



Newsletter

Spring 2025 Edition

Supporting Aireborough Seniors

Front Page News

Spring has arrived, bringing with it a sense of renewal and fresh beginnings. However, the start of the year has been challenging for our team. AVSED relies heavily on grant funding to support our work and, while we are incredibly grateful to those who continue to support us, we have unfortunately lost some key funding streams - particularly the grant for our *Enhance* work with the health service, which helps people live well at home.

Recently, we faced the possibility of losing additional funding from Leeds City Council. In response, our Manager, Debbie, joined forces with other Network charities in Leeds advocating for the importance of our services at a full Council meeting. We were thrilled that the Council recognised our impact and

decided to halt the proposed cuts.

We will continue working closely with them to develop and expand our Networks for the future.

At AVSED, we do not sit back in the face of adversity. Our Board of Trustees and Manager have proactively developed a funding strategy aimed at reducing our reliance on grants and moving toward greater self-sustainability.

We are deeply grateful to each and every one of you who supports our efforts to raise funds. With your help, we look forward to many more years of providing outstanding services for all our members.

Thank you for being part of our journey!

Members

AVSED is growing month on month. Our register of members is now over 850 - which is amazing - and over half of you are actively involved in our groups, trips or services.

If you are new to AVSED

Welcome!

You will find a friendly team of staff, volunteers and members awaiting you getting involved in all the AVSED fun.

Come and say hello!

Our 1st trip of the year to Tropical World



What's inside:

Everything you need to know about our groups, trips, and services and how to access the support you need - when you need it. Check out our programme on pg. 5 and there is a handy calendar on the back page.

**Contact the team Monday - Friday 9am - 4pm
on 0113 250 1702**

AVSED News

SKIPPKO - Camera Connections



In January, SKIPPKO worked with a group of AVSED members on a project called Camera Connections. In these sessions we explored identity through portraiture – but not as you know it!

The 3 sessions were good fun and very creative, with the knowledge and support of Nicki and Sally.

SKIPPKO will be hosting an exhibition of the photographs created and members of the group will be invited to attend. Look out for more interesting projects AVSED can offer and get involved.

Easter Bonnet/Hat Competition

Last year we had so much fun decorating and creating some fabulous hats, so we wanted to do it all again.

Get creative and bring your Easter bonnet/hat to be showcased at the last activities leading up to Easter, or you can take a photo and send it to us.

If you need any support with creating your design or would like help with resources and materials let us know.

Need some inspiration? Check out previous designs -



Help, advice & info with Stacey

A lot of the work we do here at AVSED is not around groups, parties and trips. It's all about supporting our members to remain happy, healthy and safe in their homes. We do this in lots of ways - but did you know we are here to offer help, advice and information on any issues that you are facing?

We will either provide:

- * non-biased information so you can make your own choices,
- * signpost or refer you to other places that are designed for dealing with your matter, or
- * if we can, we will help you ourselves.

There are too many examples to give for what we can do - so, if you are facing a situation, issue or concern and want some professional, friendly and confidential support - speak to Stacey, or call the office to make an appointment for a visit.

Financial Support

The weather may be improving, but sometimes things are difficult to manage and financial worries can be a burden. AVSED may be able to offer support if you are finding it tough to keep your home warm or to have enough food.

All support is completely confidential. Please speak to any staff you feel comfortable with.

AVSED Memory and Inclusion Corner

A warm welcome to our new members joining us at the AVSED monthly Memory Café, a lovely supportive introduction into all AVSED offers, especially for people living with memory issues and their family members. We enjoy lovely cakes and chat, sharing time together before trying to win our games of HOY and the raffle. Our group welcomes any members living with memory issues to attend with their supporter. Please contact Judith in the office if you would like to be included.



We were thrilled to announce the start of our new dementia activity service, AVSEDplus, and welcomed the Lord Mayor of Leeds to formally perform the opening. Each Tuesday and Thursday from 10 to 3, Greenacre's front 'Hawthorn' room is transformed into a haven for members to enjoy physical, therapeutic and social activities. New friendships have already been formed, especially over homemade food cooked in the AVSED kitchen. For more details regarding this new service contact the team today.



