

AVSED Volunteer Newsletter

SUPPORTING AIREBOROUGH SENIORS SINCE 1992

WWW.AVSED.ORG.UK
WINTER 2025



Thank You!

Thank you to everyone who helped to prepare and run the AVSED Christmas Fayre.

From sharing posters, collecting or making donations, helping to bake, decorate the hall, carry the stock, set up the tables, cook in the kitchen, run the stalls, tidy away, or help Santa either in the Grotto or on his Sleigh. Every part you played helped us to raise the most we have ever raised at a Christmas Fayre...

£4,200

And more is still coming in!
We had more people through the doors,
more feedback, more happy people!

THANK YOU SO MUCH!!!



The 12 months of AVSED



January



February



March



April



May



June



July



August



September



October



November



Christmas Ready

Dates for your Diary



5TH
DECEMBER

Volunteer Drop In

7TH
DECEMBER

Yeadon Charity Tractor Run, raising funds for AVSED and Yeadon Christmas Lights. From 5.50pm - Kemps Pick-Your-Own, Horsforth

15TH
DECEMBER

Volunteer Drinks at the Woolpack, Yeadon, from 6pm

19TH
DECEMBER

Last day of activities - groups close for Christmas Break

24TH
DECEMBER

AVSED office
closes 12pm

2ND
JANUARY

AVSED office
Reopens

5TH
JANUARY

AVSED Activities restart with Stepping Up and This Big Fab Quiz Super Social

BECOME A FRIEND OF AVSED, DONATE TODAY



As you know, AVSED supports nearly 1,000 people aged 60 and over in Aireborough, helping them:

- To stay independent - getting out, shopping, attending events and appointments
- To be fit and healthy - joining exercise and wellbeing groups;
- To remain connected - with social activities and friendship support.

Loneliness and isolation can affect anyone at any time, but, for older people, the impact is 75% more likely to be harmful.

Your support helps us provide activities and services to combat loneliness, one person at a time.

The Friends of AVSED is our new fundraising platform, helping us to build a sustainable future in a difficult financial climate. Big funding is always difficult to find, and currently it is harder than ever.

Giving little and often has the biggest impact. Regular donations mean we can:

- Plan ahead with confidence.
- Respond to members' changing needs.
- Sustain services for the long term.

A donation helps us:

- Reach vulnerable older people when they need us.
- Keep the lights on and rooms warm in Greenacre Hall.
- Provide door-to-door transport in accessible vehicles.
- Ensure our groups and services continue to thrive.

Please help us spread the word, take a leaflet or ask for a poster to put into the community.

BE THE REASON SOMEONE STAYS ACTIVE, CONNECTED, AND CARED FOR



SCAN FOR MORE
INFO OR TO MAKE A
DONATION TODAY



Training

Moving into the new year, it is a great chance to refresh, update, or gain some new knowledge that applies to the work we do here at AVSED.

This is important for your safety and the safety of our members, but also to make sure you feel like you have all the tools at your disposal to carry out your role.

I am always open to look for any skills you wish to develop and I will try my best to find suitable training providers where possible, so please let me know if you have skills/topics you are interested in developing here at AVSED and I will see what I can find.

To book training – call 0113 250 1702, email michelle@avsed.org.uk or visit the office

TAIL LIFT TRAINING

For our Drivers and Passenger Assistants who support our transport, this is an opportunity to learn or ask questions/get comfortable with the Tail Lift systems on both of our minibuses and our Wheelchair Accessible Vehicle.

Learning how to use the equipment, safely get a member on and off, turning the equipment on and off and stowing away safely too.

Thursday 15th January 2.30 – 3.30

WHEELCHAIR AND MANUAL HANDLING

Learn how to work with our members who need an extra hand moving around the building, use wheelchairs, mobility aids, or when getting out of chairs after a period of sitting.

