



# Newsletter

## Winter 2025 Edition

Supporting Aireborough Seniors

### Front Page News

#### **Welcome to AVSED's Winter Newsletter!**

As the seasons change and the temperature drops, we all want nothing more than to curl up in the warmth and stay cosy. While staying warm is essential, it's equally important to stay connected with family, friends, and your community.

Socialising, even in colder weather, can lift your spirits and keep you feeling supported.

If the weather takes a turn for the worse, AVSED staff are here to help. Please don't hesitate to give us a call - we're ready to help in any way we can. Each day, we'll assess the weather conditions, and if it's too dangerous to hold group sessions, we'll

let you know as soon as possible.

It's a good idea to stock up on essentials, just in case. Also, take a moment to check in with friends and loved ones, ensuring everyone is staying safe and doing well. Staying in touch is more important than ever!

Most importantly, take extra care of yourself this winter. Try to enjoy the festivities and celebrations, even if they look a little different this year. We wish all of our members a joyful and peaceful Christmas, and we look forward to seeing you again in 2026!

#### **Annual General Meeting**

In early November, we held our AGM, and what a wonderful afternoon it was! The main hall was full to the brim with members, volunteers, friends, staff, and supporters - all coming together to celebrate AVSED's achievements over the past year.

And what a year it has been. We officially took over the running of Greenacre Hall, opened AVSEDplus, our dedicated dementia support service, launched our new lunch club, and welcomed more than 120 new members, bringing our total membership to over 900!

During the AGM, we heard from our leadership team, who shared an honest update about the challenges ahead. With several major funding grants coming to an end and operational costs rising, the coming year will require careful planning and community support. To help secure our future, we have launched Friends of AVSED, a monthly direct debit scheme. (See page 8 for more info on how you can get involved.)

We also heard heartfelt reflections from staff, a volunteer, and one of our members. They spoke about what AVSED means to them - a caring and supportive workplace, a charity that values its volunteers, and an organisation that provides enjoyable activities and events. Member Sheila shared her experience of making new friends, trying new things, and feeling truly supported by AVSED. She even treated us to a beautiful poem written especially for the occasion.

Contact the office to receive a copy of our Annual Report or financial papers.



#### **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 page 5 and the very popular trips on page 10, plus there is a handy calendar on the back page.

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

# AVSED News

## **Member's Survey**

Every two years, we conduct a survey of our groups and services. This helps us make sure we're delivering the right activities to the right people and gives us valuable feedback and ideas about what's working well and what could be improved.

This year, we're encouraging as

many members as possible to take part. To make it even more exciting, we've partnered with Senior Stairlifts, who have kindly donated a £50 cash prize.

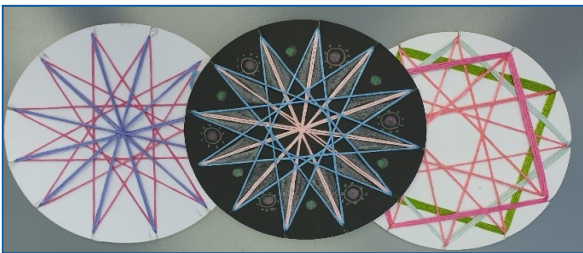
Everyone who completes the survey will be entered into a prize draw!

You can complete the survey anonymously if you prefer. We

value your opinions, suggestions, and support – they help us shape AVSED's future and make the right changes for our community. Your survey is included with this newsletter. Please return it to the office before 31st January 2026 to be entered into the draw.

**£50 Cash Prize to be won by one lucky member!**

## **Flowers of the SKIPPKO Sky Winter Project**



Get creative this winter with our 'Flowers of the Sky' project! In partnership with SKIPPKO arts. We will provide the materials and step-by-step instructions to make 3 beautiful flowers. You keep one flower to hang at home and return two to AVSED by 16<sup>th</sup> January. We will forward them to SKIPPKO, where they will be added to a fabulous display of multiple flowers made by people from Leeds.

## **AVSED Sales**

We've had great feedback about our walking stick holders and still have some available.

**Walking Stick Holders** – Price: £5.50

**AVSED Pens** – Price: £2.00

**Thermals** – Limited stock left

Available from the AVSED office or at our Community Cafes.

