 11.00am start, finishing at around 12.30pm for a light lunch.

The AGM will feature reports on the charity's activities during the year, and we will present our volunteer recognition awards.

Come along and show your support for LEAP. All welcome! Call 0141 641 5169 or email enquiries@leap-project.co.uk to register.



What to expect at our classes



Keepfit

Join our growing, fun and welcoming fitness community in Rutherglen.

You will build your strength and improve your balance in a fun way. Our tutor Claire sets out circuits and every class and workout will be different. You will work together in group exercises as well as individually.

The class is open to people of all abilities, as all exercises can be done at a variety of levels. This also allows you to grow into the exercises as you get stronger.

Wear comfortable clothing and bring water with you.



New Age Kurling

A perfect game for everyone who enjoys playing or watching bowls or 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 do not want to or can not 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.



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.



Drawing (6 weeks)

Our art tutor Kirsty returns with another 6-week drawing course. During the course you can try a range of materials and working methods. At the end of the six weeks you will have a series of drawings to take home and a new set of skills!

The classes will take place on the following dates:

September: 3, 10, 17

October: 1, 8, 15.

Beginners welcome. Materials will be provided.

The course is paid per block and will be £36. Parts of this total can be paid over 2 weeks.



What to expect at our classes



Tai Chi Cambuslang, Hamilton and Rutherglen



Meet Susanne, our new Tai Chi tutor for the classes in Cambuslang, Hamilton and Rutherglen.

She has over 30 years of experience with Tai Chi and she is a senior teacher with Tai Chi Union GB and member of Dragon Spring Taiji School.

Susanne says 'I have played the Tai Chi Form every day since 1989, and I have drawn much knowledge and inspiration from it. I like to share this journey with other people.'

The practice focuses on muscle awareness. Tai Chi is therefore known to help prevent falls among older adults and that is especially beneficial to us as we get older. Susanne will teach you a curriculum of Taiji and Qigong forms and will offer support for practice at home.

The classes are suitable for beginners as well as for people who already have experience with Tai Chi. Susanne will talk you through the movements of the forms she will practice with you. She will also help you pay attention to your body and organs as the seasons change, to help improve your 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.

Spanish returns Tuesday 9 September and will run for 14 weeks until Christmas. The block costs £77.



Yoga

Our yoga in Cambuslang and Blantyre is delivered by our tutor Jill. 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.



What to expect at our classes



Table Tennis

Our table tennis group meets once a week to play doubles. We have three tables and the group makes 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.



Keepfit with Parkinson's

Being active and doing physical exercise helps manage Parkinson's symptoms. Our tutor Claire is trained by Parkinson's UK and has created circuits of exercises to help improve balance, flexibility and mobility.

All exercises can be done on a variety of levels to allow different abilities. The circuits change every 6 weeks, which means you can grow in the exercises.

Our Blantyre class has been at capacity since we started, so we are adding a class in Rutherglen.

Wear comfortable clothing and bring water.



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 do not want to walk as far as the regular, but longer, three mile walk.

23 September: Cuningar Loop. Meet in large car park off Downiebrae Road (opposite Tesco)
7 October: Strathaven
21 October: Drumpellier country park
4 November: Calderglen country park
18 November: Polkemmet park
2 December: Rouken Glen



Yoga Hamilton

Join our tutor Nicole during her weekly yoga class with us.

Nicole offers mat yoga as well as seated yoga and will bring all mats, blocks and other equipment that is needed.

You will work on your flexibility, balance, breathing and mobility. Nicole helps you understand how the body works, where it stores stress and teaches you how to massage that stress out.

Wear comfortable clothing and bring a water bottle.



What to expect at our classes



Line Dancing

People have been asking for line dancing classes, and we are happy to oblige.

Tutor Lorna will teach you all the ins and outs of line dancing. The class is suitable for beginners and improvers.

Wear something comfortable, shoes with good grip and bring a water bottle.

We can only put the class on the programme if we have enough interest, so please spread the word and let us know if you'd like to join!