Wednesday 21st January 10.00

DEMENTIA FRIENDS TRAINING

Dementia Friends Training

As circumstances change for our members and the wider community, it's important that we have the right tools and understanding to support people living with dementia. Ruth from Full Circle Funerals, our local Alzheimer's Society Dementia Friends trainer, will be delivering a session for anyone who is not yet a Dementia Friend or would like a refresher.

🕒 The session lasts approximately 1 hour and will provide useful background knowledge alongside practical tools to support your volunteering and everyday interactions.

🌍 This course is open to the whole community, so please book your place as soon as possible before spaces are filled.

Wednesday 18th February 2.30 – 3.45

SAFEGUARDING TRAINING

Safeguarding our members – and each other – is at the heart of what we do. It helps us create a safe, supportive, and trusting environment for everyone.

The Leeds Adult Safeguarding Board will be delivering "Safeguarding for Volunteers" training which lasts approximately 2 hours and is suitable for all volunteers, whether you're new or just due a refresher. It's a great opportunity to update your knowledge and confidence, so we'd love to see as many of you there as possible.

Monday 16th March 10.00 – 12.00



VOLUNTEER* CHRISTMAS DRINKS



MONDAY 15 DECEMBER FROM 6PM

THE WOOLPACK, YEADON

CELEBRATE THE SUCCESS OF THE YEAR

RSVP | MICHELLE@AVSED.ORG.UK OR CALL 0113 2501702

*SIGNIFICANT OTHERS WELCOME TOO

NEW YEAR – NEW VOLUNTEERS

SUPPORTING AIREBOROUGH SENIORS FOR OVER 30 YEARS

VOLUNTEERS Needed

VARIED ROLES
FLEXIBLE HOURS
AGE 18+

AVSED We are looking for community-minded people who want to support Aireborough Seniors

APPLY NOW
www.avsed.org.uk
0113 250 1702
michelle@avsed.org.uk

GREENACRE HALL, RAWDON, LS19 6AP
AVSED 1992 ON SOCIAL MEDIA

The new year is a time when people set resolutions, make fresh goals, or look for ways to give back – and AVSED would love to help make that happen.

If you know someone who might be interested in donating their time to a worthwhile cause, please pass on our details. You can share my email address, direct them to our website, or give them one of our volunteer leaflets, available from the volunteer board in the small kitchen.

You can also ask them to visit:

👉 www.avsed.org.uk/volunteering

Because when our community grows stronger, our team does too.

Become an AVSED Member

Are you aged 60 or above? We'd love to welcome you to AVSED as a member as well as a volunteer!

Membership is completely free and gives you access to our friendly groups, fun trips, and all the other wonderful benefits we offer.


Interested in joining? It's easy! Just ask Michelle or Deborah to refer you to Stacey for a quick membership chat. We'd be delighted to have you with us!





TRUSTEE RECRUITMENT

You already know the difference AVSED makes – you're part of it every week. Now, as our services continue to grow and Greenacre Hall develops, we just want to gently remind you that we're still looking to bring a few new people onto our Board of Trustees..

We'd especially love to hear from anyone (or someone you know) with experience in:

 Property / construction


 HR & people support


 Fundraising & income generation

 Marketing, communications & events

You don't need previous board experience – just a love for community, some fresh ideas, and a willingness to learn. Meetings are once a month or you can support in a more flexible advisory role if that suits your time better.

If this feels like you... or someone you know... we'd love to chat.

 0113 250 1702

 avsedchairoftrustees@gmail.com

FOOD WASTE

We've had our new bins in place for a few months now, and after keeping an eye on how they're being used, we've spotted a bit of a pattern. Thanks to Cook Rebecca's amazing food, we're nowhere near filling the outdoor food bin, so, from the New Year, we'll be waving goodbye to it. All food waste will go into the general waste bin instead.

To keep things clean, tidy, and critter-free, we'll continue using the indoor caddy and food bin as normal, tying the bags securely before popping them into general waste. We'll also be keeping our recycling bin for any clean, dry recyclables produced in the building.

