



The Umbrella Club

Working to promote
Inclusion and
tackle barriers



Our **Umbrella Club** is a welcoming and **friendly inclusion** group - open to **AVSED** members with varying support **needs**, including memory loss, **sensory** impairment, low-level personal **care** needs, mental health, and mobility. The group can **support** members with long term **health** conditions, physical, emotional, and social difficulties with the support of a trained facilitator, **dedicated** care staff and a team of caring volunteers. **Supporting** you to explore your own **individual** needs and providing respite support for carers.

WHAT IS INCLUSION?

Here at AVSED we want everyone to be able to enjoy living and ageing well in our community. Often barriers are placed or built around people, stopping them being able to access or participate in activities that can help their general wellbeing. Our aim is to overcome these barriers and help you develop a meaningful plan for accessing and enjoying all that AVSED, the local community and our city has to offer.



Inclusion means different things to different people at different times and changes according to your personal needs. In general, it means to be, and to feel part of, something and be able to access opportunities and resources when needed - regardless of any ability/disability, condition or health issue.

AVSED listens to you and understands your needs. We do our best to support what you want to achieve and work to ensure we offer activities that can promote choice and independence. Our inclusion group can look at many barriers and how to overcome them.

WHAT TO EXPECT IN THE GROUP

Our Umbrella Club is open to AVSED members who are identified as needing additional support to access or participate in activities. Our Inclusion Lead will contact you to discuss the group, your needs and invite you to the club. The aim of the group is to offer a regular, fun and friendly session to stimulate and engage participants, who could find regular groups and services inaccessible or unsuitable. Participation, friendship, and conversation are the focus of all sessions.

The club takes place at Nunroyd Pavilion and meets every week on a Friday 12.00 – 2pm. The cost is £6 per person and includes all activities and a light lunch. We have an accessible minibus offering door-to-door transport costing £4 per person.

Each session is 2 hours and starts with a short, seated exercise routine, based on the 'Love to Move' exercise programme. Then on to a light lunch, followed by stimulating and meaningful activities incorporating favourite games, hobbies, and interests. The session features all the great bits of AVSED under one inclusive group.

The Umbrella Club is part of AVSED's 'time apart' programme. We have dedicated volunteers who are nurturing and supportive, and experienced staff facilitating the group - plus the support of a trained personal assistant on hand. All providing bespoke support to ensure you have every opportunity to participate and enjoy the club.



TIME TOGETHER -TIME APART

AVSED's new approach to supporting more people in our community. Suitable for those in a carer & cared for situation – particularly around dementia/memory and other long-term health conditions.

The theory is around supporting both the carer and cared for and offering a wrap-around programme that is suitable and feasible to access for both parties, promoting the benefits of spending time together and time apart, and ensuring the facilities and logistics to do so are available. AVSED offers meaningful activity and support for both to nurture sustainable interaction and participation:

Time Together – Comfortable space in groups that are welcoming, inclusive, and understanding of needs, with trained staff/volunteers.

Community Café & Nunroyd Perk
& Independent Trips

Time Apart – A range of activities that provide varying levels of support from low-level help, one-to-one assistance, to PA facilities.

Providing respite to carers, and a safe/supported space for those cared for, to explore their own interests & needs.

Memory Matters & Inclusion Group
& Extra Care Trips.



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

JOIN US AT:

Nunroyd Pavilion, Nunroyd Park, Yeadon, Leeds LS19 7HR
info@avsed.org.uk • 0113 250 1702

www.avsed.org.uk

Registered Charity: 1165792 Limited Company: 09882948



AVSEDest1992



AVSEDest1992



AVSEDest1992