We were extremely thankful for receivingCATS from Geoff North. The robotic cats are distributed by the Rotary Club of Wakefield. Originally the club had to pass on the cost of £70 for each cat until a peer in

the House of Lords heard about the club's endeavours and gave it a substantial fund. This has meant that the club could provide the cats free of charge. Geoff was a member of the Rotary Club until he lost his wife and was delighted to donate the cats to AVSED.

To add to our offerings for people with dementia, we are delighted to announce a link up with Young Dementia Leeds (YDL), who have fantastic day centre facilities at Cottingley. They have now established a North Leeds 'satellite' group in view of the travelling distance to Cottingley from our end of Leeds, AVSED and YDL are joining forces every other Wednesday morning, 10 – 12, right here at Greenacre Hall. So, if you know of anyone aged under 65 with a dementia diagnosis, please contact Judith on 0113 2501702 to find out further details.

In March the AVSED Super Social was especially welcoming for members living with dementia and inclusion issues and their families, carers and supporters. We had a fabulous time with the top class singer – Lancashire Belle, dancing the afternoon away and tucking in to a wonderful afternoon tea, alongside AVSED's other members and volunteers attending.

A brilliant day was had by all.

We are delighted to announce that the next dementia friendly & inclusive Super Social will be in August with the same relaxed atmosphere. AVSED will become Las Vegas and Elvis will be in the building! These events are welcoming and suitable for all to attend. Look out for further exciting details in the summer newsletter.



Dates for your Diary

Some activities run on different weeks of the month.
We hope this helps you to keep track.

	<i>Mondays</i>	<i>Wednesdays</i>
Wk1	7/4 - 2/6 Super Social	2/4 - 7/5 - 4/6 Memory Matters & Shared Tables
Wk 2	14/4 - 12/5 - 9/6 Trips (Coach trips on Fridays)	9/4 - 14/5 - 11/6 Memory Café & Men's Matters & Digital Academy
Wk 3	19/5 - 16/6 Prize Bingo	16/4 - 21/5 - 18/6 Memory Matters
Wk 4	28/4 - 23/6 Community Café	28/5 - 25/6 Men's Matters & Digital Academy

Table-top Sale

There is no better time for a Spring clean and we are making good use of the items we no longer need by passing them on and raising some funds. We all love a good rummage to find a bargain and - who knows? - maybe a treasure too!

Sunday 18th May 11am - 2pm

Tables available - £10 each.

Please donate your unwanted items (clean and in good use) including household items, clothes, gifts and more for the AVSED fundraising tables.

Prize bingo

Come on down to Greenacre Hall on the 3rd Monday of the month at 2.30pm and win some great prizes in our popular bingo group. We have loads of fun and the chance to win a big cash jackpot too!

Meet new friends, bring old friends and have a winning time at AVSED bingo.

Call the office to book your place.

Transport - nice 'n easy

Start and finish times at groups are very busy - particularly in the entrance and the car park.

We are working with our drivers to ensure a safe journey for all. Please be patient if we are staggering bus drop-offs and respect others trying to leave, especially those with limited mobility.

We are looking at new ways to support a smooth trip but taking things nice and easy is a good start - there is no rush - we won't start without you!

Thank you, Volunteers!!

Every June we take time to recognise and celebrate our amazing and hardworking volunteers. Volunteers donate their time and experience in many ways. Please take a moment to thank the volunteers that support your group or service. Without them, AVSED would not be able to operate in the way we do.



AVSED volunteers are involved in all aspects of our work: welcoming you at the door; driving and supporting our transport; playing dominoes; preparing

lunch; setting up and clearing away; creating wonderful memories and conversations; visiting those unable to join us in person; calling bingo; bringing hot fish & chips; collecting subs; delivering this newsletter and much more, including helping to set the direction and vision for AVSED as a Trustee on the Board.



Thank you to the whole volunteer team - all 100+ of you, each one a super hero in your own right!

