

## **PRESS RELEASE: CROSSGATES SHOPPING CENTRE**

**14<sup>th</sup> February 2015**

### **Crossgates Shopping Centre Names its Charity of the Year!**

Crossgates Shopping Centre has named their Charity of the Year 2015 as Cross Gates & District Good Neighbours' Scheme.

Founded in 2002, Cross Gates and District Good Neighbours' Scheme is one of 37 local Neighbourhood Network Schemes in Leeds. The charity now helps over 800 older people per year in the area, supported by a team of 50 volunteers and a small office staff. They work to:

- Reduce loneliness and isolation
- Support independence
- Promote healthy lifestyles
- Help older people try new things

Money raised for the charity during the year will go towards a variety of musically themed activities run by the scheme. Research shows that music has been proven to improve health and wellbeing. While the feel-good effects of singing have long been recognised, there is growing evidence that it can have a positive impact on a range of physical and psychological conditions. Swedish research has suggested that it not only increases oxygen levels in the blood but triggers the release of happy hormones such as oxytocin, which is thought to help lower stress levels and blood pressure. Singing has also been shown to help people living with dementia.

Moira Flynn, Project Manager at Cross Gates & District Good Neighbours' Scheme said:

*"I am so pleased that Crossgates Shopping Centre has offered us this opportunity to continue the singing and other musical activities we offer. Monies raised will make sure that we continue to bring music into the lives of the older people who attend, by offering opportunities to sing, dance and perform."*

Sophie Stephenson, Crossgates' Marketing Manager, says: "*We're delighted to be supporting Cross Gates & District Good Neighbours' Scheme during this forthcoming year. We are dedicated to working alongside the local community and doing what we can to help those who are less fortunate. Throughout 2015 we will be hosting plenty of events and instigating initiatives that will generate monies to help support this worthwhile local scheme.*"

More information about the charity can be found on their website: **[www.crossgatesgns.org.uk](http://www.crossgatesgns.org.uk)**.  
For further details about Crossgates Shopping Centre, visit their **website** or follow them on **Facebook** and **Twitter**.

*(ends)*

#### **Note to Editors**

***Located in the heart of Leeds, Crossgates Shopping Centre comprises of over 60 shops, services and eateries all under one roof. From fashion to home furnishings and electronics to eateries, Crossgates is the perfect place for retail convenience.***

***Further information about the centre can be found on Crossgates' website:***

***[www.crossgatesshopping.co.uk](http://www.crossgatesshopping.co.uk)***

***Or follow the centre on Facebook: [www.facebook.com/yourcrossgates](http://www.facebook.com/yourcrossgates)***

***Or follow the centre on Twitter: [www.twitter.com/CrossgatesSC](http://www.twitter.com/CrossgatesSC)***

#### **Contacts**

***For further information about this event, or Crossgates Shopping Centre, contact:***

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