



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 13 January 2020**, with a few exceptions, so please check the timetable on page three for further details.

Registration for R:evolve workshops

R:evolve workshops also start the **week beginning 13 January** (see timetable for further details) and you can register for these by calling Mel Robinson on 01698 907004, or by emailing mel@leap-project.co.uk **between 6 and 10 January**.

Learning and Leisure activities

You only need to register for the Leisure and Learning programme 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. Contact Catriona MacGregor on 01698 907004 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.



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 01698 907004 or email catriona@leap-project.co.uk advising that you would like to unsubscribe.

Lightburn Elderly Association Project (LEAP) is a registered Scottish Charity (SC024196) and Company Limited by Guarantee (SC300044)



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."

LEAP's Chair Gilbert Feron was also a finalist on the night in the Unsung Hero award, which was won by Duncan Spiers from Calum's Cabin.



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

Hamilton activities for over 50s



January - April 2020

Most activities will start the week beginning Monday 13 January, unless otherwise stated. They will run up to and including Friday 3 April 2020. See overleaf for pricing details.

Monday

Tai Chi (starts 6 Jan)	Gilmour and Whitehill Church	12.00 – 13.00
Singing for Fun	Hamilton South Church	13.30 – 14.30
(Singers tea break – all welcome!)	Hamilton South Church	14.30 – 15.00)
LEAP Choir	Hamilton South Church	15.00 – 16.00

Tuesday

Knit & Natter	R:evolve Hamilton	13.30 - 15.30
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Wednesday

Back to Basics – Machine Sewing (starts 22 Jan)	R:evolve Hamilton	18.30 - 20.30
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Thursday

Art for Beginners (starts 9 Jan)	Burnbank Centre	10.00 – 12.00
Knits & Knots (starts 6 Feb)	R:evolve Hamilton	10.30 - 12.30
Basic Computers (starts 9 Jan)	Hamilton South Church	13.00 – 15.00

Friday

Sew Social	R:evolve Hamilton	13.30 – 15.30
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Saturday

Sew Many Memories (21 & 28 Mar) (18 & 25 April)	R:evolve Hamilton	10.30 - 12.30
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To register for any of the Leisure and Learning activities, please call 01698 907004 or email catriona@leap-project.co.uk the week beginning 6 January 2020.

To register for any of the R:evolve Hamilton activities call Mel Robinson on 01698 907004, or email mel@leap-project.co.uk the week beginning 6 January 2020



About LEAP's activities in Hamilton

Singing for Fun and LEAP Choir – starts Monday 13 January 2020

We continue to offer a range of the singing tuition and you can attend either or both session (details below). There is also the option to stay or come for the tea break regardless of which session you attend. The tea break will run from 2.30-3.00 pm and is a chance to relax and chat over a cuppa – all welcome!

Cost is £3 for one session, £5 if attending both, and an optional donation for refreshments.

Singing for Fun

Exactly what it says! This is singing to make you feel good. We will take requests, use backing tracks, and work on some basic techniques.

The LEAP Choir

We will work on singing techniques in more depth, such as practising harmony parts. We will be using sheet music designed for choirs and will work on specific pieces. We may plan to work towards some performances in the not too distant future.

Pricing

Art for Beginners	£4.00
Basic Computers	£4.00
Singing for Fun and LEAP Choir	£3.00 for one session, £5.00 if attending both
Tai Chi	£3.50

You need to register to attend. Please call 01698 907004 or email catriona@leap-project.co.uk to register. If you have any queries, please don't hesitate to get in touch!

LEAP 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 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 01698 907004, or email Catriona on catriona@leap-project.co.uk

R:EVOLVE RECYCLE



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R:evolve Hamilton

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 so sign up the week of 6 January 2020 to secure your place:

Back to Basics - £60 for six weeks – starts 22 Jan – Basic sewing machine workshops where participants have the opportunity to bring their own machines. For complete beginners or those who may have forgotten. From threading the machine to testing your straight lines.

Knits & Knots - £20 for 5 weeks or £5 a session – starts 6 Feb – Basic knitting and crocheting or absolute beginners or those who have forgotten.

Sew Many Memories - £20 per block (21 and 28 March, 18 and 25 April) – Turn your loved ones clothing, blankets, soft furnishings into a lovely keep sake to remember how they used to be. From baby clothes to your husbands dressing gown, keep them close with these memory keepsakes.

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. These will start the week beginning 13 January until week beginning 30 March (Easter break):

Knit and 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!

All workshops are held at R:evolve Hamilton 91 Quarry St, Hamilton, ML3 7AD

Please call Mel Robinson on 01698 907006 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 Hamilton is recruiting for volunteers now! Get in touch with Anne-Marie on 01698 907004 or email anne-marie@leap-project.co.uk to find out how you can get involved.

