



AVSED

Supporting Aireborough Seniors

Annual Report April 2021 to March 2022

The ongoing pandemic and the AVSED recovery

Throughout this year the global pandemic continued within the UK and around the world but this didn't stop AVSED continuing to support our members, we also decided now was a perfect time to look into our activities and services during our recovery and come back bigger, better and stronger.

As always our main priority is ensuring our members were supported and we managed this in new and unique ways.

Zoom activities, food deliveries and digital support helped

us keep in touch with all our members and volunteers and as soon as we were able & allowed we began to open the doors and invite people back together. It wasn't easy - there were many hurdles to overcome, mitigation to put in place and new rules and sometimes we got right to the point of opening and a new wave hit and we were back in lockdown! - But we made it we opened up slowly and safely and we are thrilled to say we have recovered and we have grown bigger, stronger and better, thanks to you, our members, volunteers, staff, board and many friends, partners, colleagues, and supporters,

AVSED is a local **charity** working to prevent **social** isolation and loneliness for Aireborough **seniors** by supporting **happy**, healthy and **independent** living

Charity Details

Registered address: Nunroyd Pavilion,
Nunroyd Park, Yeadon, Leeds LS19 7HR

Tel: 0113 250 1702

Email: info@avsed.org.uk Web: www.avsed.org.uk

Aims and Objectives, as set out in the “Articles of Association”

AVSED is established for the following charitable purposes for the benefit of older people (over 60 years of age) living in the community of Aireborough (LS19 and LS20 postcodes) in the city of Leeds:

- 1) For the public benefit to relieve the charitable needs of older people in particular but not exclusively by relieving their loneliness and isolation and by promoting and supporting their independence.
- 2) To promote the social inclusion of older people by preventing them from being socially excluded and assisting them to better integrate into society.
- 3) To promote the health and wellbeing of older people for the public

Directors and Trustees

Ken Elliott— Chair

Sheila Bower— Vice Chair

Neil Moffoot— Treasurer

Wendy Hanson— Secretary

Christine Pearce

Edward Lamb

Isabella (Bunty) Burgon-Byrne

Roger Halliwell

Roy Blanshard

Sylvia Myers— Member representative

Advisors: Councillors Ryk Downs and
Graham Latty

Charity Background

AVSED is a charitable company and was registered with the Charity Commission on 29th February 2016 (number 1165792) and the company was registered on 19th February 2016 (company number 09882948). The charity commenced operations on 1st April 2016 and inherited the assets and contracts of the former charity, also known as “AVSED” (Aireborough Voluntary Services to the Elderly with Disabilities, Charity Number (1048902). This founding charity was initiated in 1992 by a group of caring local people who recognised the loneliness and isolation of older people living in Leeds and first registered as a charity in 1995.

AVSED is managed and run by eight paid staff and supported by a team of registered volunteers. The Board of Trustees consists of ten volunteers who help to guide and support the staff team and ensure the charity is a going concern. The board is made up of older members, reflecting the makeup of the organisation. Two local Councillors sit on the board meetings to provide local information, give support and advice.

Membership is free to everyone in the registered area over the age of 60.

AVSED is an independent registered charity, working within the Leeds Older People’s Neighbourhood Network which consists of 37 separate organisations spread across the city.

AVSED relies on income, charitable donations and grants to financially secure its position and activities. Its main funders during the year were Leeds City Council & the National Lottery Community Fund.

Operational Reports

Chairman's Report

I start my report with the last line of the 2020/21 report "I sincerely hope Covid 19 can be eliminated before my next report". We are all aware that it has not gone away but here at AVSED everybody has worked very hard to make sure our members are kept as safe and a big thanks must go to all the volunteers, staff and our board for working within the guidelines that were in place.

Following on from all the things we learnt during the pandemic the whole team started to make plans to re-invigorate AVSED with new ideas and activities to give members a much broader outlook towards Health and Wellbeing.

We started the process of making an application for funding from the "National Lottery Community Fund" as they had supported us for the previously with the hope that funding could be available for October 2022.

We received funding to make a Sensory Garden in the park this was completed in June to much praise, unfortunately the plants were stolen over Xmas, but a community appeal and a local garden centre helped replace them.

In conclusion I want to thank you all for your trust and support for team AVSED, we are doing all we can to create a brighter future for the Seniors of Aireborough.

Manager's Report

This year has been one of great change, development and growth. As we recovered from the lockdowns we embarked on a journey of discovery - what is AVSED and what do our members want AVSED to be ?