## **TIP TOE Project**

AVSED is still recruiting for the TIP TOE Project!

The TIPTOE study is funded by the National Institute for Health Research and aims to test if the TIPTOE support programme helps people aged 65 years+ have the knowledge, skills and confidence to live well with joint pain and additional health conditions.

To find out more, or register your interest, contact Ella or Judith.

## **Volunteer Thank You**

Thank you to volunteers for over 10,500 hours in the last 12 months. Our groups and services could not reach as many people without your support.

## **Let's Do Lunch with AVSED: Celebrating Our First Anniversary**

What began as a response to our members' survey asking for a food provision has blossomed into something truly special.

Every Wednesday, members enjoy good company and a delicious two-course lunch, along with fun games and catching up with friends.

Over the past year, 1,060 meals have been served – thanks to our onsite cook and extraordinary volunteers!



To find out more, and to join us in the new year, contact the AVSED office.

## **Members' Forum**

The AVSED Members' Forum is your chance to share ideas, feedback, and suggestions to help shape future activities and events.

- Open to all AVSED members
- Meetings held quarterly

Bring your thoughts on activities, trips, services and all AVSED matters.

Contact the AVSED office for more details or to join the next forum on

Monday 30<sup>th</sup> March 2026, 2pm – 3:30pm

## AVSED's Memory and Inclusion Corner

Autumn has brought an array of entertainers to our groups.



At **Umbrella Club**, we enjoyed an afternoon of singing with Terry, who treated us to many favourite songs from “yesteryear.” During the festive season, we enjoyed Colin on keyboard, welcoming children from local primary schools, and Richard’s guitar medley.

This quarter’s themes have included *Blue Peter*, the final commercial flight of *Concorde*, and *World Television Day*. Our TV-themed discussions sparked lovely memories – many people recalled first getting a television set for the Queen’s Coronation.

As we left autumn behind, attendance at **Memory Matters** continues to grow. Getting to know each other in a safe, calm space is key to building confidence and communication, allowing new friendships to blossom.

We were delighted to welcome musician Richard, whose guitar session gave us plenty of opportunities to reminisce and sing along together.

Our monthly **Memory Café** brings members and supporters together to enjoy shared space, delicious cakes, and friendly conversation.

Recently, participants have enjoyed a variety of

reminiscence quizzes and even farmyard bingo! In November, Deborah from *Musical Moments* filled the room with music, fun and laughter. Come along and enjoy time together in the company of others.

Our exclusive **AVSEDPlus** activity service starts each day with a warm welcome followed by a gentle group activity to wake up our grey cells. We then focus on physical wellbeing with a friendly seated exercise session, before warming up our “tone-tingling, larynx-stretching” voices with singing that reflects our seasonal and reminiscence themes. Lunch is always a highlight – cook Rebecca gathers all our suggestions and transforms them into delicious meals, shared around the table with plenty of chatter. Afternoons bring creative activities, social stimulation and themed projects, followed by a much-loved afternoon tea.

“Over the last three months, we’ve celebrated the arrival of autumn, Diwali, Halloween, Bonfire Night, and Remembrance Day. We completed a beautiful Diwali rangoli collage and were proud to contribute handmade tree decorations and cards to AVSED’s Christmas Fayre.

We’re also pleased to welcome Lynn from Guiseley Community Foundation, who leads our seated exercise sessions twice a month – bringing a mix of engaging activities, including boxing!

Our monthly party days continue to be a hit, with a variety of entertainers and a tasty party buffet.

Looking ahead, we will be celebrating **AVSEDPlus’ first birthday in the New Year!** It has been a privilege to lead the group over the last six months – getting to know members and their families, and watching friendships flourish. I’m busy planning lots of exciting things for spring 2026.” *Gina*

**Do you know someone who could benefit from AVSED+?** We’re planning to open a third day later next year – please get in touch to secure your place.

AVSED welcomes everyone – there’s always someone to talk to and always a new friend waiting to be met. Feeling safe, relaxed, and connected is so important. Many of our members enjoy recognising familiar faces at different groups, events and around the community, giving a warm sense of belonging.

