

AVSED

*Aireborough Voluntary Services
to the Elderly*



ANNUAL REPORT 2019 to 2020



*Working together to help
Aireborough's Over 60s*

Charity Registration: 1165792 Company Number: 9882948

AVSED's details

Nunroyd Pavilion, Nunroyd Park, Yeadon, Leeds LS19 7HR

0113 250 1702

info@avsed.org.uk

www.avsed.org.uk

DIRECTORS AND TRUSTEES

Chair: Ken Elliott

Vice-Chair: Edward Lamb **Treasurer:** Neil Moffoot

Secretary: Ann Turner (to 10/19)

Isabella (Bunty) Burgon-Byrne

Roger Halliwell Wendy Hanson Roy Blanshard

Christine Pearce Sheila Bower Sylvia Myers (from 10/19)

Advisors: Councillors Ryk Downs and Graham Latty

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 benefit
- 4) To advance education for the public benefit

Our AVSED Team

Sarah Lunt

*Project Coordinating Manager
to February 2020*

After 11 years at AVSED, 9 in this role, we said a sad goodbye to Sarah in February - she has taken up a new role in the NHS as the Primary Care Network Manager for our local GP surgeries. Sarah has worked tirelessly for AVSED and she will be much missed. She has everyone's heartfelt thanks for everything she has achieved over the years.



Debbie Fawthrop

*Project Coordinating Manager
from March 2020*

Debbie joined us in March 2020. She came to us from Bramley Elderly Action with all the right experience to lead AVSED forward with continuing success. We welcome Debbie warmly, and are excited to see her ideas and contributions in her new role.

Sharon Ratcliffe

Deputy Coordinator and Membership Lead

Sharon has been with AVSED for 7 years now - she visits all our prospective members and offers support and advice. Working alongside health professionals in the local community, Sharon ensures the ongoing health and wellbeing of our members.



Louise Holmes

Project Worker

Louise has worked on the Health and Wellbeing Projects funded by the local GP Surgeries. She has organised a variety of events from cookery to IT and singing. She has established 'Painting for Pleasure', as well as taking the lead on planning the outside space.

Ella Baxter

Outreach and Activity Support Worker

Over the last 5 years, Ella has organised countless trips and meals out for our members, found great entertainment for our Socials and taken the lead on our Christmas Fayre - which in itself is a year-round project! This year she organised 'A Wish Come True' which resulted in some special surprises for our members, including a trip in a Rolls Royce! Ella is working on a pilot scheme with some of our local sheltered housing complexes.



Michelle Phillips

Volunteer Engagement Officer

Michelle has completed her first year here, working to make sure all our events have the support of our amazing volunteers and ensuring the transport works seamlessly so all our members can attend AVSED. Volunteer numbers have been growing and Michelle has enhanced our profile through the use of Social Media.



Don Robertson

Minibus Driver to October 2019

Don worked at AVSED for 6 years and was a familiar face at the wheels of our buses, much loved by the members for his cheery ways and thoughtfulness. Don retired in October 2019 and sadly passed away in 2020. He is deeply missed by all his friends.



Perry Mercer

Minibus Driver from October 2019

Perry was a volunteer driver with AVSED before he took on this role. He's key to the team providing transport and a smile for our members - and he bakes a mean fruit cake for our Community Café!



AVSED facts

AVSED is a Charitable Company and was registered with the Charity Commission on 29 February 2016 (number 1165792) and the company was registered on 19 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 registered as a charity in 1995.

AVSED is managed and run by registered Volunteers with the support of five paid staff. The Management Committee consists of ten Volunteers, including older members which reflects the makeup of the organisation. Two local Councillor's also attend the Board Meetings in order to provide local information and give support.

Clients are asked to contribute a yearly subscription of £15 for a single person or £20 for two people living in the same dwelling in 2019 to 2020. This aids with the costs of newsletter production and makes a small contribution to charity running costs.

Although AVSED is an independent registered charity, it works within the Leeds Older People's Neighbourhood Network; 37 separate organisations spread across the city. The coordinators of these organisations and senior staff from Adult Social Care meet together on a regular basis to provide support for each other.