Thank you

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Stepping up (£3.50) Aerobic style exercise</p> <p>10.30 - 12.00 (Transport available)</p>	<p>Foundation Tai Chi 10.00 - 11.00</p> <p>.....</p> <p>Tai Chi Refreshments 11.00 - 11.30</p> <p>.....</p> <p>Intermediate Tai Chi 11.30 - 12.30 (\$5.50 per session paid monthly in advance)</p>	<p>Let's do Lunch (£5.00) Social Lunch Club 11.00 - 1.00 (Assessed transport available)</p> <p>1st Wednesday : Memory Matters (£3.00) Dementia & Memory activity 2.00 - 4.00 (Transport available)</p> <p>Shared Tables Meet at 12.30 for lunch Book with the office</p>	<p>Back to Basics (£3.50) Chair based exercise</p> <p>10.30 - 12.00 (Transport available)</p>	
	<p>AVSED Plus Dementia Activity Service 10.00 - 3.00</p>	<p>2nd Wednesday : AVSED Memory Café (£3.00) Dementia & Memory café 2.00 - 4.00</p> <p>Men's Matters @the 12th Man All-male social club 1.30 - 3.00pm (Transport available)</p>	<p>AVSED Plus Dementia Activity Service 10.00 - 3.00</p>	<p>Fish N Chips Delivery (£6.00)</p>
<p>1st Monday : Super Socials (Tickets £10) See itinerary for details 2.30 - 4.30 (Transport available)</p>	<p>Variety Club (£2.50) Let us entertain you at our social group that has a little something for everyone and a few extras on top !</p> <p>2.00 - 4.00 (Transport available)</p>	<p>3rd Wednesday : Memory Matters (£3.00) Dementia & Memory activity 2.00 - 4.00 (Transport available)</p>	<p>Cuppa & Company (£2.50) Let us keep you company whilst you join in hobbies, interests., games and chatter.</p> <p>2.00 - 4.00 (Transport available)</p>	<p>The Umbrella Club (£6.00) Let us support you in our inclusive social and lunch group that has a little bit of all that AVSED offers rolled into one with a lot of care, good fun and laughter</p> <p>12.00 - 2.00 (Transport available)</p>
<p>2nd Monday : Trips Variable cost</p>		<p>4th Wednesday : Men's Matters @the 12th Man All-male social club 1.30 - 3.00pm (Transport available)</p> <p>Digital Academy 1.00- 2.30</p>		
<p>3rd Monday : Prize Bingo (Pay-as-you-go) 2.30 - 4.00 (Transport available)</p>		<p>Digital Academy 1.00- 2.30</p>		
<p>4th Monday : Community Café (£2 donation) Everyone Welcome 2.30 - 4.00 (Transport available)</p>				

Afternoons are the new evenings Super Socials are here!!

Super Socials - Come and celebrate with AVSED, bring your family and friends - 18+.

Tickets are £10.00 and available from the AVSED office.

Spaces are already filling up; book early to avoid disappointment; all days are 2.30 - 4.30pm.

April

Our April Super Social is on
Monday 7th April

Live music from 'TIME WARP', playing classic hits from 50s, 60s & 70s.

Ticket includes:

- Buck's Fizz or orange juice arrival drink
- Buffet-style food
- Live entertainment not to be missed.



A fabulous party-style event that will start our financial new year with a bang and bring everyone together for fun, dancing and great company.

June

On Monday 2nd June
Join AVSED for an afternoon
at the races, with a twist!



We are bringing the joy of the races to you. Get yourself dressed up in your finest outfits, find your hats and fascinators and come on down to Greenacre Hall (Paddock) for an afternoon of friendly betting, buffet food, and prizes galore such as sweepstake, best dressed, and overall winner.

Ticket includes:

- Entry
- Welcome Drink
- Gambling tokens
- Canapes.

July

Setting the scene for a summer of fun and entertainment, our July Super Social brings you the Rock n Roll diner.

On Monday 7th July, Christopher and his Robins will be here to entertain you and have you dancing the afternoon away.

Fancy dress (1950/60s style rock 'n roll) optional.



Ticket includes:

- Arrival drinks
- Photo booth
- Live entertainment
- Hot dogs & Doughnuts.

The big fab AVSED quiz

February saw our 1st Super Social take place.

12 teams took on our various challenges, including an observation round, general knowledge, food & drink, and the impressive physical challenge - the paper airplane competition! Pie 'n peas was served as the winning team 'Mix & Match' took their grand prize of £60. The quiz will return again next year - will you?