Thank you for helping us keep AVSED clean, organised, and running smoothly.

VOLUNTEER SURVEY

Every 2 years we ask all users of AVSED – members and volunteers – to complete a survey. We will be sending these out just before our Christmas break. I'd love to get as many responses as possible to the volunteer survey, as your feedback plays a huge part in shaping how our volunteering service develops and improves.

Your thoughts will help highlight what's working well, what needs a little tweaking, and where we can offer better support – both for you and for future volunteers.

It will also help me in my role by giving a clear picture of what you need, what tools or training would be useful, and how I can better support you as part of our volunteer team.

Thank you in advance for taking the time to complete it – every response really does make a difference.



VACANCIES

PASSENGER ASSISTANT – TUESDAYS

I am looking for a Passenger Assistant to support our Tuesday Variety Club pick ups starting on Tuesday 6th January.

Training for the role is fully provided.

The role includes:

- Working alongside the Minibus driver to make sure all members are collected safely from their home.
- Making sure members lock their property and walk safely to, and on to, the minibus.
- Helping to fasten members seatbelts whilst on the minibus.
- Keeping members safe throughout the journey, and making sure they are back to their home safe at the end of the day.
- Volunteering hours - 12.45 - 2pm and 4pm - 5.15pm (depending on traffic)



- Training given
- Enhanced DBS check will be completed

DRIVER – 1ST & 3RD WEDNESDAY

Our Memory Matters group is requiring a driver on the 1st and third Wednesday of every month. Working alongside a passenger assistant, you will:

- Collect the keys, route and bus.
- Complete basic vehicle checks to make sure the bus is safe to drive on the day.
- Make sure all members are collected safely from their home.
- Secure wheeled walkers whilst on the minibus.
- Use tail lift to help members with additional needs.
- Collect members at the end of the activity and take them home.
- Return the bus, and key.
- Volunteer hours - 12.15 - 2pm and 4pm - 5.30pm (depending on traffic).



- Training given
- Enhanced DBS check will be completed
- Minimum age 21
- Full UK Driving licence held for 2 years minimum

DRIVER – WHEELCHAIR VEHICLE

Our Wheelchair Accessible Vehicle is an amazing asset to AVSED. We are looking for drivers to get trained and comfortable using this vehicle so they can help us when we need a wheelchair user picking up for an AVSED activity or event. We also use this vehicle as an addition to our transport.

If you can drive a car, you can drive the WAV with the minimum age we accept being 21.

Please reach out to learn more, and help us provide regular access to transport for our AVSED members, regardless of ability.



- Training given
- Enhanced DBS check will be completed
- Minimum age 21
- Full UK Driving licence held for 2 years minimum

VACANCIES

BEFRIENDER



Some of our members aren't able to attend AVSED activities for various reasons—sometimes due to health or mobility, and sometimes for other personal circumstances. For many, their main contact might be with nurses or carers, who don't always have time to stop for a chat. And in some cases, family may live far away, leaving the person with very little social contact day-to-day.

That's where befrienders come in.

A befriender visits a member at home for up to an hour each week, spending time together, chatting, playing games, sharing interests, and offering simple, genuine companionship. It helps our members feel connected to AVSED and part of a wider community. It's a friendship—with a few guidelines in place to keep both you and the member safe.

If you'd like to learn more about becoming a befriender, please get in touch with Michelle or Stacey.

AVSED+

We are looking for a regular volunteer to join our AVSED+ group on a Tuesday afternoon to help Gina make sure that our members have the best time when they spend the day with us. Members of AVSED+ live with dementia, and stay through the day from 10am-3pm enjoying lunch and an afternoon tea, along with stimulating activities and exercises.

We are looking for a conscientious, patient, team focused volunteer to join the squad. If you are interested to learn more, please get in touch with Michelle.