Manager's Report

Sarah Lunt

2019/2020 has been a year of readjustment and reflection — getting settled with our new funding streams, inducting 2 new members of staff, and having an opportunity to both reflect on the relentless fundraising of the last couple of years and think about the future. I know I leave AVSED with an incredibly passionate and talented staff and volunteer team, and in a really secure financial position. Debbie has an opportunity to settle into her new role and embed herself into the 'AVSED family' before she has to think about any large scale funding or changes, which is a position I was certain I wanted to leave AVSED in. It has been a pleasure and a privilege to work with such amazing people, and to see what a huge difference a small charity with a big heart can make across the whole community. I am thankful for all the experience and knowledge it has given me, and I'm so pleased I am still able to work in this fantastic community, and also with AVSED. AVSED is in safe hands and will continue to thrive; of that I have no doubt.

Chairman's Report

Ken Elliott

I am pleased to report that the funding position of AVSED is now very stable for the next two years thanks to a lot of hard work by all the staff, volunteers and our consultants.

We looked at various properties, from the chapel rooms of St Oswald's, the Aviator Pub and Guiseley Library, to start satellite activities in the community. An "Expression of interest" for the Library was put to LCC but was turned down due to a proposal to sell the land. After much consultation, a new IT system was installed in the summer with more capacity to speed up the working environment.

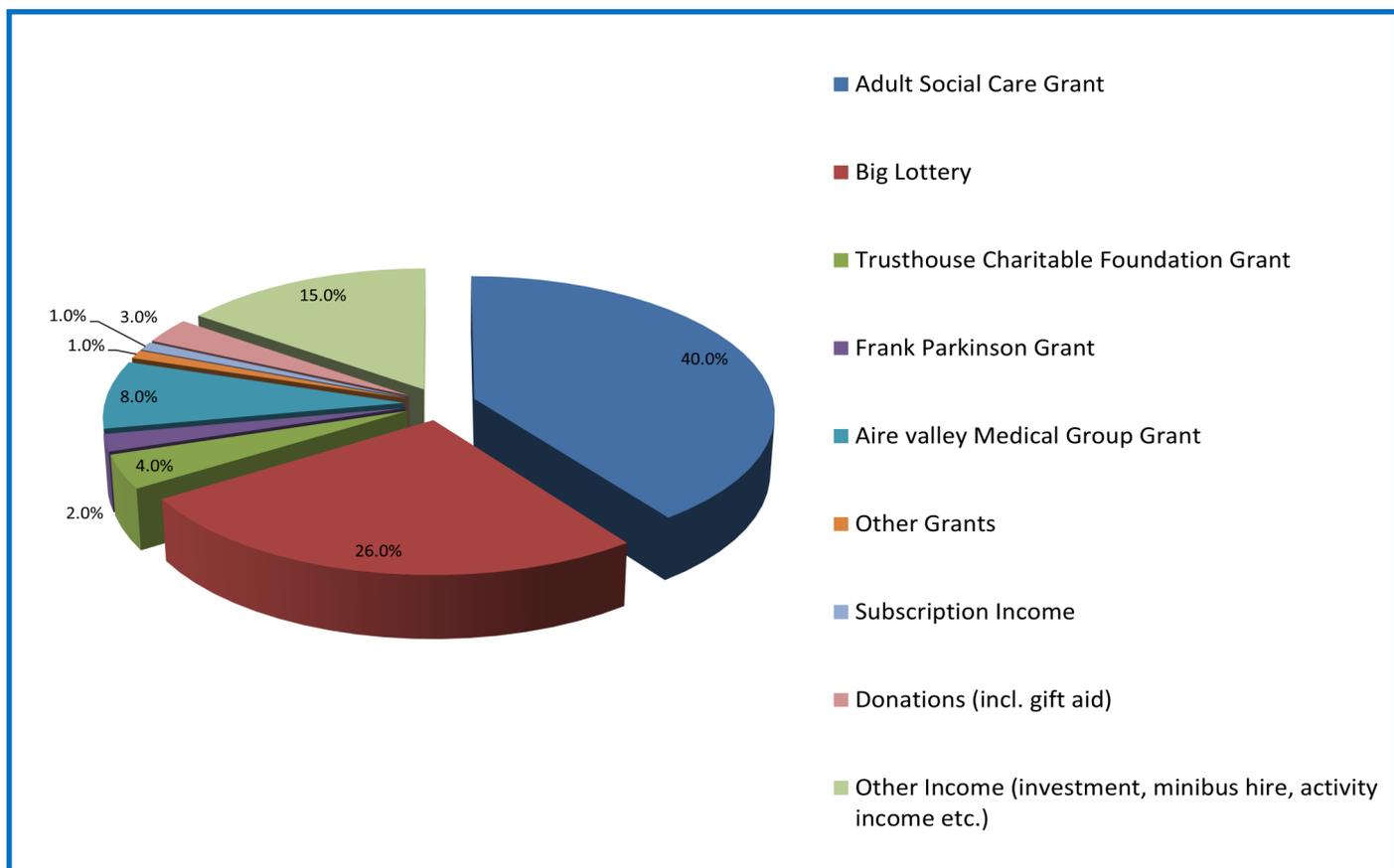
One of my personal highlights was to witness the opening of the Community Café for members, the childminders' group and park users; this went from strength to strength and improved our image in the area.