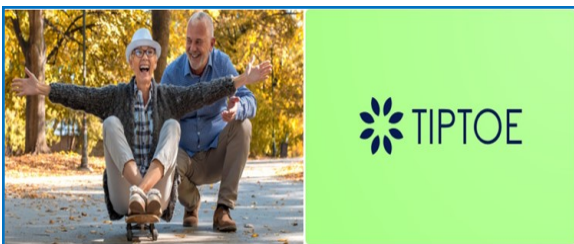
Tip Toe

AVSED has joined a national research project with Cardiff University that is looking for participants to take part in a study that aims to test if the Tip Toe support programme helps people aged 65+ to live well with joint pain and additional health conditions.

You can you take part if:

- **Aged over 65**
- **Have knee or joint pain**
- **Have additional health conditions**

The programme involves 6x one-to-one coaching sessions with either Ella or Judith, who have been trained to deliver holistic sessions that may help you to improve your own health & wellbeing, and you will receive a 'living well with joint pain' book. Those taking part will be randomly selected into two groups. One group will receive the coaching sessions, one group will not - everyone will complete a series of questionnaires regarding symptoms and quality of life. These will check if there is a benefit to providing additional support above the usual care people receive.



If you would like to know more, or are interested in this research project, please call the office and speak to Ella or Judith.

Men's Matters

A friendly catch up just for the fellas. Meet at the 12th Man in Yeadon Cricket Club on the 2nd & 4th Wednesday of the month.

Lots of chat and camaraderie over a coffee or a pint. See Ella for more details and to book your place.

Food glorious food!

Since our cook, Lorraine, joined us in September we have been exploring new ideas and having fun in the kitchen. We are still developing our food offer, but are delighted - and tempted! - with the dishes on offer so far.

We have gone full circle in our Umbrella Club looking at different meals and have chosen to go forward with light bite lunches and snacks in this group to ensure we have plenty of time to enjoy a meal together, alongside time for exercise and socialising.

Our Lets do Lunch group is going from strength to strength - with over 40 people attending every week and many more on the waiting list.

We are serving up a hearty 2-course lunch of all our favourite and traditional dinners and puddings.



In AVSED *plus* the ethos is little and often - providing tempting treats for elevenses, then at lunch we have a small soup and a small portioned dinner, followed by afternoon tea with sandwiches and cake, before heading home.



All food is freshly cooked in our kitchen and offers good variety and lots of fruit and vegetables - plus yummy desserts.

Easter Closures

AVSED will close its activities and services for 1 week over Easter.

***All Activities and groups will be closed from
Friday 18th - 25th April***

***We will be back on Monday 28th with
Stepping up and the Community Café***



The office will be closed for the Bank Holidays on Good Friday and Easter Monday

The office will be open, with reduced staff for emergency support, from Tuesday 22nd April.

Building Work

AVSED is supporting the committee at Greenacre Hall to improve the building. These improvements are for all our benefit and will support the centre to have better facilities and be more energy efficient in the future.

So far, we have changed the lights to bright LED, upgraded the radiator efficiency with digital thermostats, and replaced all the windows.



We have also nearly finished the new accessible toilet - with thanks to Morrisons for a grant to extend the room and install new facilities.

Change is good

We are very aware that AVSED has taken on lots of changes over the past few years. This has been due to many reasons including: recovery from the pandemic; moving premises; new staff; and increased membership. We are delighted with our programme of groups and services and feel confident that we have listened to our members' needs and made changes to make things better.

This year we are going to ensure we have given all our changes time to settle in, and we will be reviewing all of our work to ensure we have got good foundations for the future. We will also be reflecting on how these changes have developed our charity, and will celebrate all the fabulous work, initiatives and projects that are now part of the AVSED journey.

Shared Tables

Do you know about our regular monthly meet ups called Shared Tables?

On the 1st Wednesday of the month a small group meet up independently for lunch. Stacey supports the organisation of booking the venue and introduces new people to the group.

Fancy giving it a try?

Contact the office for the latest leaflet, full of all the details on venues and how to secure your place.

Each month we choose a different café, restaurant or pub lunch - all local and accessible.

Community Café

Each month we open the doors at Greenacre for our fabulous Community Café. This event happens on the 4th Monday of each month at 2.30pm. The café is open to everyone - bring your family, friends and neighbours and enjoy a bustling atmosphere, fresh coffee and a wonderful collection of cakes and treats. We also have our popular tombola and occasional guest tables, with local support services. Come on down to the next café - you won't be disappointed.

28th April or 23rd June

Our Newsletter is proudly sponsored by Morrish Solicitors



What happens if you don't make a will?

