



Enhancing the
lives of older
people in our
community



We are just checking in with you before we go on our annual 3-week Christmas break. Our activities will run up to and including **Friday 12 December**. They will return week beginning **Monday 5 January**.

Looking at the year ahead, we will break up for Easter on Thursday 2 April and return on Monday 20 April. We will then break up for summer on Friday 26 June.

Update on classes and funding

The last couple of years, South Lanarkshire Council included decisions on funding for charities in their annual budget consultation. This year there has been a change. They are revising their funding protocols and we are currently waiting to hear the outcome of a proposed cut of 20% in the funding we receive from the council.

Our classes are running well. We have introduced some extra classes such as line dancing (page 5), added an extra yoga class, and another 6-week drawing course (page 6). We have a good core group attending, but would like to welcome some extra people to get a slightly bigger group. If you would like to join any of the classes on our programme (pages 2 and 3), you can contact our office on 0141 641 5169 or by emailing lysanne@leap-project.co.uk.

You'll also find information on the former Halfway Library on page 7.

I hope everyone has a lovely winter break and I'll see you all in January!

Best Wishes

Lysanne Erlings
Learning & Leisure Co-ordinator

P.S. The artwork in the top corners of the pages are some of the beautiful works our art classes have been making last year.



Help at our Parkinson's class

We run two keepfit classes for people who live with Parkinson's. Exercise is very important because it can help manage the Parkinson's symptoms.

The classes are designed and lead by our fitness tutor Claire, but we need volunteers to help her. Participants follow a circuit of different exercises and volunteers would help during these exercises to make sure they are done correctly. The classes are a lot of fun, with people singing along to the music and having a laugh.

The classes take place on Monday from 11.30am-12.30pm in Spittal Community Hub in Rutherglen and Tuesday 2.00-3.00pm in Blantyre Life. We have Liz helping us out in Blantyre, but we can use an extra hand.

Contact us on 0141 641 5169 if you are interested or have questions.



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
New Age Kurling	Cambuslang Institute	1.00pm-3.00pm	£5.50
Line Dancing	Spittal Community Hub	2.00pm-3.00pm	£5

Tuesday

Walking Group	Bus leaves from LEAP Office (fortnightly from 20 January)	1.00pm-4.30pm	£5
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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	12.30pm-1.30pm	£5
Badminton and Pickleball	Cambuslang Institute	1.00pm-3.00pm	£3.50
Yoga	Toll Pitch Community Hub	1.45pm-2.45pm	£5

Thursday

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

Friday

Card Making	R:evolve Recycle Community Hub	10.00am-Noon	£3
New Age Kurling	Cambuslang Institute	10.00am-Noon	£5.50



Hamilton & Blantyre activities



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

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, Yoga, Tai Chi Blantyre** and **all computer classes**, we ask people to pay for weeks they miss. When someone cannot attend an activity due to severe circumstances (such as cancer treatment) 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.



A spotlight on some of our newest classes



Keepfit

Work on your balance, cardio, flexibility and overall strength with our instructor Claire.

The class is suitable for all fitness levels and activities can be adjusted for individual abilities.

Through fun exercises you will improve strength and balance for everyday tasks such as carrying grocery bags or grandchildren, climbing the stairs, having a wee jog for the bus.

You will also increase your strength to help you get up from chairs without using your hands, and getting up after a fall.



Tai Chi

Our tutor Susanne has been teaching our Tai Chi groups in Cambuslang, Rutherglen and Hamilton new forms.

The groups will start learning new forms after the Christmas break, which means she is able to have new people join the classes.

Experience isn't necessary, Susanne will teach you all steps in the new form gradually and with patience.

Wear shoes with good grip, clothes you can easily move in and a water bottle.



Yoga Hamilton

Join our tutor Nicole in our mat and chair Yoga class in Hamilton.

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.



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.

Due to popularity, we have added a Thursday morning class to the programme, which has availability.



A spotlight on some of our newest classes



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.

20 January: Clyde Walkway. Meet at Park & Ride Cambuslang at 1.00pm.

3 February: Pollok Park

17 February:

Hogganfield Loch to Frankfield Loch

3 March: Strathaven

17 March: Monkland Canal

31 March: Broadwood Loch



Line Dancing

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

Our tutor Lorraine has been teaching our group of absolute beginners important steps in line dancing. You learn them, practice them and then dance them to music in a dance routine. Lorraine talks you through all the steps and makes sure everyone can follow the moves.

Our group started in October. We have 10 people and we are keen to grow the group.

The class returns Monday 12 January.



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.



Badminton and Pickleball

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

We 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.



Register interest for future classes

Yoga Cambuslang

Jill's class in Cambuslang was so popular that we added a second class to our programme. We have some spaces in both classes

It is mat yoga (we offer seated yoga in Blantyre) and mats and blocks are supplied, but you are welcome to bring your own.

The class is suitable for beginners or people who already have yoga experience.

Wear clothing you can move comfortably in and bring a bottle of water.



Drawing

As requested, we are looking to run another 6 week drawing course. Our tutor Kirsty will get you started with the basic skills of drawing and will help you grow your skills.

All materials are provided and experience isn't necessary.

The class will run from Wednesday 14 January until Monday 18 February in Blantyre Life.

This class can only run when we have enough people. Please phone the office to register interest and we will be in touch in January to let you know if the class can go ahead.



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, our class in Rutherglen has some spaces available.

Wear comfortable clothing and bring water.



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.



Former Halfway Library



Halfway community hub update

After the Halfway Library was closed, the council approached us to take over the building to keep it for community use. We were handed the keys just before summer. Kevin, his volunteers and tradespeople who kindly donated their time, have been working hard on it since. They have fully rewired and replumbed the building. There are now also two new accessible toilets and two kitchens. There is also a partition wall, which means the former library can be divided into two smaller spaces.

This will allow us to host a lot of activities in the new community hub. We will host a group for people living with dementia and their carers, who can use the partition wall to create the two rooms. But when we will have our games morning on, we can use the full hall.

We are finalising the work in the community hub, and it is set to open in January 2026.

We will also welcome private lets at the hub. If you, or anyone you know, is looking for a space for meetings, activity groups, coffee mornings, or private functions, they can contact Matthew. This can be done via bookings@leap-project.co.uk or you can call us on 0141 641 5169.



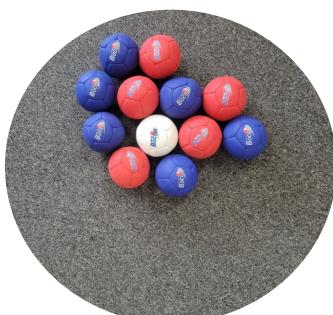
Games Morning

Looking for a wee chat and some fun? You might enjoy our Games Morning! We will have dominoes, New Age Boccia, New Age Bowls, throwing targets and a shuffle board that you can use as you wish.

No pressure to play, you can play as many or as few games as you want. There will be plenty of tea and coffee to enjoy in between games.

You are also very welcome to come along and have a cuppa and a chat. You can even bring your newspaper if you want.

Games Morning starts early next year, but you can already register interest.



What do you want?

What would you like to see or do in the Halfway Community Hub?

I am always happy to add classes to our programme that have been requested by people. We have done this with Line Dancing, Keepfit with Parkinson's, Digital Skills, Drawing and the Yoga in Hamilton.

Obviously I can't put everything on and there needs to be enough interest. So please let me know what it is you want. And if there is enough interest from other people, I'll do the best I can to make it happen.