Due to shortage of free capital over the previous few years a fund has been set up to replace the Fiat Minibus which is 9 years old. The target is 35K and £9k has been raised to date. During the period all the members attended many activities to reduce their loneliness and social isolation, all run by our dedicated volunteers and staff, with support from the AVSED Board.

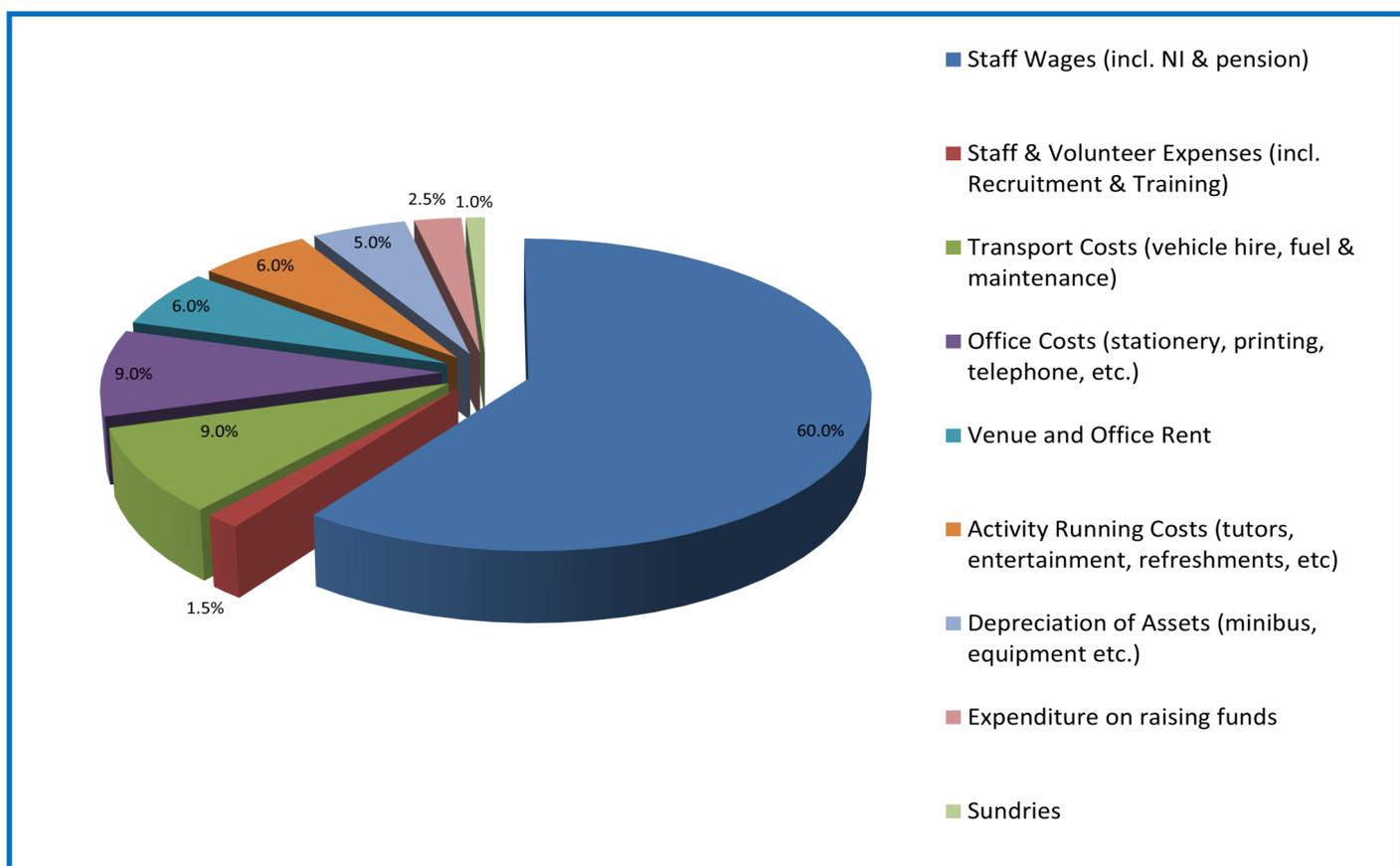
Sarah Lunt, PCM, has moved on to pastures new with the Local Care Partnership after 11 years guiding the direction of AVSED. We have appointed Debbie Fawthrop as PCM who has been working in the third sector and will bring a new insight to our many activities, plans and projects.