To start we listened - to members through our questionnaire, to staff through a survey, and team meetings, to the community with open days, to volunteers through catch ups and many conversations over a cup of tea.

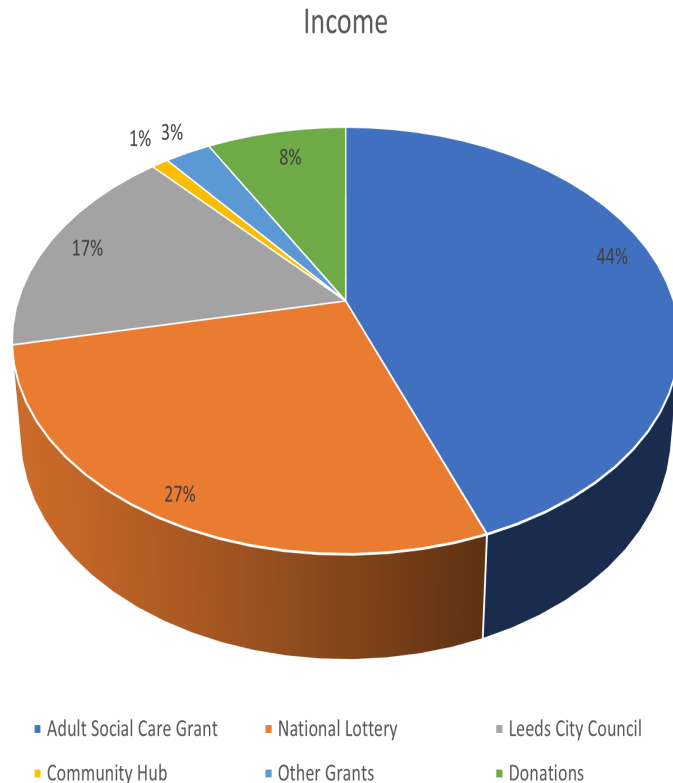
The team had an away day where we looked at co-production and asset planning, followed by a whole week of organisational planning, development and analysis which helped us produce a working organisational plan that would power the AVSED relaunch.

We began looking at the AVSED journey for our members and volunteers and moved on to make our activities and service mix bigger and better for the future by developing our new programme for 2022.

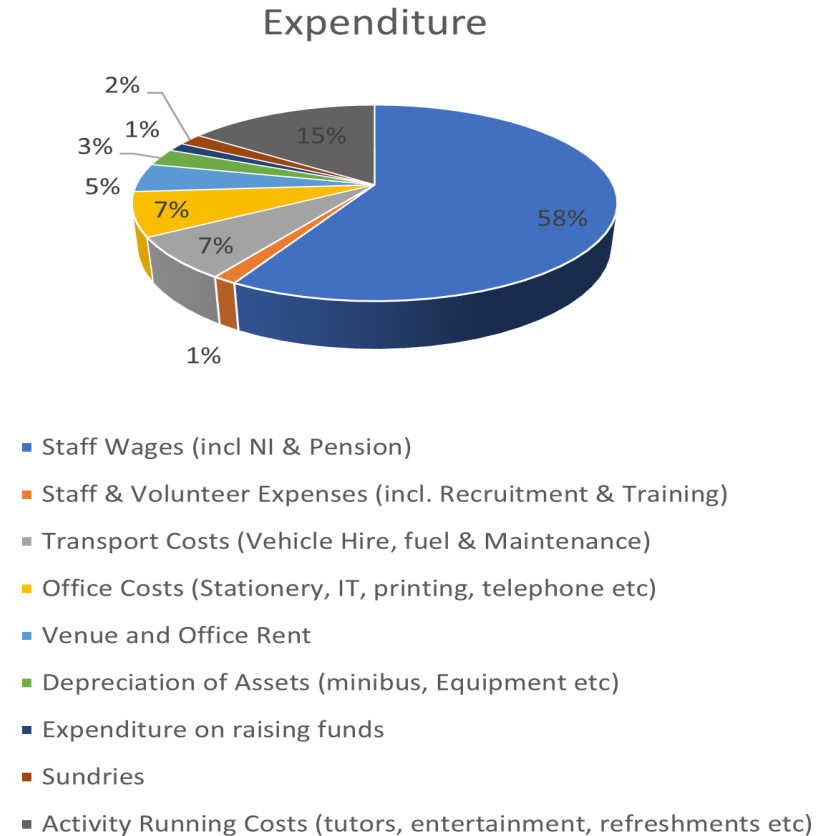
Change is never easy, but sometimes needed, and as we grow stronger and better we reap the benefits of the changes, with fabulous activities and services that are meaningful, needed and make a difference to people. AVSED does make a difference thanks to everyone that helps us change for the better.