Dying without a valid will (dying intestate) means your estate is distributed according to the law of intestacy. This can lead to several disadvantages, as your personal wishes are not considered and key decisions are made for you.

What are the rules of intestacy?

The rules of intestacy in England and Wales are a set of laws that determine how a person's estate is distributed if they die without a valid will. Key disadvantages of dying intestate are:

Executors and guardians are chosen for you. Without a will, you cannot choose who will be your executors, the people responsible for the administration of your estate, nor can you choose the guardians for any minor children. Instead, these roles are assigned by the law of intestacy or a court, which may not align with your wishes.

Intestacy rules may not reflect your wishes. The law of intestacy is rigid and may not distribute your estate as you would have wanted. For example, unmarried partners, stepchildren, and close friends do not inherit under these rules.

Potential for disputes. Intestacy can be varied by a Deed of Variation, but only if the beneficiaries agree. This can lead to disputes and delays in distributing your estate. If someone financially dependent on you is excluded under intestacy, they may have to make a claim for an inheritance under the Inheritance (Provision for Family and Dependants) Act 1975. This can be a lengthy and costly process.

More expensive and time consuming. Applying for probate can be a long process. Where someone dies without a will, probate applications typically take longer and there may be additional legal costs incurred due to complications.



No opportunity to mitigate inheritance tax. Everyone wants to ensure that their estate passes with as little inheritance tax liability as possible. Wills are an effective way of planning for any potential inheritance tax liabilities on your estate. Without a will in place, you automatically miss this opportunity.

Talk to us today about making a will. Our wills and estates team is based on Yeadon High Street.



033 3344 9609
info@morrishsolicitors.com
51a High Street | Yeadon

AVSED - Trips

	<p><u>Independent Trip</u></p> <p>These trips are for members who are fully independent, meaning you do not need any support. The venue may not be suitable for those with mobility issues: uneven surface, stairs & access issues. You can bring a carer to provide you with the support needed.</p> <p>Members will meet at a pick-up point and trips are full days out.</p>
	<p><u>Supported Trips</u></p> <p>These trips are aimed at members requiring a shorter day, with accessible venues. May need light touch support, e.g. wheelchair pusher, companionship, friendship group, etc.</p> <p>Members are picked up and dropped off at home and trips are approx. 30 minutes radius journey, once everyone is collected.</p>

Come at speak to the team about trips at our Community Café and book your places.

<p><u>Otley Garden Centre</u></p> <p>Monday 14th April</p>		<p>Pick-ups from 9.30 am</p>	<p>Cost £8 Transport only</p>	<p><i>Waiting List</i></p>
<p><u>White Rose Shopping Centre</u></p>  <p>Monday 12th May</p>		<p>Pick-ups from 9.30 am</p>	<p>Cost £8 Transport only</p>	<p>Enjoy a variety of shops, dining and entertainment all in one place. From fashion and gifts to tasty meals, there's something for here everyone.</p> <p>Join us and explore!</p>
<p><u>Harlow Carr</u></p>  <p>Monday 9th June</p>		<p>Pick-ups from 9.00 am</p>	<p>Cost £21 Transport & Entry Ticket Pay to book</p>	<p>Yorkshire's most relaxing & innovative gardens.</p> <p>The RHS Harlow Carr Plant Centre & Shop is home to an array of books, homewares and gifts. No visit would be complete without a trip to Bettys.</p>
<p><u>Wharfe Fish & Chip Restaurant</u></p>  <p>Monday 14th July</p>		<p>Pick-ups from 10.00 am</p>	<p>Cost £8 Transport only</p>	<p>Under new ownership. Join us for fabulous fish & chips in a cosy restaurant, followed by a short stroll along the river side or sit and enjoy watching the world go by (weather permitting)!</p>

Coach Trips - See Opposite

York - May Cannon Hall Farm - June Southport - July

Call the office to request your space - Booking opens 31st March 2025

York



Friday 23rd May

York - A vibrant festival city with Roman roots and a Viking past, offering adventure for everyone.

A city where ancient walls surround incredible local businesses, attractions, shops, and eateries. With exciting events, quaint streets and the beautiful river Ouse.

This is an independent trip

Transport: Standard coach leaves AVSED at 9:30am

Cost: Pay in advance. £12 transport only.