Finance

Annual Income 2019/2020 - £ £238,425



Annual Expenditure 2019/2020 - £209,696



What a Busy Year We've Had!

Our members have continued to enjoy our regular Social Centres on Tuesday, Wednesday and Thursday afternoons, the Coffee and Company on Wednesday mornings plus the Chair Based Exercise sessions and Tai Chi classes. Our volunteers do a wonderful job of hosting and helping at all of these, and we know how much our members value what they do.

In addition to these weekly events, our calendar has been filled with trips and meals, entertainment and talks and clinics and classes - not to mention our new monthly Intergenerational Community Café...it's been non-stop!

AVSED is proud to be able to offer a wide variety of support to all our members, from pastoral care phone calls to befriending, general advice and form-filling to advocacy and appointment support. We can provide transport, do odd jobs in the home, deliver fish and chips on Fridays and help with shopping. We offer memory loss services and support, referrals and signposting to appropriate agencies and help with Mobility Aid Loans. We give health, wellbeing and carer support and keep all our members informed through the publication of 4 newsletters a year, a regularly-reviewed notice board with up-to-date posters and our wonderful website which has had a major re-design this year.

We are grateful to the generous partners who have worked with us this year and extend our thanks for their support.

Morrish Solicitors LLP ran 'Spring Clean Your Will' and raised £100.00. They also attended several of our clinics to give advice to our members.

Aireborough Childminding Group sadly closed - which opened up Thursday mornings for us to hold the Community Café downstairs. The group had always supported us by inviting us to join them on special occasions - and we are delighted that the individual childminders now come to the Community Café, continuing the invaluable links between the children and our members - and are keen to keep up this involvement and to sing for us, which our members love .

A Social Worker from Leeds Adult Social Care held an open session on the 1st Wednesday of each month until the Autumn. This was extremely beneficial for our members and we hope this is something that can be revisited in the near future.

With the generous funding from our local GPs - Aire Valley Surgeries, Yeadon and Guiseley Medical Centre and the Park Road Practice - we have been able to host a variety of Health and Wellbeing activities and clinics across the year.

In March 2020 the coronavirus pandemic hit the country and the government enforced a lockdown and shielding programme. AVSED closed all group activities and began a service of helping members be safe at home. We signed up to help the whole area and became the Community Hub for Aireborough, helping those shielding to access food, medicine and supplies. We have continued to support members in different ways and adapted quickly to a ever-changing world.

Here's a Year in The Life of AVSED....



In April we had a trip to Leeds Bradford Airport for an excellent guided tour of the Fire Department - ID was required!



May found us at Kirkstall Abbey Museum exploring their re-created Victorian streets.

Shared Tables

Ran throughout the year at several venues - an opportunity for our more independent and self-transporting members to meet socially, enjoy a meal and establish friendships .



Thursday Open Sessions

These were launched in April and held every few weeks through the year. The Thursday Social hosted events open to all members who could self-transport, at a small charge. They have proved very popular.

On the bill we've had Emma James, Young at Heart, Foot Tappers, Terry Williams and Mitzi and Brian.

