

LEAP into spring with our activity programme

Welcome to our Spring activity newsletter, bringing you all you need to stay in touch with people and enjoy your favourite pastimes at the same time.

Inside you'll find out all you need to know about what's on online in the next couple of months and how to join in. So what are you waiting for?

And, if you are feeling a bit lonely, missing our R:evolve shops and classes, or need something done around the house, there is some information on the rest of LEAP's services on pages 8 and 9.

Day and time	Activity	Cost
Mondays		
2.00 - 3.15 pm	Singing group	£32pp for eight weeks
Tuesdays		
10.00 - 10.45 am	Seated keep fit	FREE
10.00 - 11.00 am	Beginners' Spanish	£20pp for eight weeks
11.15 am - 12.15 pm	Intermediate Spanish	£20pp for eight weeks
2.00 - 3.00 pm	Quiz	FREE
Wednesdays		
10.30 am - 12 noon	Art salon	£24pp for eight weeks
1.30 - 2.30 pm	Men's newspaper group	FREE
Thursdays		
10.30 - 11.30 am	Repair session	FREE
2.00 - 3.00 pm	Bingo	FREE
3.00 - 4.15 pm	Singing group	£32pp for eight weeks
Fridays		
10.30 - 11.15 am	Knit and natter	FREE
12.30 - 1.30 pm	Houseplant hospital	FREE
2.00 - 3.00 pm	Sketch and chat	FREE

How to join in the fun

All of our online activities start week commencing 15 March 2021 unless otherwise stated.

Activities will stop for the Easter break week beginning 12 April and resume week beginning 19 April apart from the Singing Groups, which will close for Easter on 5 April and resume 12 April. The programme ends week beginning 10 May. Quiz and bingo are running just now.

Booking for all events is through LEAP's Eventbrite page at:

<https://www.eventbrite.co.uk/o/leap-32586297453>

Your bookings will then come through to Taylor or Catriona at LEAP. Many of you will already know Catriona but Taylor has just joined the team and will be the main point of contact for all things Leisure and Learning.

Additional activities

Monday 22 March

11.00 am -12.00 noon

How to start your declutter - talk presented by the Decluttering Dream Team (FREE)

Thursday 1 April

7.00 - 9.00 pm

Hand crochet heart wreath - workshop by Knitting on Cloud Nine (£38 per person)

Wednesday 31 March and 28 April (last Wednesday of the month)

2.00 - 3.00 pm

Book club (FREE)



Can you help launch LEAP's new trusted trader service?

LEAP is planning to launch an affordable home repair and maintenance service within our community.



At the moment, Kevin Key, our handyperson co-ordinator is pulling together a list of trusted traders who can help us to deliver this new service.

If you know any tradespeople you have used and trust then please let Kevin know by phoning 0141 641 5169 or emailing kevin@leap-project.co.uk.

We are particularly interested in any kind of tradespeople, window cleaners and gutter cleaners who will work on double story houses.



LEAP is a Scottish Charitable Incorporated Organisation number SC024196.

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T: 0141 641 5169; E: enquiries@leap-project.co.uk
W: www.leap-project.co.uk

Take your pick of our activities

Singing group

Hit the high notes with LEAP's Zoom singing groups. We take requests every week so you'll always get to sing something you like, and we even have time for a wee blether at the end.

For our Monday group, book at:
<https://www.eventbrite.co.uk/e/142906349739>

For our Thursday group book at:
<https://www.eventbrite.co.uk/e/142913796011>



Singing for Fun Group. Picture taken pre-COVID restrictions

Seated keep fit

Staying active is really important for both physical and mental well being.

Come along and join in these weekly sessions for a bit of a work out as well as some much needed relaxation.

For our seated keep fit book at:
<https://www.eventbrite.co.uk/e/143704976453>



A keep fit group pictured pre-COVID restrictions

Cafe espanola mananero

Our beginners' group suits those who haven't spoken Spanish before. So if you don't know your hasta from your asta, this group is for you!

For our beginners group book at
<https://www.eventbrite.co.uk/e/142739087453>

Our intermediate group suits people who can speak some Spanish already and have been learning for a while so it's the perfect place to practise before you're next vacacion!

For our intermediate group book at: <https://www.eventbrite.co.uk/e/142876045097>



Quiz

Do you want to dust off those brain cells and get quizzzy with LEAP's weekly online Zoom quiz?

Do you enjoy testing your knowledge and having a laugh as well?

For our weekly quiz book at:
<https://www.eventbrite.co.uk/e/143773910637>



Art salon

Got a piece of artwork that you are working on? Or maybe you have a project that you would like to get started? Looking for some feedback or advice? Join LEAP's Online Artist's Salon! Our art salon provides time and (online) space to work on your own art project as part of a group. Come along with your own work, see what others are working on and get tips and advice from the group and art tutor Kirsty Palmer. All mediums and levels of ability welcome!

To join our art salon, book at
<https://www.eventbrite.co.uk/e/143724767649>



Men's newspaper group

Grab a cuppa and join us for our free, weekly online Men's Newspaper Group. Come along and meet some new faces while chatting about what is in the papers this week. We will keep it light-hearted and friendly, just a chance to chat to others about some good news stories.