If you’re experiencing any concerns about your memory, please reach out to our friendly dementia team for support and reassurance.



For any advice, support or information on memory, dementia and inclusion – please contact our Dementia and Inclusion Coordinator, Judith.



### **Dates for your Diary**

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

	<i><b>Mondays</b></i>	<i><b>Wednesdays</b></i>
<i><b>Wk1</b></i>	5/1 - 2/2 - 2/3 Super Social	7/1 - 4/2 - 4/3 Memory Matters & Shared Tables
<i><b>Wk 2</b></i>	12/1 - 9/2 - 9/3 Trips	14/1 - 11/2 - 11/3 Memory Café & Men's Matters & Digital academy
<i><b>Wk 3</b></i>	19/1- 16/2 - 16/3 Prize Bingo	21/1 - 18/2 - 18/3 Memory Matters
<i><b>Wk 4</b></i>	26/1 - 23/2 - 23/3 Community Café	28/1 - 25/2 - 25/3 Men's Matters & Digital academy

### **Xmas Shut Down**

All activities and services will be closed from Monday 22nd December to Friday 2nd January.

### **Easter Shut Down**

All activities and services will be closed from Friday 3rd April to Friday 10th April.

Limited staff will be available for emergency support during the shut down weeks, except for Bank Holidays, when the office is also closed.

***Enjoy your seasonal celebrations!***

### **Community Café**

Once a month, on the **fourth Monday**, we open the doors of Greenacre Hall to the whole community. Come along - bring friends and family - for a warm, friendly, community-spirited afternoon. Each month, we serve fresh coffee and delicious homemade cakes. You can try your luck on our popular tombola, chat with AVSED staff, book upcoming trips, and pick up useful information. We're also regularly joined by local councillors, as well as occasional guests offering services, advice, or activities of interest. The Café also hosts several of our annual events, including the Winter, Dementia, and the Ageing Well Roadshows. Why not join us in the New Year?



### **Member Absences**

If you cannot attend your regular activity, please contact the AVSED office to let us know. This helps us plan activities, catering and transport and stops us worrying about you!

This time of year can bring all manner of coughs, sneezes and nasty bugs, so please stay at home if you are not feeling well and stop the spread within our groups.

### **Fish & Chip Delivery**

We have space on our regular Friday delivery routes. If you would like hot fish & chips delivered to your door, contact the office to book. Please cancel your order by Wednesday if not needed.

### **Prize Bingo**

Every month we have a full afternoon bingo bonanza - lots of prizes up for grabs and a cash flyer too. Join us for some lucky numbers on the **third Monday** of each month 2.30pm.

### **AVSED Reviews**

We are now halfway through our review process. Next, we will be asking for your thoughts in the members' surveys and taking a closer look at our transport services and pricing. We understand that changes - especially price increases - can be challenging for some members. However, with rising costs across the organisation and the growing need to support more people every day, we must carefully consider all options. Our priority is to maintain the regular AVSED services you rely on, ensuring they continue to meet members' needs and provide the best quality services possible.

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

## **Super Socials**

Following our last members' survey requesting more socials and parties, AVSED launched Super Socials in 2025, which have been a huge success!

We have increased capacity and extended the times for more fun in 2026.

### **Annual Big Fab Quiz**

Monday 5th January  
2:00 pm – 4:30 pm  
(doors open 1:45 pm)

Tickets: £10.00 includes:  
Entry, pie & peas, and a chance to win the champions trophy!  
Cash & prizes to be won.  
Extras: Raffle (£1 per ticket), limited transport, and dietary requirements need to be confirmed.

Teams of 6. No team? Don't worry – we'll team you up



*Picture of the winning team in 2025*

### **The Time Warp**



Monday 2nd February  
Time: 2:00 pm – 4:30 pm  
(doors open 1:45pm)

Ticket £10.00 includes:  
60's & 70's inspired live entertainment, welcome drink, food and photo prop.

Step Back with Time Warp:  
60's & 70's themed afternoon.  
Live music from local band playing all the favourite hits to get you singing along and dancing.

Fancy dress optional!