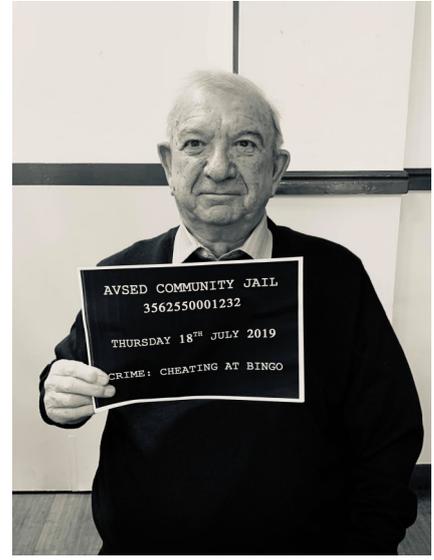
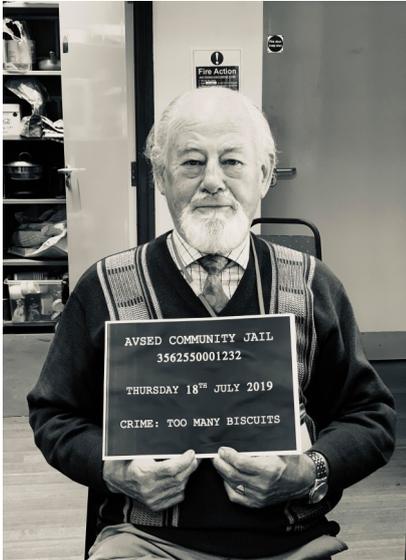
Pie and Pea Lunches have also been a big hit!

Smith's Garden Centre in Otley is always a popular trip and some of our members enjoyed an afternoon there in June along with plenty of shopping!



In the height of the summer, members enjoyed a meal out at Newsholme Manor. The Manor is a restaurant in Oakworth in a very pretty rural setting.

Who Durnit?!



On July 18th, Think Forensic visited us at AVSED and created a crime scene! We learned all about clues and evidence, how to take fingerprints and solve mysteries! It was great afternoon and one we won't forget.



Pottery Throwdown

On September 16th we had a visit to the Puffin Pottery in Otley, where we painted a variety of pots which were then left for firing. The finished creations were wonderful and everyone was really pleased with the results.

Movie Club

In December we started our own AVSED film club - showing a movie a month, with refreshments, on the 'big screen'...with popular titles like Downton Abbey, it's a great way for our members to see films old and new.

Our 2019 Christmas Fayre...

...was a wonderful success, supported by our members and their families and made possible by the hard work and help of our busy, creative, cooking, sewing and knitting volunteers. Thanks to everyone who put so much into this special event, we raised £2600.64 for the minibus fund. We had other festive events in December too: a Christmas Community Café, the weekday Socials' parties and some great entertainment!



Tong Garden Centre Trip

In November we visited the festive wonderland that is Tong Garden Centre at Christmas! Always a popular venue, with so many different departments and individual shops, our members did some Christmas shopping and enjoyed the café.

Make a Wish!

In our Winter Newsletter we enclosed a star which members could write their secret wishes on - and one of these was a ride in a Rolls Royce, wished for by Tom Atkinson! Tom's wish kindly came true courtesy of JCT600 who took Tom and two of his AVSED friends out for a drive in a Rolls Royce Phantom followed by a fish and chip dinner donated by Murgatroyd's. It was so wonderful to receive this support within our own community.



Volunteer Week Celebration

In June we celebrated Volunteer Week to recognise the hard work and dedication of the AVSED volunteers. We had a meal at Otley Golf Club and over 40 of our volunteers came along. We presented awards and prosecco for some of our long-serving volunteers, with Colin Wrigg picking up his 25 year service award!

Neil, our Treasurer, and Ken, our Chairman, gave updates on where we are as a charity, with a reflection on the last 12 months - and Sarah Rogers, the former Volunteer Manager, was our guest of honour and helped to present the awards. We cannot praise all our volunteers enough as without them AVSED would not be able to offer the amazing services we provide to our community. Thank you to our sponsors for the night, JM Glendinning.



Community Cafés



Our intergenerational Community Cafés have been a great success, held every first Thursday of the month and open to all—including well-behaved dogs on leads! In March, we were delighted to host a pilot Dementia Review Session for Aire Valley Surgery alongside the café, to which we invited various specialists. It means so much to have this community involvement and to open our doors to members, relatives, friends, families and children and to raise funds for our new minibus.



Student Visits

This year we offered work experience to Molly from Guiseley School, to Max from Zurich (yes, really!) and to medical students Hiba, Sam, Amina, Kate, Layna, Nayha and David.