Finance

Annual Income - £233,236



Annual Expenditure - £256,131



Overall AVSED finances saw a net loss of £22,895 This was expected due to the financial climate: We were unable to promote regular fundraising, not receiving income from activities and expenditure increased. Income was dominated by our 2 largest funders, Our core grant from Adult social care and the last installment of a 3 year grant with the lottery. Our biggest expenditure is staff wages and this year we have welcomed 3 new staff to compliment our new programme delivery. We Expect income to increase as services return in the following year.

Our Supporters

We are very grateful to everyone who has help support us financially over this difficult year. Support doesn't always mean a grant or fund many local businesses support us in kind with donations of goods and services, as well as sponsoring our fabulous quarterly newsletters.

Every penny, every donation, every act of kindness helps AVSED do what we do better .

A huge thankyou to all our supporters this year

Adult social care & Leeds City Council

National Lottery

Leeds Older Peoples Forum

Howdens Joinery

The Little Fisherman

Local Councilors

Family funeral collections

Allied Hands

Awards for All

Arnold Clarks

Frank Parkinson Trust

Morrisons community champion

Regular donations – give to, & PayPal

Timpson's

Morrish solicitors

Home Instead



The AVSED Team

We expanded our team in 2021 to ensure we were supporting our increasing number of members and volunteers and for us to effectively deliver our new programme.

Debbie – Scheme Manager

Ella – Activities Co-Ordinator

Michelle – Volunteer Co-Ordinator

Stacey – Membership Co-Ordinator (joined April 2021)

Lisa – Dementia & Inclusion Support (joined December 2021)

Perry – Minibus Driver

Jon – Minibus Driver (joined December 2021)

Deborah – Administration and Finance (joined November 2021)

Mark – Digital Support (joined April 2021, left January 2022)



We are supported by a wonderful team of 92 volunteers, including 10 Trustees



Our membership continued to increase throughout the year and as of 31st March 2022 we had 522



Volunteers

Our volunteers are an integral part of the AVSED team. They give up hours of their own time to provide a wonderful service to our members and support the charity in so many ways. We have a range of volunteering opportunities such as minibus driver, newsletter deliverers and bakers!

We couldn't provide the activities and services without their help and assistance. We have such a range of talents and we try to utilise them as much as we can.

We have regular one to one meetings and catch ups and offer training such as wheelchair handling and first aid alongside specific training to individual roles.

We celebrate volunteer week and have regular social get togethers. This year we handed out several awards to our amazing team for their years of service to volunteering with AVSED.

Approximately 7500 hours were given to AVSED this year. At an average £10ph this helped save over £75,000 and we all know each volunteer goes above and beyond so each hour can equate to double in physical worth!

Wow - Thank you very much



Questionnaire

In our Christmas newsletter we distributed our bi-annual questionnaire to receive feedback on what our members want from AVSED going forward, what they like and what they don't like. We received a total of 60 completed questionnaires, and thoroughly enjoyed reading your feedback and listening to your suggestions.

We have already started to put some of your ideas into practice and there is lots more to come in the year ahead.

A snapshot of some of your feedback is below. Please keep your feedback and suggestions coming, your comments help shape the future programme within AVSED.

What do you want from AVSED?

To be there incase I need you.

Psychological support - knowing it's there.

Just a friendly person to talk to when I'm down.

Companionship and friendship.

To help people cope with life.

What it is - perfect!

What does AVSED mean to you?

It means a lot to me - I always feel much better when I get home - it does me the world of good.

Companions and mixing with others - release from isolation.

A local much appreciated group - helpful and caring of the elderly and disabled.

Lots—I know I can ring anytime to speak to someone.

Happy afternoon with friends.

I live on my own so it gets me out and meeting new people.

What is good at AVSED

Everything!	Variety Club
Staff	Social meetings
Friendliness	The kindness of staff and volunteers
Trips	
The newsletters	

What can be improved at AVSED?

I do not know if anything could be improved on an already great service!

More leg exercises.

It's sometimes noisy - hard for people who are deaf to join in.

Where it is situated.

Rota of duties for the volunteers.