To join our group Book at:
<https://www.eventbrite.co.uk/e/143760659001>

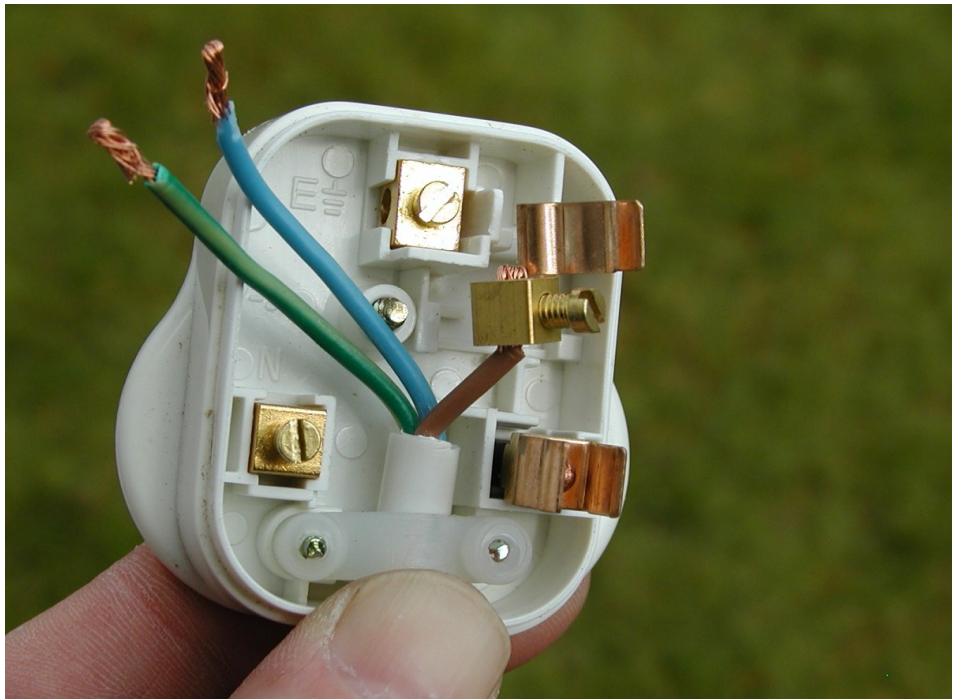


Repair session

Join one of our talented volunteers from our handyperson service on Zoom as they teach you the skills to do a small repair on a household item. Or, our wonderful R:evolve Recycle volunteers will be on hand (virtually) to talk you through mending your fabrics and textiles.

Enjoy one-on-one workshops where you can learn from the real experts at LEAP!

Book your repair session at:
<https://www.eventbrite.co.uk/e/143846551909>



Bingo

Why not dust off your two little ducks (quack quack) and join in with LEAP's weekly online bingo? We play using Zoom and post out bingo cards to everyone in advance. Gala and MECCA might be shut, but you can still get your bingo fix.

Book your bingo session at
<https://www.eventbrite.co.uk/e/143781679875>



Knit and natter

Grab a tea, your needles and yarn and join us at our weekly knitting group. Meet some new faces while having a natter and working on your own knitting project.

To join our group book at
<https://www.eventbrite.co.uk/e/143787533383>

No Covid restrictions were considered necessary for this photograph.



Enhancing the lives of older people in our community

Sketch and chat

Dedicate some time to sketching, get inspiration from other group members and have a nice chat while doing it. All skill levels welcome, so no matter if you're a beginner or you've not sketched in a while, everyone is welcome.

To join Sketch and Chat book at <https://www.eventbrite.co.uk/e/143791547389>



Houseplant hospital

We have teamed up with our buddies at Grow 73 to bring you a FREE weekly drop in to help you rescue your house plants every Friday. So if your Lily is limp, your Spider is shrivelled or your Dracaena is dry then let Mary show you how to bring life back into your houseplant. Includes weekly demonstrations and how to guides.

Join Houseplant hospital at <https://www.eventbrite.co.uk/e/143844050427>



Start your declutter

Start Spring Clearing Week the right way with this free workshop. Learn some tips and tricks for starting your very own declutter project. If it is a wardrobe declutter or dealing with busy spaces this workshop will give you the skills to start your declutter journey. Workshop hosted by Dr Zem Moffat, Elaine McKinlay and Clara Moore who have been helping people with decluttering since 2004.

Join our declutter workshop at: <https://www.eventbrite.co.uk/e/143698232281>



Hand crochet heart wreath workshop

Join this evening workshop using giant unspun wool roving to create a chunky hand crochet heart wreath. No experience of crochet is required to learn the technique of hand crochet. It is very easy to pick up and is a rhythmic intuitive process. The workshop provides plenty of time to learn the skill and you can work at your own pace while having some friendly chat with other participants. The price includes all materials, tuition as well as postage and packaging.

Book your workshop spot at
<https://www.eventbrite.co.uk/e/143851978139>



Book Club

Get cosy in your favourite armchair, grab a cuppa and join us for our online monthly book club where we will talk about what we've been reading recently and offer up some suggestions as to what to read next.