Walking Football

We are looking for extra people for our teams at walking football.

Walking football 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, but you can not run.

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

Wear comfortable clothing you can exercise in, shoes with good grip and bring a bottle of water.



Digital Skills

Caroline from AbilityNet returns to deliver a 3-week Digital Skills course for us, starting 2 October.

2 October: Getting to know your smartphone or tablet (Apple and Android, no laptops).

9 October: Using the internet and shopping online.

16 October: Online safety and spotting scams.

The class can only go ahead with 10 people.



Badminton and Pickleball

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

We have one badminton court and one pickleball court. 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 strategic 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



Tai Chi Blantyre

Our tutor Morag will continue to teach our popular Tai Chi class in Blantyre.

Her class offers seated as well as standing Tai Chi. Through Tai Chi, Morag helps you to improve your mobility, muscle strength and balance.

The exercises also help you reduce your stress levels. Morag has created a calm and friendly setting.

The group has formed a lovely friendship and they meet in Blantyre Life's café before the class starts.



Cycling Skills

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 first participants joined because they hadn't cycled for more than 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. The sessions take place at Clyde Cycle Park at the old Hoover estate.



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 Services offer a number of different services including one-to-one home befriending visits, telephone befriending, friendship groups and dementia clubs and activities 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 free 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.



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, and Tai Chi Blantyre**, we ask people to pay for weeks they miss. When someone cannot attend an activity due to severe circumstances 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 Community Hub	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 Hub	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 Services



Volunteer Week

In June we were lucky that our friends at Recycled Teenagers held an afternoon for our lovely volunteers raising awareness of all the activities they are happening locally. We had around 80 in attendance and had a lovely afternoon and music with many up singing and dancing. A huge thank you goes to them as we can't often get all our volunteers together at once so it was a great afternoon celebrating together.

New friendship group

We are pleased to say we have launched a new friendship group in the Hamilton after demand over the last few months due to our other group being full for the last few months. We launched the group on 17th June and we already have 10 guests in attendance so it has hit the ground running. We are still looking for a volunteer helper at the group so if you are free on a Tuesday morning and would like to get involved get in touch with us at the office number .



Volunteer training

As part of Mental Health Awareness week we invited a group of volunteers along for a Mental Health Awareness Training. 8 volunteers were in attendance and are now upskilled on helping anyone in crisis in the community and many fed back the course was really great knowledge to in their befriending matches.



Volunteer befrienders

We have in recent months been inundated with client referrals for our one to one service and are struggling to meet the demand as we don't have as many volunteers signing up as volunteers. If you know of anyone in the Hamilton, Uddingston or East Kilbride areas that you think would be interested in becoming a befriender with LEAP then please encourage them to get in touch with us. Full training and support is provided for all volunteers.

Dementia Services



Dementia Support in Your Area

We offer a warm welcome to people living with dementia and their carers. Come join us for friendly, supportive groups where you can relax, connect, and have fun!

Lunch Clubs

A relaxed get-together with lunch to start. Afterwards, carers head to their own session for wellbeing or information, while those living with dementia enjoy fun activities in the main space.

East Kilbride - Thursday
Cambuslang - Wednesday

Music for the Mind

Music activities and gentle chair exercises followed by a cup of tea and a chat.

East Kilbride - Friday



Activity Group

Creative sessions with music, arts and crafts, board games – and always time for a cuppa and conversation.

Cambuslang - Monday

Support for Carers



Monthly Carer's Cafés

A Welcoming Space for Carers and Their Loved Ones

Join us for a relaxed and friendly café session, especially designed for carers and the people they care for. Enjoy a cuppa, share experiences connect with others, in a supportive environment.

East Kilbride - Tuesday
Blantyre - 1st Thursday

Contact for more information and availability
Email: dementia.services@leap-project.co.uk
Call: 0141 641 5169

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 – 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.



LEAP
197 Hamilton Road
Cambuslang
G72 7PJ

Tel: 0141 641 5169
Email: enquiries@leap-project.co.uk
WWW: www.leap-project.co.uk