Volunteering hours - Tuesdays 12.30 - 3.30

- Enhanced DBS check will be completed



- Enhanced DBS check will be completed

COPPERS FOR A KITCHEN

One of our big goals for 2026 is to raise enough funds to refurbish our kitchen and make it far more functional for everything AVSED does. It's a sizeable project, so we'll need to gather quite a bit of support along the way.

We are thrilled to share that we have already received a generous donation of £20,000 to kick-start our campaign. While this is an incredible beginning, we need more than double that amount to complete the project.

This initial donation will strengthen our applications for match funding and larger grants, but we also know that every contribution makes a difference.

With that in mind, we are launching 'Collect Your Coppers' - formerly Cora's Coppers, this time towards a new kitchen!

Please consider supporting us with any donation, big or small, as we work to build a kitchen that will help us continue feeding and supporting our community.





CHRISTMAS PARTY SUCCESS

We held our first Members Christmas Party at Greenacre Hall on Monday 1st December. With the Guiseley Brass Band, Lancashire Bell, Santa, Elves, an Ice Queen, buffet, dancers, and 100 members in attendance, this was our biggest event yet!!

Thank you to everyone who helped plan, prepare, decorate, cook, entertain, serve, set up, tidy away or drive to make the party such an amazing success.

Please provide any feedback so we can look to Christmas 2026, and make that party even bigger and better!!



AVSED's Regular Activity Programme From January 2026

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Stepping up Volunteering - 10.00 - 12.30 Activity - 10.30 - 12.00</p>	<p>Foundation Tai Chi Volunteering - 9.40 - 10.10 Activity - 10.00 - 11.00 Tai Chi Refreshments Volunteering - 10.50 - 11.30 Activity - 11.00 - 11.30 Intermediate Tai Chi Volunteering - 11.20 - 11.35 Activity - 11.30 - 12.30</p>	<p>Let's do Lunch Volunteering - 10.00 - 1.20 Activity - 11.00 - 1.00</p> <p>1st Wednesday : Memory Matters Volunteering - 1.30 - 4.30 Activity - 2.00 - 4.00 No volunteer support</p> <p>2nd Wednesday : AVSED Memory Café Volunteering - 1.00 - 4.30 Activity - 2.00 - 4.00 Men's Matters @the 12th Man Volunteering - 1.00 - 3.15 Activity - 1.30 - 3.00 Digital Academy Volunteering - 12.30 - 2.50 Activity - 1.00- 2.30</p> <p>3rd Wednesday : Memory Matters Volunteering - 1.30 - 4.30 Activity - 2.00 - 4.00</p> <p>4th Wednesday : Men's Matters @the 12th Man Volunteering - 1.00 - 3.15 Activity - 1.30 - 3.00 Digital Academy Volunteering - 12.30 - 2.50 Activity - 1.00- 2.30</p>	<p>Back to Basics Volunteering - 10.00 - 12.30 Activity - 10.30 - 12.00</p> <p>AVSED Plus Dementia Activity Service Volunteering - 9.30 - 3.30 Or 9.30 - 12.30 / 12.30 - 3.30 Activity - 10.00 - 3.00</p>	
<p>1st Monday : Super Socials Volunteering - 12.30/1.00 - 5.00 Activity - 2.00 - 4.30</p> <p>2nd Monday : Trips Times Vary</p> <p>3rd Monday : Prize Bingo Volunteering - 1.30 - 4.30 Activity - 2.30 - 4.00</p> <p>4th Monday : Community Café Volunteering - 1.30 - 4.30 Activity - 2.30 - 4.00</p>	<p>AVSED Plus Dementia Activity Service Volunteering - 9.30 - 3.30 Or 9.30 - 12.30 / 12.30 - 3.30 Activity - 10.00 - 3.00</p> <p>Variety Club Volunteering - 1.00 - 4.20 Activity - 2.00 - 4.00</p>		<p>Cuppa & Company Volunteering - 1.15 - 4.30 Activity - 2.00 - 4.00</p> <p>The Umbrella Club Volunteering - 11.00 - 2.00 Activity - 12.00 - 2.00</p>	