



Enhancing the
lives of older
people in our
community



I hope everyone has had a lovely summer! We are happy to be back and are looking forward to the return of our classes. We have added some new activities and made some changes to existing ones, so please have a look through our new programme.

New sessions

Tuesday 5 September marks the start of our new sessions. Please note that everyone needs to register for all the activities they want to join. Please read how to register for classes below. Some classes are very popular, so be sure to register on registration day if you want to secure your space in one of the classes.

Please note that there will be no classes Monday 4 September as we are holding our AGM on this day, or Monday 25 September which is a public holiday.

If you have any queries, please do not hesitate to get in touch on 0141 641 5169 or email me at lysanne@leap-project.co.uk

Best Wishes
Lysanne Erlings
Learning Co-ordinator



Phone, email or pop by to register!

Please note that you need to register for our activities, even if you have attended before or have been attending for some time. Registration takes place on **Tuesday 29 and Wednesday 30 August** as follows:

In person

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

By phone

From 9.30am on 0141 641 5169 (this is now our only phone number).

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 with a confirmation email.

Please be aware that we are unable to deal with registrations before 9.30am on Tuesday 29 August and some classes fill up quickly. Activities are open to anyone aged 50 and over in South Lanarkshire and places are allocated on a first come first served basis.

LEAP's activities for over 50s



Cambuslang & Rutherglen

Monday

Tai Chi	Cambuslang Institute	10.30am-11.30am	£4.50
New Age Kurling	Cambuslang Institute	1.00pm-3.00pm	£4.50
Community Covid Memorial	Community Hub, 56 Ham Road (Starts 2 October)	1.30am-3.30pm	Free

Tuesday

Tech Drop-in	197 Hamilton Road	10.00am-11.30am	£5
Spanish	5 Craigallian Avenue	12.30am-2.30pm	£4.50
Walking Group	Bus leaves from Halfway Library (Starts 19 September, fortnightly from 10 October)	1.00pm-4.30pm	£5

Wednesday

Art Class	Community Hub, 56 Ham Road	10.00am-Noon	£5
New Age Kurling	Cambuslang Institute	10.00am-Noon	£4.50
Tai Chi	West Wardlaw Parish Church	11.00am-Noon	£4.50
Yoga	Community Hub, 56 Ham Road	1.00pm-2.00pm	£4
Badminton and pickleball	Cambuslang Institute	1.00pm-3.00pm	£2.50
Digital Skills	(Come and try for free on 6 September) 5 Craigallian Avenue	2.00pm-4.00pm	Free

Thursday

Cycling skills	Clyde Cycle Park	10.00am-Noon	Free
Art Class	Community Hub, 56 Ham Road	1.00pm-3.00pm	£5
Table Tennis	Cambuslang Institute	1.00pm-3.00pm	£2.50

Friday

Card Making	Community Hub, 56 Ham Road	10.00am-Noon	£2
Zumba Gold	Cambuslang Parish Church	10.00am-11.00am	£4
	(Every two weeks, starts 8 September)		
New Age Kurling	Cambuslang Institute	10.00am-Noon	£4.50



LEAP's activities for over 50s

Hamilton & Blantyre



Monday Tai Chi	Hillhouse Parish Church	Noon-1.00pm	£4.50
Tuesday Art Class	Burnbank Centre	10.00am-Noon	£5
Wednesday New Age Kurling	St John's Parish Church	1.00pm-3.00pm	£2.50
Thursday Yoga	Blantyre Life (Starts 2 November with a free trial session)	10.30am-11.30am	£4
Friday Tai Chi	Blantyre Life (Free trial session on 8 September)	10.00am-11.00am	£4

Winter activities (TBC)

Please register your interest and we will contact you when we have more information.

Drawing (6 weeks, evening)	Cambuslang	TBC	£5
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Join LEAP's AGM

You are cordially invited to LEAP's AGM which is being held on Monday 4 September in Cambuslang Parish Church, 1 Arnott Way, Cambuslang G72 7JQ.

Registration will take place from 10:15 for an 11:00 start, finishing at around 12.30 for a light lunch

Chaired by former Minister for Health and Community Care and former CEO of Sense Scotland Andy Kerr, the AGM will feature reports on the charity's activities during the year, and 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



Table Tennis

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



Card Making

Want to make your own original Christmas, birthday and Easter cards? Join our card making group!

Our wonderful 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, as well as the tea.

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



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.