Christmas Dinner Events



Several of our members and volunteers were delighted to be invited to attend the Lord Mayor's Christmas Dinner in Leeds and had a wonderful time.

The Rotary Club of Otley very kindly hosted a Christmas meal to which 30 of our members and volunteers were invited.

Our thanks to both organisations for their generosity.

Beginnings and Endings...

Stuart Andrew MP was on hand to open our newly-decorated accessible loo at our very first Community Café!

We have also been having regular visits at the Café from our local PCSOs who pop in for a chat and are happy to help with any local issues and questions (and to try our delicious home made cakes!).



In February, we got together with staff and members old and new to say a sad goodbye to Sarah as she left us for pastures new. Here's the team on the day, just before Sarah had to go to attend an evening conference in her new role!

We will all miss her and wish her the very best for the future. We know we'll still see her though, as we'll be working closely with her from now on.

A Full Year of Health and Wellbeing Events

A generous grant from our local surgeries— Aire Valley Surgeries, Yeadon and Guiseley Medical Centre and Park Road—has enabled us to offer a variety of Health and Wellbeing Activities over the whole year, mostly held on a Monday afternoon. The funding enabled us to bring in specialists, buy materials, provide refreshments and offer transport. All courses and activities were open to all patients at the surgeries as well as our members - and we issued a quarterly news sheet to the surgeries for them to display and put online. We also ran some clinics with the funding - and extend our thanks to the surgeries for their amazing support. Here are the events we held for Health and Wellbeing.

In Dying Matters Awareness Week (May), Ruth at **Full Circle Funeral Directors** kindly held an evening's talk at her premises to 'demystify' the processes around funerals and cremations.

On June 3rd, the **Red Cross** came to teach members and volunteers alike the principles of basic First Aid - participants received a skills pack and a certificate.

Across three Mondays in June and July, we were able to offer the very popular **IT Training** course. This covered First Steps Using a Computer, Keeping Safe Online and Device Advice. Participants were encouraged to start using their GP's online services and access other services such as food shopping etc. This course proved to be very popular and we ran a follow-up over three Mondays in October and November.



Becky from **Season Well** gave us three wonderful cookery demonstrations in July and August, returning for extra helpings in February!

Members chopped, stirred and laughed their way through a variety of delicious and nutritious recipes that they could easily make at home, with advice on cooking for one and using leftovers.

Everyone enjoyed it!

A Full Year of Health and Wellbeing Events

Writing for Relaxation

We ran several of these sessions over the year—the emphasis being on an informal group where we did some prompt exercises followed by time to write, then shared if people wished. It opened up some nice conversations and people enjoyed the challenge of writing on different topics.

Painting for Pleasure

This very popular session, open to all levels of ability, was a monthly event. We concentrated on watercolour, but some people preferred to work in pencil or to colour in and some brought their own projects along. Relaxed and encouraging with a background of gentle Classical music, this workshop was enjoyed so much, it will be offered throughout the next year.



Singing with Melody

Melody came in September and December to get us all singing - and we loved it! She will be with us once a month from now on.



Incredible Orchard Walk

Becky from Season Well came to give us a guided tour of the Friends of Nunroyd Park's Orchard in September.



A Full Year of Health and Wellbeing Events

In September, we held a **Dementia Support Café** in conjunction with Leeds Adult Social care as part of Dementia Awareness month. We were fortunate to have the support of several services, which offered a wealth of advice about issues surrounding dementia: our social worker, Angela; Ruth from Full Circle; Care and Repair; Carers Leeds; Leeds Directory; Presto; Andrew Firth (memory support worker); Morrish Solicitors.



We held two **Flu Clinics** in October in conjunction with Aire Valley Surgeries, Park Road Surgery and Yeadon Medical Centre. We combined these with Winter Wellness and were joined by Leeds Directory, Morrish Solicitors, Carers Leeds and Wiltshire Farm Foods. These clinics enabled the nurses to reach a wide audience with the flu jab in a short time and in a relaxed atmosphere where people could have a cuppa, a biscuit and a chat.



Mind Your Step was our **Falls Prevention Clinic** in November. Our own Danielle held a short chair-based exercise class and we were joined by Care and Repair and Morrish Solicitors.

Pamper Time was held in December to provide a little Christmas relaxation! Bookings were taken for Chiropody, Reiki or a Manicure. The afternoon was enjoyed as our visiting medical students joined in and set up a dominoes game for people waiting for appointments.

