



Enhancing the
lives of older
people in our
community



Welcome to LEAP's 2026 summer newsletter. Here you will find all the information about our new Learning, Health and Wellbeing 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 Community Hubs (page 9), our Befriending and Dementia services (pages 10 and 11) and the Handyperson service (page 12).

Registration

Our activities will return from **Monday 24 August**. 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 18 and Wednesday 19 August**.

In person

Between 9.30am and 2.00pm 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 handle registrations before 9.30am on Tuesday 18 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, Health and Wellbeing Co-ordinator



Update your contact details

You have received this newsletter as your details are in one of our mailing lists.

If you do not want to continue to receive this newsletter, or other information from us, you should let us know by email, post or phone (details below) or when you enrol for a class or activity.

If you do not reply, and you have not requested any service from us, or attended a class or activity, for more than five years, we will remove your name from our mailing lists in accordance with GDPR regulations. You do not need to unsubscribe; we will do that automatically.

Email: enquiries@leap-project.co.uk

Phone: 0141 641 5169

Post: LEAP, 197 Hamilton Road, Cambuslang, G72 7PJ

LEAP's activities for the 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	1.30pm-2.30pm	£5
New Age Kurling	Cambuslang Institute	1.00pm-3.00pm	£5.50

Tuesday

Walking Group	Bus leaves from LEAP Office (fortnightly from 22 September)	1.00pm-4.30pm	£5
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Wednesday

Cycling Skills	Clyde Cycle Park	10.30am-12.30pm	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	11.00am-Noon	£6
Yoga	Toll Pitch Community Hub	12.30pm-1.30pm	£5
Badminton and Pickleball	Cambuslang Institute	1.00pm-3.00pm	£3.50

Thursday

Digital Skills	Halfway Community Hub	11.00am-1.00pm	Free
Art Class	Toll Pitch Community Hub	10.00am-Noon	£6
Art Class	Toll Pitch Community Hub	1.00pm-3.00pm	£6
Table Tennis	Cambuslang Institute	1.00pm-3.00pm	£3.50
Games afternoon	Halfway Community Hub (from 8 October)	1.00pm-3.00pm	£3

Friday

Keepfit	Spittal Community Hub	10.00am-11.00am	£4
Card Making	R:evolve Community Hub	10.00am-Noon	£3
New Age Kurling	Cambuslang Institute	10.00am-Noon	£5.50



Hamilton & Blantyre

Monday

Tai Chi	St. John's 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	£3

Wednesday

Drawing (6 weeks)	Blantyre Life	10.00am-Noon	£6
New Age Kurling	St John's Parish Church	12.30pm-2.30pm	£3.50

Thursday

Yoga (seated)	Blantyre Life	10.30am-11.30am	£5
Yoga	St. John's Parish Church	1.15pm-2.15pm	£5

Friday

Tai Chi	Blantyre Life	10.00am-11.00am	£5
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Location addresses

Cambuslang

Halfway Community Hub	211 Hamilton Road	G72 7PJ
Toll Pitch Community Hub	21 Hamilton Road	G72 8HT
Cambuslang Institute	37 Greenlees Road	G72 8JE
R:evolve Community Hub	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
St Johns Parish Church	10-14 Duke Street	ML3 7DT

Blantyre

Blantyre Life	90 Park Lane	G72 9AS
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Charges

People taking part in these activities pay each week when they attend. We aim to keep any charges for activities as low and affordable as possible, but need to charge for activities because LEAP has limited grant funding, which is often time-bound. Also, we ask that

- for some of our activities including **Art, 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 LEAP first; and
- 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.

News

New job

I have been offered a job at Clyde Cycle Park. As a lot of you know, I love cycling so I am very excited to help children and adults feel more comfortable on a bike and enjoy the freedom cycling brings. Unfortunately this means I won't be with LEAP when our classes restart in August.



I have absolutely loved my time with you all. Thank you everyone for all the fun we've had, for teaching me about your activities and for all the conversations we've had. And thank you to the tutors who have created such lovely atmospheres in their classes which allowed people to form friendships. I am truly going to miss you all.

Lysanne

Get on your bike with the Cycle Access Fund

The team at Chapeau Cycles have approached us to extend their Cycling UK funding to our service users who may need assistance in getting their pedal bike back on the road (repair) or to provide them with a refurbished pedal bike (recycle).

Repair – Funds are available up to the value of £100 to repair/refurbish bikes for people that are financially struggling, covering parts and labour, to get their bike back on the road. Anything in excess of £100 has to be paid for.



Recycle – Bikes, kindly donated by members of the public and refurbished by Chapeau Cycles, are available for people who are financially struggling and don't currently have a roadworthy bike.

If you, or anyone you know, could benefit from the fund, they can contact the team at Chapeau Cycles at enquiries@chapeaucycles.co.uk or by calling 07785 328820.

New Parkinson's activities

We are pleased to say we will be offering a further three activities for people living with Parkinson's thanks to funding from South Lanarkshire Council

We hope to start these in the next couple of months so, if you are interested - or know someone who might be - register now and we'll let you know more as we finalise arrangements.

Darts & Dominoes for 50+ — Two Hubs, Double the Fun

Are you looking for a relaxed, friendly way to get out, meet people and enjoy a bit of light-hearted competition? We're launching new Darts & Dominoes groups for anyone aged 50 and over — and you can join in at whichever hub suits you best:

- **Spittal Community Hub, Carrick Road, Spittal, Rutherglen**
- **Halfway Community Hub, 211 Hamilton Road, Halfway, Cambuslang**

Both groups will offer easy-going games, good chat, and a warm welcome, whether you're a seasoned player or haven't picked up a dart or domino in years. Tea, biscuits and plenty of laughs come as standard. These groups will only go ahead if there's enough interest, so if you fancy taking part, let us know. Your enthusiasm is what will bring them to life.