### **Irish Party**

Monday 2nd March  
2:00 pm – 4:30 pm  
(doors open 1:45 pm)

Ticket £10.00 includes:  
Welcome drink – what's your tippie? Delicious Irish Stew & soda bread, live music from Mat Walklate's Irish singing duo and award-winning Irish dancers.



Celebrate all things Irish, test your luck on the pot of gold game and have a great afternoon full of good music, good company, dancing and AVSED craic!

### **Join our FREE Dementia Friends Session!**

Want to understand dementia better and learn how to support people living with it in your community?

Our Dementia Friends session is a relaxed, interactive workshop that helps you gain simple, practical knowledge and confidence to make a real difference.

Whether you're a volunteer, family member, neighbour, or just curious, this session is for you. Small actions can have a big impact, and it starts with understanding.

Wednesday 18<sup>th</sup> February  
Greenacre Hall, Rawdon, LS19 6AS  
14:30 – 15:45  
Free to attend  
Suitable for all

Let's build a more dementia-friendly community, together.

### **Digital ready**

The deadline for switching off all analogue telephone lines is fast approaching – are you prepared?

AVSED can help you get digitally ready. We have mobile phones available for anyone who needs to change their service or begin using a new device (Free). We also have Jengala Boxes available free of charge. These handy little devices allow you to access the internet for a trial period with no cost and no contract. They're designed to help you get started while you decide what digital services you'll need in the future.

Our digital befriender can help get you up and running. If you need support with digital awareness, please give the team a call. Let us help you get online – connected, confident, and up to date. Contact the office for more information.

## *Aireborough Together Community Walks 2026*

Join Aireborough Together, our Community Anchor, on some short walks around the local area. No need to book, just meet at the starting point before the time stated.

These 30 – 45minute strolls are more for the company and conversation whilst out in the fresh air, supporting our wellbeing together.  
(Jan inside for weather )

<i><b>DATE</b></i>	Mon 12th Jan	Mon 2nd March	Mon 11th May
<i><b>TIME</b></i>	9.15am	9.15am	9.15am
<i><b>HOST</b></i>	Guiseley Theatre	Friends of Parkinsons Park	AVSED
<i><b>START POINT</b></i>	An inside tour of the theatre, The Green Guiseley	The farm gate on Kelcliffe Lane	Greenacre Hall

### ***Welcome Spaces***

AVSED is the lead organisation for Aireborough Together, our local community Anchor. As part of this work, we support Welcome Spaces across Aireborough – venues that provide a friendly welcome, a hot drink, and advice and information to anyone in need, completely free of charge. These spaces can also help connect you with the right organisations to support your needs.

Greenacre Hall is one of our Welcome Spaces, and there are others available locally as well. For more details, please contact the office.

### ***Aireborough Milkman***

AVSED is proud to support local businesses, and have used The Aireborough Milkman this year. We're thrilled to share that they are now supporting AVSED in return by providing all the milk for our groups and activities – delivered fresh to our door, completely free of charge, for a whole year. Generous gestures like this make a real difference to our charity, saving us several hundred pounds in essential supplies. Please take a look at the leaflet included to learn more about their service, and consider supporting a local business while enjoying fresh milk delivered to your door.  
Thank you!

### ***Crossword Provided by Senior Stair lifts***

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I D S H P Z W Q X B L T W U S E E A
H N E B D I L V U X A P C Z Y Y G D
L B D S Q E H K Y T I L I B O M E L
E T G E V H Z S C U S W H S J Q J M
V Y L W P A B L D S U E S E T B V G
I V T V D E Y Q E N Z C T N Q N P U
T G O A H T N N X Q E P A I C W B E
S P G E E G I D E S C I I O G N N C
E X Y F I P Q C E V L N R R V Y H E
F J A F P I L J Q N X V L F L R R C
G S T A X L A H V W C H I R I X P A
R W H I T J C B T S Q E F S W F L E
K W R D S K F L R P D K T E J T G T
S Q J N C R A I L Z I M U K K O V W
Y A K L A O U X H Y A H D G B V Y X
W P N E Z Z G Q W S C V Z R E X U O
P J V T L U J S D X X E I Y Q M P L
K G L K A I L V H W C U E O N X H Y

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Can you Find these words?