Sensory Garden

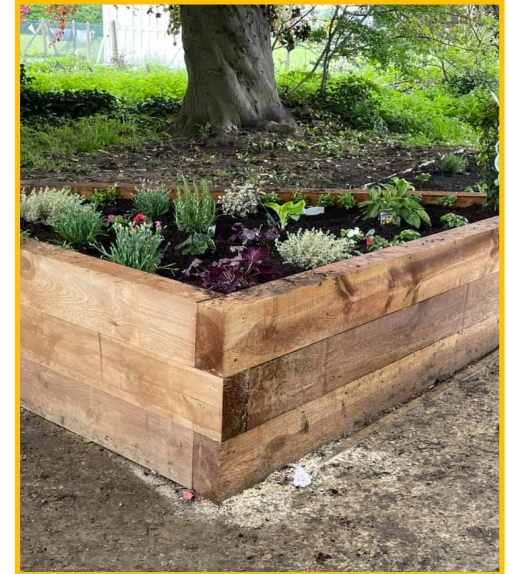
SENSORY GARDEN

Thanks to a generous donation from Cllr Paul Wadsworth, our sensory garden was installed in April 2021. The pathways around the clubhouse were reinstated along with new walkways to allow full accessibility with lovely seating for our community to sit, rest and enjoy the garden.

A natter bench was installed and dedicated to the many fabulous volunteers that stepped forward to help the community during covid.

Unfortunately, our plants were subject to a theft in February 2022 but due to the generous donations of the public and local businesses plus the support of Swincar Nurseries, we were able to re-plant the garden for everyone to enjoy.

Please use the garden to relax and enjoy nature.



Christmas Celebrations



On 8th December 2021 we were warmly welcomed to the White Swan in Yeadon to enjoy a Christmas meal with our members. We were visited by the big man himself and enjoyed a lovely sing-a-long led by one of our volunteers.

Who can resist a visit to Tong Garden Centre at Christmas, we certainly can't and we ventured off there on 13th December 2021.

We did some Christmas shopping, had lunch and cake and looked around their amazing Christmas displays.



With the lack of Christmas celebrations over the past few years, 2021 was one to remember. Every group celebrated with a Christmas party, the Tuesday variety club was entertained by a local singer and Santa did the rounds to make sure everyone got a treat. We produced a bumper newsletter packed with information, chocolate and pictures drawn by local school children and our annual staff xmas card.



Returning to Activities

We opened our doors to return to activities in September 2021 and adapted our operating procedures to those of wearing masks, hand sanitising and reducing our numbers in the groups to ensure the safety of everyone. This was reviewed weekly due to the spikes in the number of positive cases. Our main priority was to keep everyone safe.

We couldn't wait to welcome everyone back to our exercise groups and social activities.



Logo Competition

As part of our restructure we asked questions about our image and perception and it was agreed that our logo was outdated and a little ageist, depicting a single man, using a walking stick as the image to portray our charity. It has done us proud for nearly 30 years, but it was time for a change.

In spring 2021 we started a competition to re-design the AVSED Logo in preparation for our 30th Anniversary, we welcomed designs from everyone in our community and we received 37 inspiring entries from members, volunteers and staff and friends.

We put together a judging panel to deliberate over the entries and pick a winner. It was a tough job and in the end they decided one collaborative design taking ideas from 3 different entries. We welcomed the support of a local designer who helped make the ideas a reality and here is the finished product, which was unveiled at our relaunch in April.



We are honored to display our new logo with thought and reason behind every detail:

The Shield - AVSED shielding the community throughout the pandemic.

The Image - Two jovial friends coming together without any age related stereotypes.

The Date - Proudly represents our journey through the last three decades.

The Colours - Remaining the same, as we take pride in our legacy.

The Strap Line - The empowering and age-friendly ethos of our charity.

A fitting image for the next 30 years

AVSED Relaunch

After the turmoil of the past couple of years, it was agreed that this was the perfect time and opportunity to review our charity and explore what our members and the Aireborough community needs AVSED to be.

During the consultations it emerged that although people had great things to say about AVSED and the work we do there was an underlying perception of AVSED being: a little outdated, an elite members only club, not dementia friendly and that we were not an inclusive organisation.

In response, we agreed that this was not the image we wanted and decided that a full charity rebrand and relaunch could tackle these issues and allow us to reinstate our values, aims and positive image.

Our official relaunch event took place at Nunroyd Pavilion, the home of AVSED on Monday 11th April 2022. It was a celebration of the past 30 years and a chance to look forward to the next 30 and more. We were thrilled to welcome over 100 people to the event in what proved to be a wonderful afternoon showcasing the all new AVSED, with a full rebrand, and restructured programme.

We heard from members and volunteers about what AVSED means to them and the difference it has made to their lives. We were particularly fortunate to welcome Joan Peel as one of our VIP guests. Joan's husband was one of the founders of AVSED.