Mindfulness and relaxation were the order of the day when Kate returned to run her **LifeSPA** course, over 6 sessions in January and February. She concentrated on ways to cope with stress, live healthily and well in the later years, sleep more easily and get the most out of life.

Funding and Fundraising



We crashed through our 2018 to 2019 target when the mercury hit £20,000 - a great big thank you to everyone who helped! Here's our office volunteer

Julie celebrating our success!

This year saw the beginning of our epic Fundraising initiative to reach £35,000 for a new minibus. We're calling it Minibus Madness - and one of our members, Cora, came up with the fantastic idea of 'Cora's Coppers'. We started off with a giant whisky bottle but we have now swapped that for a large Perspex box...and we keep having to bank the contents! It's amazing how quickly the pennies (and pound coins and notes) add up...so thank you, Cora, for your wonderful idea.



Wonderful news this year was that April saw the start of our 3 year National Lottery Funded Project, Connecting Aireborough. This year, we concentrated on developing our activities to meet the needs of all our members and on planning the development of our outside space to enable our members to access the park and enjoy the greenery and fresh air!

We have been working with Leeds Council on the plans for this and have been fortunate enough to secure a grant through them of over £7000 to cover the full cost of widening the paved area, reinstating and making new pathways to the lake and clearing some of the undergrowth to make access possible. Work will begin in Spring 2020 and we have plans to further fundraise next year so we can build beds and establish seating to make this a lovely place to sit in warmer weather.

We also successfully applied for a National Lottery 'Awards for All' Grant. £9,400 has enabled us to develop our exciting new website, purchase a laptop for outreach and remote working, develop our marketing strategy and access help with the development and evaluation of AVSED.

2019 to 2020 has been a year of growth and change at AVSED and we will continue to work towards meeting the needs of the over 60s in our local community.

Funding and Fundraising



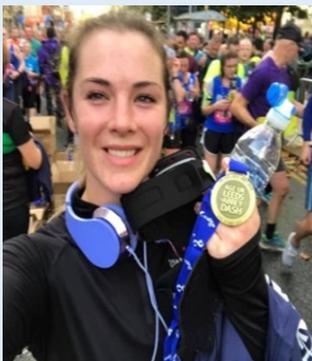
The Guiseley Community Foundation Charity beer festival raised £1200 for AVSED! AVSED's Chair, Ken, is pictured (left) with Lord Mayor Graham Latty and recipients from other local charities.

Sarah visited Billing Belles WI (centre) where President Alison presented her with a cheque for £500!

Guiseley AFC presented us with a cheque for £666.66 (right) when they successfully reached the first round of the FA Cup, receiving £2000 donated by the FA to share between three local charities of their choice.

Thank you SO MUCH to everyone who supports us with donations. Every pound you give makes a difference to everything we do.

Volunteer Nicky and Chair Based exercise Tutor Danielle ran the Abbey Dash 10K for us in October and raised an amazing £406.75 for our minibus fund through generous sponsorship.



In December we were treated to a concert at St Oswald's Church, Guiseley featuring the H.U.M. Gospel choir with guest singer Sarah Lunt!

£543.53 was raised on the night, which was shared between ASVED and local charities.

Our Volunteers

It has been a busy year for our volunteers with lots of new people joining our team from the local community and beyond.

We have had 30 new volunteers start with us in varying roles from Minibus Driver, Befriender, Minibus Escort, Social Centre Volunteer, Community Café helper and Ad Hoc volunteering to help out at varying sessions when needed. This takes our total number of active volunteers up to 95!



Volunteer Numbers

This year there have been 30 new volunteers at AVSED, covering many roles.

This takes our total number of volunteers up to 95.

City Response

In March we partnered with Leeds city Council and Voluntary Action Leeds to be part of the Community Care Volunteering scheme across the city.

Over 400 temporary volunteers were introduced to AVSED to help with the coronavirus shielding response. Helping us to provide shopping, prescription deliveries and essential supplies to families within the Aireborough area.

*Remembering those friends we have
sadly lost this year*

Pat Anderson
Betty Bradley
Harry Coultas
Peggy Mulligan
Doreen Slater
Peter Waterworth
George Hall
Annie Burkitt

Thank you

to all our supporters, funders and advisers.

We hope to continue working with you in the future
and look towards a bright, happy and safe

2020/2021

