



I hope everyone is enjoying our classes and the lighter days!

This newsletter is to inform you of the dates for our Easter break and the change in our programme of activities for the last 10 weeks until the summer break.

In the last weeks I have visited all the classes to inform everyone about the price increases for our activities, which you can find on the next few pages. We haven't changed our prices since before the pandemic, but due to price increases and loss of funding for our next financial year, this is now inevitable.

Our activities will run up to and including **Thursday 28 March**, as Friday 29 March is a bank holiday. The classes will be back week beginning **Monday 15 April**.

This term runs up to **Friday 28 June**, when we stop for our summer break. In August everyone will receive our yearly postal newsletter with information on how and when to re-register for our classes.

Best Wishes
Lysanne Erlings
Learning Co-ordinator



Council budget consultation

LEAP is delighted and very relieved to hear from South Lanarkshire Council that our funding will not be cut by 50 per cent for the coming financial year.

We would like to offer our sincere thanks to all those who took the time to complete the council's online survey about the proposed cuts, or who took the time to email the council and express their concerns about the proposed cuts to LEAP's funding.

More than 90 per cent of email respondents mentioned LEAP specifically by name and opposed the cuts to our funding. Expressing your strong feelings and support for the work we do has helped us avoid these cuts this year and raised the profile of LEAP amongst council representatives.

The council has indicated that it will carry out a review of the voluntary sector over the coming year and this will inform future decisions about the level of funding LEAP and other organisations will receive from South Lanarkshire Council.

LEAP welcomes the opportunity to participate in a review of its work and demonstrate to the council the impact that LEAP's services have on the urban communities of South Lanarkshire and the mental, physical and social benefits these bring to our older population.

LEAP's activities for over 50s



Cambuslang & Rutherglen

Monday

Tai Chi	Cambuslang Institute	10.30am-11.30am	£6
New Age Kurling	Cambuslang Institute	1.00pm-3.00pm	£5.50

Tuesday

Spanish Intermediate	5 Craigallian Avenue (Returns 23 April)	10.00-Noon	£5.50
Yoga	Community Hub, 56 Ham Road	1.00pm-2.00pm	£5
Walking Group	Bus leaves from Halfway Library (Fortnightly from 16 April)	1.00pm-4.30pm	£5

Wednesday

Cycling	Clyde Cycle Park	9.30am-Noon	Free
Art Class	Community Hub, 56 Ham Road	10.00am-Noon	£6
New Age Kurling	Cambuslang Institute	10.00am-Noon	£5.50
Tai Chi	West Wardlaw Parish Church	11.00am-Noon	£6
Yoga	Community Hub, 56 Ham Road	1.00pm-2.00pm	£5
Badminton and Pickleball	Cambuslang Institute	1.00pm-3.00pm	£3.50

Thursday

Art Class	Community Hub, 56 Ham Road	1.00pm-3.00pm	£6
Table Tennis	Cambuslang Institute	1.00pm-3.00pm	£3.50

Friday

Card Making	Community Hub, 56 Ham Road	10.00am-Noon	£3
Zumba Gold	Cambuslang Parish Church (Fortnightly from 19 April)	10.00am-11.00am	£5
New Age Kurling	Cambuslang Institute	10.00am-Noon	£5.50



Hamilton & Blantyre activities



Monday

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

Art Class	Burnbank Centre	10.00am-Noon	£6
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Wednesday

New Age Kurling	St John's Parish Church	1.00pm-3.00pm	£3.50
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Thursday

Yoga (seated)	Blantyre Life	10.30am-11.30am	£5
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Friday

Tai Chi	Blantyre Life	10.00am-11.00am	£5
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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.

Classes that are missed, will have to be paid for. See page 7 for more details.



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 strategic game!

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



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 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.



Spanish

Our Spanish classes have merged into 1 intermediate group for the last block of the year.

There are some spaces available for people who already have an understanding of Spanish and want to brush it off before the summer holidays.

Our tutor Suzy teaches you to be conversational in different tenses and helps you improve writing, reading, speaking and listening in Spanish.

Spanish is paid by the block (£55) 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.



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 the regular three mile walk.

April: 16, 30
May: 14, 28
June: 11, 26

The walk destinations can be found [here](#).



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.



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 tutors have a wealth of experience in Tai Chi and will talk you through the movements. They also helps us pay attention to our bodies as the seasons change, to help improve our health.



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.

Classes that are missed, will have to be paid for. See page 7 for more details.



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 returns Friday 19 April.



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 (excluding child care) 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.

Befriending service

LEAP's befriending team started the new year by hosting a slap-up lunch in Carrigan's Blantyre on Wednesday 24th January. This event was all thanks to John Lewis Partnership's Community Matters fund, which paid for a delicious three-course meal for more than 100 LEAP clients, volunteers, and staff members. The menu included Carrigan's famous, mouthwatering steak pie, which the team and other guests are still talking about!

Complementing the food was entertainment by pupils from High Blantyre Primary School and Nursery. They performed a memorable 'unicorn dance' (unicorn horns included), that they had put together for Burns Night. The room was filled with laughter and chatter, and everyone went home in high spirits.

Recycled Teenagers

Recycled Teenagers are heading to Dunoon!

Friday 11th October—Monday 14th October



What's included:

4 day trip (Fri-Mon)
Bed, breakfast & evening meal
1 excursion

Cost:

£269 per person, £27 single room supplement

Call the LEAP office to register your interest.

Dementia Cafe

In March, LEAP launched its Wednesday Lunch Club. This new friendship group meets at Clydeford View Sheltered Housing in Cambuslang and has been designed specifically for clients diagnosed with dementia and their unpaid carers.

Helen Jilks, the group co-ordinator said: "We want the group to be very informal and flexible. Should anyone need support during the session we will have a LEAP staff member present, supported by volunteers.

The first session took place on 6th March and was a great success. 20 guests attended in total, along with staff and our fabulous team of volunteers, who were there to support the guests and make sure everyone felt welcome. Guests enjoyed a light lunch, which gave them time to settle in and have a good chat. Following the lunch, the guests living with dementia stayed in the main lounge area and took part in activities, which included a music session and chair exercises. Their unpaid carers went into a separate room nearby, where Kevin Key, our Handyperson Coordinator, gave an information session about the handyperson service. He also gave them time during the session to get to know each other and share their experiences of living with dementia, which many reported as being a very cathartic experience.

The Wednesday Lunch Club runs every second Wednesday. It is currently full, but to register your interest, you can call Helen on 0141 641 5169.