Community Covid Memorial (free)

Join artist Kathryn Hanna for creative workshops and help create a Community Covid Memorial for South Lanarkshire.

During the first four weeks you learn how to weave willow and you will make your own small sculpture. The next 4 sessions are spent sharing experiences of the pandemic, developing poems as well as sharing ideas and visions for the memorial.

After Christmas there will be six sessions where you will help design the memorial which Kathryn will then have made.



What to expect at our classes



New Age Kurling

A perfect game for everyone who enjoys playing bowls or (watching) 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 don't want to or can't 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.



Cycling Skills

Did you used to cycle and have lost the confidence and skills? Or do you want to learn how to ride a bicycle?

Why not join our taster session at Clyde Cycle Park (across from the Tennants Cambuslang)? They have professional instructors who help you get (back) on a bike safely and within your own time. They have a flat and safe circuit to practice on and have different types of bikes to choose from.

After the trial session you can decide if you want to sign up to the free four week course, which will focus on cycling skills and riding a bicycle.



Yoga

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 previous experience required.

Limited spaces available, early registration is recommended.



Zumba Gold

Do you like having fun, dancing and staying fit? Then this activity will be perfect for you! Our popular tutor Irene is back with LEAP with her Zumba Gold classes.

Zumba Gold is a gentle but energising and uplifting exercise class. It is a great way to keep your mind and body fit, strong and resilient as we get older.

The classes are designed to suit the group, so fitness (and fun!) is guaranteed.

This class takes place every two weeks and starts Friday 8 September.



What to expect at our classes



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.

The class can be split into two classes if there is enough interest.

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.



Badminton and Pickleball

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

From September, we will have one badminton field and one pickleball field. 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 strategical game!

You can switch between the two sports. Rackets are provided, but you are welcome to bring your own if you have one.



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 don't want to walk as far as the regular, but longer, three mile walk.

19/09: Falkirk Wheel
10/10: Croy to Auchinstarry
24/10: Botanic Gardens to Kelvingrove
7/11: Polkemmet Country Park
21/11: Cadder to Kirkintilloch
5/12: Santa walk at Rouken Glen



Tai Chi

Tai Chi is an old Chinese practice that is especially beneficial to us as we get older.

The practice focuses on muscle control, stability, flexibility and balance. Tai Chi is therefore known to help prevent falls among older adults.

Our tutor Derek has a wealth of experience in Tai Chi and will talk you through the movements. He also helps us pay attention to our bodies as the seasons change, to help improve our health.



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, yoga, 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.

Handyperson Service



HANDYPERSON SERVICE

Helping you stay safe and secure in your home
handypersons@leap-project.co.uk

Helping you stay safe and secure in your home.

Available from 9.00am to 4.00pm Monday to Friday.

We have a team of handyperson volunteers who have gone through our training and can support older people in their homes by carrying out a range of tasks including:

- changing lightbulbs;
- changing curtains;
- fitting curtain rails or shelves;
- turning mattresses;
- replacing batteries;
- changing timers; and
- doing small DIY tasks

If you could do with some help, or know someone who might, call us on 0141 641 5169 or email us at

handypersons@leap-project.co.uk.

Linda* helps lonely older people get to our friendship groups by being a volunteer driver.

Do you drive? Would you like to become a volunteer driver with LEAP? (*not her real name)

To find out more call LEAP on 0141 641 5169



Enhancing the lives of older people in our community

LEAP is a Scottish Charitable Incorporated Organisation (SCIO), No SC024196

Running for LEAP

Heather and I are running the Glasgow 10k at the Great Scottish Run to raise some much needed funds for LEAP.

This money will be used to get extra resources for our activities. This can help us get extra materials that people in our befriending groups can use.

We are running before work (Heather) and after work (Lysanne) to train for this. Check our training progress on our fundraiser page (tinyurl.com/leaprun or scan QR code). You can also leave a wee donation here for us if you want to. Or pop into the office, where we will have secure donation buckets.



Recycled Teenagers

Recycled Teenagers is an independent community group who have worked in partnership with LEAP for more than 10 years. The group was set up by local older people to provide a variety of activities for people over the age of 50 throughout the year including one-off lunch events, daytrips and weekends away. Many of these trips are low cost or subsidised and offer an opportunity for friendship and company to support and enhance mental health in later life.

Anyone who would like to get involved in future activities with Recycled Teenagers can initially register their interest with LEAP and Recycled Teenagers will then be in touch with information on trips they have planned and how you can join them.