What to expect at our classes



Keepfit

Join our 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 is different.

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.

A second class is being arranged for Friday mornings, this class requires 10 signups to go ahead.



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: 9, 16, 23, 30

October: 7, 14

Beginners welcome. Materials will be provided.

The course is paid per block and will be £36.



What to expect at our classes



Tai Chi

Tai Chi is good exercise to improve your balance, which helps prevent falls at an older age. It is a low impact exercise that still builds muscle strength and boost cognitive functions.

Our tutor Susanne will teach you the short form and 47 step form. To not disrupt the continuity of the classes, we will have intakes of new people in August, January and April. This allows the group to progressively learn the steps of the forms they are working on.

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



Card Making

Do you want to make your own original Christmas, birthday and Easter cards? Join our card making group.

Our wonderful and talented group of card makers have been meeting for years. They meet once a week to catch up, have a cuppa and make wonderful creations in the meantime.

All materials are provided.

This is a popular activity, make sure you register early.



Games afternoon

Join an afternoon of games in our very own Halfway Community Hub.

We have shuffleboards, throwing targets, new age boccia, indoor bowls, dominoes, jazzminton, piles of boardgames and more.

We will set up different games each week and can take requests for specific games.

You are also welcome to bring your own games to play.

We provide tea, coffee and biscuits.

The games afternoon starts on Thursday 8 October.



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, but we have spaces in our Rutherglen class.

Wear comfortable clothing and bring water.



Walking Group

Join our fortnightly coach trip with our walk leader Rosemary.

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.

We meet for a walk on the following dates. Destinations to the walks will be published on our website and handed out during the first walk.

September: 22
October: 6, 20
November: 3, 17
December: 1



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

Our tutor Lorraine has been running our absolute beginners line dancing class for a year now and it's an absolute brilliant class.

The class is suitable for beginners. Lorraine shows a dance, which is then practised and then danced on music. She explains all steps clearly so everyone can enjoy the dances.

She also has a sheet with all the basic steps on them and shares videos of the dances so you can practice them at home if you want.

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



Cycling

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.



Digital Skills

Caroline from AbilityNet returns to deliver a 3-week digital skills course for us, starting 10 September.

10 September – Getting to know your smartphone or tablet

17 September – Staying safe online

24 September – How to shop online

This class is for smartphones and tablets/iPads only.

Please bring your phone or tablet/iPad with you and make sure it is charged.



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.



Our community hubs

Community Hubs Development Officer



We recently welcomed Kirsty Arnaud to the team as our Community Hubs Development Officer. Kirsty said, "I am so excited to be joining the LEAP team! I will be overseeing the development of our hubs which involves working closely with the community to promote the spaces and bring ideas to life."

Before joining LEAP, Kirsty recently graduated with a first-class degree in Politics. Kirsty also brings a wealth of experience in the voluntary sector and has great ideas on how to propel our community hubs forward.

If you would like to discuss the development of our Community Hubs with Kirsty, call 0141 641 5169 or email her at Kirsty@leap-project.co.uk

Halfway Community Hub

We are happy to announce that following an extensive renovation, the Halfway Community Hub opened its doors to the public earlier this year. The venue is already hosting activities for our learning and leisure and dementia services as well as private lets, bringing activities back into the heart of Halfway.

Our Halfway Hub joins those at Spittal and Toll Pitch as welcoming places for local communities to use for activities and events

If you, or anyone you know, is looking for a space for meetings, activity groups, coffee mornings or private functions, they can contact our bookings team via bookings@leap-project.co.uk or by calling 0141 641 5169.



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.



Befriending Services



Volunteers Week Celebration

On 3 June we welcomed around 40 of our volunteers for a lovely afternoon to say a big thank you for all their time and commitment given over the year. We had some of our new leisure activities such as Jazzminton and shuffleboard for the volunteers to try out and then enjoyed a bite to eat and a cuppa.

It was a lovely afternoon getting everyone together in our new Halfway Community Hub. A huge thank goes out to those volunteers who couldn't make it along on the day!



The Caledonians

Some of our friendship groups have enjoyed an afternoon of song thanks to a lovely local group called the Caledonians. Clydeford View, Wingate and Barncluith all enjoyed a lovely singalong with them and feedback has been brilliant!

They will also be touring some of our others groups in the next few months.

New friendship group Rutherglen

June 9 saw the launch of a new friendship group in Eastcroft Gardens to add to our busy groups. There were 11 in attendance with 4 new volunteers helping out.



The group is getting on great and everyone is coming along regularly every fortnight.

Volunteer befrienders

We still are receiving a high number of 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 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 activities in the main space.

The clubs take place on:

East Kilbride - Thursday
Cambuslang - Wednesday

Music for the Mind

Music activities and gentle chair exercises followed by a cup of tea and a chat. Join us on:

Cambuslang - Tuesday
East Kilbride – Friday



Activity Group

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

You can join in on:

Cambuslang - Wednesday



Support for Carers

Monthly Carer's Cafés

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. Join us on:

East Kilbride - Tuesday

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 key, our handyperson co-ordinator – 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 worked with in the past and know will do a good job and not overcharge people.”

“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
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Tel: 0141 641 5169
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