Independence  
Stairlift  
Christmas  
Mobility  
Festive  
Avsed  
Safety  
Friendship  
Rail  
Santa  
Gift  
Senior  
Elf  
Joy  
Happiness

Words can go in any direction.  
Words can share letters as they cross



# Funding News

## *Become a Friend of AVSED and donate today*



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

- Stay independent – get out, shop, and attend events and appointments.
- Be fit and healthy – join exercise and wellbeing groups.
- Stay connected – enjoy social activities and friendship support.

Loneliness and isolation can affect anyone, but for older people, the impact is 75% more likely to be harmful. Your support helps us combat loneliness one person at a time.

Friends of AVSED is our new fundraising platform, helping us build a sustainable future in challenging times. Big funding is hard to secure, but small, regular donations make the biggest difference.

Your support allows us to:

- Plan ahead with confidence.
- Respond to changing needs.
- Sustain services for the long term.
- Do what we do best

Every donation helps us:

- Reach more older people.
- Keep Greenacre Hall open.
- Provide door-to-door transport.
- Provide our groups and services.

Spread the word our new leaflet is included in this newsletter, sign up today, tell your friends and family about AVSED and how they can support us.

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

## *All we want for Xmas 26*

As many of you know, we have been developing our food provision service over the past year. We have now reached a crucial turning point: our current domestic kitchen can no longer meet the growing demands on Rebecca, our cook, nor support the level of service we aspire to provide. To expand our offering – both in quality and capacity – we need to fully refurbish the kitchen into a functional commercial space that can meet our operational needs.

The cost of this refurbishment is significant, and we are currently exploring funding options to help us begin the work in 2026. 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.







## What is Lasting Power of Attorney and why is it important?

A Lasting Power of Attorney (LPA) is a legal document that allows anyone over 18 (the donor) to appoint trusted individuals (attorneys) to make decisions if they lose mental capacity. There are two types of LPA:

- **Health and Welfare:** Attorneys can decide on medical treatment, care arrangements, and where you live. You may also choose whether they have authority over life-sustaining treatment.
- **Property and Financial Affairs:** Attorneys can manage bank accounts, pay bills, buy or sell property, and handle debts. This LPA can be used immediately after registration or only if you lose capacity.

You must have mental capacity to create an LPA, confirmed by a certificate provider. Once signed, it must be registered with the Office of the Public Guardian (£92 fee). Health and Welfare LPAs only apply after loss of capacity.

## What are the benefits of having an LPA?

- **Control over your affairs:** You choose who will manage your financial and personal matters, ensuring they are trustworthy and capable.
- **Guidance for attorneys:** You can include preferences and instructions in your LPA, which your attorneys must follow.
- **Avoiding financial limbo:** Your attorneys can handle essential tasks, such as paying bills, ensuring your affairs continue smoothly.
- **Business continuity:** Your attorneys can manage business accounts and make decisions in your best interest and that of your business.
- **Cost and time efficiency:** Without an LPA, the alternative is applying to the Court of Protection to appoint a deputy, which is a lot more time-consuming and expensive than having prepared an LPA in advance.