To join us on 31 March book at:
<https://www.eventbrite.co.uk/e/143839956181>

To join us on 28 April book at:
<https://www.eventbrite.co.uk/e/143841743527>



Remember that booking for all activities is through Eventbrite. If you have difficulty completing your booking, call Taylor on 0141 641 5169 or email taylor@leap-project.co.uk and she will get back to you.

If you have any ideas for future activities, let Taylor know. Meanwhile, read on to find out what else is happening in LEAP to help enhance the lives of older people in our community.

R:evolve Recycle

Our R:evolve Recycle project has some fantastic new projects coming your way in the not too distant future, including a new Haberdashery section where you will be able to purchase textile crafting materials from our Rutherglen and Hamilton stores.

As our shops are changing, so is our team.

Our new team is:

Chad Morse

Project Co-ordinator

Lysanne Erlings

Administrator

Alicia Robertson

Volunteer Learning & Development Officer

Jane Watt

Shops Co-ordinator

Mel Robinson

Clothing Processing Co-ordinator

Lisa O'Hara

Textile Processing Co-ordinator

Anne Marie Clements

Partnership Liaison Officer

As we continue to plan our way out of lockdown here are some activities you can get involved with or share with your friends and family:

One Point Reopening Sale

Following the Scottish Governments announcement, we will be running a 1 Point Sale across our swap shops from 26 April, when non-essential retail can open up again. So get down for some 1 point bargains. Even better news is you will be able to bring your items directly to swap at our stores again! Check out our social media pages for more details nearer the time.

Activities

R:evolve Recycle is also offering activity packs you can do at home.

Preloved Packs - £12

Our pre-loved packs are designed to get your imagination working, to encourage you to be creative and make something new out of second hand garments that would have more than likely ended up in landfill.

The packs will contain around 1.5kg of reclaimed garments, fabric and sewing materials and accessories ready for you to upcycle, all mindfully packaged with eco-friendly materials.

No two packs will be the same - all the items will be unique to your pack so that you can make something that no one else will have!

The price includes all materials, postage, and packaging.

Order your Preloved pack at <https://www.eventbrite.co.uk/e/143983696111>



Rainbow Rag Wreath £16

Our DIY rainbow rag wreath packs are made of colourful preloved fabric cut into strips and ready to tie onto the metal wreath provided. You will make a fabulous wreath using the written instructions enclosed in the pack.

These packs are great for all skill levels, there is no sewing needed, it's as simple as tying the fabric onto the wreath. An ideal activity for all that will brighten up any area or suit as a handmade gift.

Each pack will contain a metal wreath, colourful strips of fabric and accessories to decorate your wreath - all packaged in a drawstring organza bag made by our volunteers that can be reused time and time again.

No two packs we send will be exactly the same due to the nature or upcycling and repurposing of materials. Tones and shades may differ slightly meaning the pack will be unique to you so that you can make something that no one else will have! The price includes all materials and postage and packaging. Order your wreath pack at <https://www.eventbrite.co.uk/e/143991066155>



Hands On Project

Spotlight on telephone befriending

How do you teach someone to make pancakes when you can't see them or get to visit them? Simple – you phone them.

For Irene Munro and Graham Smith - who didn't know each other before being introduced in June - making pancakes was one of the first things they talked about when LEAP introduced them through its friendship calls service.

The only thing standing in their way was Graham working in cup measures, as he has only 2 per cent sight, while Irene worked in ounces.

Irene, a former special needs support worker, said: "LEAP introduced me to Graham, and we hit it off immediately. Graham said: "On one of our first calls I asked Irene if she had a good pancake recipe which she had, but it was in ounces and, as I couldn't see the scales, I asked for it in cup measures!"

Irene explained: "I had to then measure everything out and as we were both doing this while we were on the phone I said we might as well just make them."

Graham added: "It was a great laugh. The only problem was that Irene's recipe could feed a small army and I ended up with enough pancakes for three square meals a day!"

Irene and Graham have only been chatting for a few months, but already their friendship calls have meant they would like to meet when restrictions allow.

Irene said: "Graham and I just talk about anything and we can have quite a serious discussion about some things and then in be stitches talking about hair products, toilet cisterns or bacon butties. We now look forward to our weekly chats!

"I think that's great and, as I wanted to do face-to-face befriending when I contacted LEAP, it would be good to meet him."

"I would look forward to that," musician Graham said. "Irene has already made a big difference to my life as she really brightens up my day and she already feels like a big sister to me. When we do get to meet, I might make some pancakes for that. Either that or I can teach Irene to play guitar."



Where are we?

We've taken a few liberties with Scotland's town and cities. Can you unscramble the names and place them on our map?

Hunger bird
Law firm toil
Met Rob Roy
A Tony
Nae breed
Lay before
Star hunter
E clef chance
Enter nagger
Sand west rain
Never sins
Slow gag
Girls tin
The roll mew
Normal kick
Mint halo
Bath roar
Badly neck
Boil creek
Shorten leg
Solving tin
Gent hurler
Lab entry
Desirable kit
Chirpy lot