Cannon Hall Farm



Friday 27th June

A large, family-run farm on the Pennine foothills and home to hundreds of animals.

The farm shop is famous for home-produced meats and fresh-baked breads and award-winning pies from the bakery every morning. Plus a tearoom serving delicious home-cooked food.

This is an independent trip

Transport: Midi coach leaves AVSED at 9:30am

Cost: Pay in advance. £24 entry & transport.

Southport



Friday 25th July

Southport - pack up your troubles (and your bucket & spade) and head to the beach - let's hope for good weather.

The fun-loving seaside town is full of attractions, cafes, and shops and more. The beautiful beach and pier are waiting to be explored - ice cream anyone?

This is an independent trip

Transport: Coach leaves AVSED at 9:30am

Cost: Pay in advance. £18 transport only.

We want you to get the most from these trips. Please get in touch with Ella to find out more details or to enquire how we can support you.

Holiday

Following on from members' interest in an AVSED overnight trip, we can confirm that we will be doing this in 2026. Look out in the next newsletter for details of our independent trip for 3 days and 2 nights away.

Bookings

Trips fill up very quickly - please see the booking date on previous page. Coach trips must be paid in advance and a refund will only be given if we can sell your space to someone on the waiting list.

Fabulous trips, fabulous times and fabulous company. Join us on the next one!



Activity & Events Calendar

April

- ◆ Tue 1st - Tai Chi
Variety Club
- ◆ Wed 2nd - Let's do Lunch
Memory Matters
Shared Tables
- ◆ Thurs 3rd - Back to Basics
Cuppa & Company
- ◆ Fri 4th - Umbrella Club
- ◆ Mon 7th - Stepping Up
Super Social
- ◆ Tue 8th - Tai Chi
Variety Club
- ◆ Wed 9th - Let's do Lunch
Memory Café
Men's Matters
Digital Academy
- ◆ Thurs 10th - Back to Basics
Cuppa & Company
- ◆ Fri 11th - Umbrella Club
- ◆ Mon 14th - Stepping Up
Trip
- ◆ Tue 15th - Tai Chi
Variety Club
- ◆ Wed 16th - Let's do Lunch
Memory Matters
- ◆ Thurs 17th - Back to Basics
Cuppa & Company

***Fri 18th & Mon 21st closed for
Bank Holiday***

***Tue 22nd to Fri 25th
Regular activities closed due to
Shutdown Week***

- ◆ Mon 28th - Stepping Up
Community Café
- ◆ Tue 29th - Tai Chi
Variety Club
- ◆ Wed 30th - Let's do Lunch

May

- ◆ Thurs 1st - Back to Basics
Cuppa & Company
- ◆ Fri 2nd - Umbrella Club

***Mon 5th closed for
Bank Holiday***

- ◆ Tue 6th - Tai Chi
Variety Club
- ◆ Wed 7th - Let's do Lunch
Memory Matters
Shared Tables
- ◆ Thurs 8th - Back to Basics
Cuppa & Company
- ◆ Fri 9th - Umbrella Club
- ◆ Mon 12th - Stepping Up
Trip
- ◆ Tue 13th - Tai Chi
Variety Club
- ◆ Wed 14th - Let's do Lunch
Memory Café
Men's Matters
Digital Academy
- ◆ Thurs 15th - Back to Basics
Cuppa & Company
- ◆ Fri 16th - Umbrella Club
- ◆ Mon 19th - Stepping Up
Prize Bingo
- ◆ Tue 20th - Tai Chi
Variety Club
- ◆ Wed 21st - Let's do Lunch
Memory Matters
- ◆ Thurs 22nd - Back to Basics
Cuppa & Company
- ◆ Fri 23rd - Umbrella Club

***Mon 26th closed for
Bank Holiday***

- ◆ Tue 27th - Tai Chi
Variety Club
- ◆ Wed 28th - Let's do Lunch
Men's Matters
Digital Academy
- ◆ Thurs 29th - Back to Basics
Cuppa & Company
- ◆ Fri 30th - Umbrella Club

June

- ◆ Mon 2nd - Stepping Up
Super Social
- ◆ Tue 3rd - Tai Chi
Variety Club
- ◆ Wed 4th - Let's do Lunch
Memory Matters
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- ◆ Thurs 5th - Back to Basics
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