**Talk to us today about Lasting Power of Attorney. Our wills and estates team is based on Yeadon High Street.**

**m MORRISH  
SOLICITORS LLP**



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

# AVSED - Trips

	<b><u>Independent Trip</u></b> <ul style="list-style-type: none"><li>• For fully independent members who do not need support beyond companionship.</li><li>• Venues may have uneven surfaces, stairs, or limited access.</li><li>• Carers can attend if extra support is needed.</li><li>• Full-day trips; members meet at a designated pick-up point.</li></ul>			
 	<b><u>Supported Trips</u></b> <ul style="list-style-type: none"><li>• For members needing some support (light assistance, wheelchair, companionship).</li><li>• Shorter day trips with accessible venues.</li><li>• Limited spaces to meet members' support needs.</li><li>• Members are picked up and dropped off at home.</li><li>• Trips are roughly a 30-minute journey radius after collection.</li></ul>			
<b><u>Murgatroyd's</u></b> Monday 12th January		Pick-ups from 10.30am	Cost £4 Transport only	<b><i>Waiting List</i></b>
<b><u>White Rose Centre</u></b>  Monday 9th February		Pick-ups from 9.30am	Cost £8 Transport only	White Rose Shopping Centre is a large, two story shopping destination, all under cover, with plenty of seating – offering a wide variety of stores, restaurants and a cinema.  There is also a mobility shop on site for renting a scooter.
<b><u>Dick Hudsons</u></b>  Monday 9th March		Pick-ups from 9.30am	Cost £8 Transport only  Meal Extra	Visit a favourite AVSED member venue, known for its rustic charm, cosy atmosphere, and traditional pub food. Enjoy a relaxed midweek lunch from the special menu: Two courses – £18.95. Three courses – £22.95.
<b><u>Sunny Bank Mills</u></b>  Friday 27th March		Meet at AVSED 9.30am  Set off 9.45am prompt	Cost £17 Transport and tour	A tour of the museum and archives, includes the history of the site, the mill owners, workers, and historical collections. With free time to visit on-site art gallery and shop stocked with lots of lovely bits from independent makers, and a tearoom.
<b><u>Otley Garden Centre</u></b>  Monday 13th April		Pick-ups from 9.30am	Cost £8 Transport only	Otley Garden Centre features an extensive selection of indoor and outdoor plants, equipment and home wear. It also has Blooms Kitchen Restaurant, Pavers and Edinburgh Wool store.
<b><u>Princess Boat Trip</u></b>  Friday 24th April		Meet at AVSED 9.00am  Set off 9.15am prompt	Cost £39.50  Transport, boat trip and food included	It's back by popular demand! Join us as we hop aboard The Teesside Princess and set sail from Stockton to Yarm and back. Enjoy beautiful scenic landscapes and local wildlife, while relaxing with a delicious Afternoon Tea during the journey.

**Come and speak to the team for more information about trips and suitability.**

**Book your place and pay at our Community Café.**

Call the office to request your space - Booking opens **22nd December**



## ***Important Notice – Trip Funding***

You will have noticed that the cost of trips – particularly those with coach transport – has increased. Unfortunately, this is because subsidised funding for trips is no longer available. In previous years, Windmill Trust has generously provided funding to help subsidise costs and keep prices low. With this no longer available, the full cost of transport has increased the cost for members. We do all we can to get good deals and provide fabulous venues and destinations and we are always on the look out for new grants to support all our work including trips, if available in the future.

## ***How to Book a Trip with AVSED***

***Contact AVSED from the booking date by*** calling the AVSED office, visiting the Community Cafe or at designated times during activities.

***When booking we will ask about*** support needs, mobility aids required for the trip and any updates to personal details (e.g. next of kin, mobile number etc.)

***Once AVSED has confirmed your trip*** payment is due at the time or shortly afterwards to secure your place on an independent trip – AVSED will issue you with a receipt.

Confirmation of supported trips will be done 2 weeks prior to the trip date and payment is due on the day.

## ***Wheeled Walkers / Mobility Needs:***

If your mobility needs have changed and you require a wheeled walker on AVSED transport, please inform a member of staff. This ensures safe and comfortable travel on our minibuses.





# Activity & Events Calendar

## January

- ♦ Mon 5th - Stepping Up  
Super Social
- ♦ 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 - Stepping Up  
Community Café
- ♦ 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

## February

- ♦ Mon 2nd - Stepping Up  
Super Social
- ♦ Tue 3rd - Tai Chi  
Variety Club
- ♦ Wed 4th - Let's do Lunch  
Memory Matters  
Shared Tables
- ♦ Thurs 5th - Back to Basics  
Cuppa & Company
- ♦ Fri 6th - Umbrella Club
- ♦ Mon 9th - Stepping Up  
Trip
- ♦ Tue 10th - Tai Chi  
Variety Club
- ♦ Wed 11th - Let's do Lunch  
Memory Café  
Men's Matters  
Digital Academy
- ♦ Thurs 12th - Back to Basics  
Cuppa & Company
- ♦ Fri 13th - Umbrella Club
- ♦ Mon 16th - Stepping Up  
Prize Bingo
- ♦ Tue 17th - Tai Chi  
Variety Club
- ♦ Wed 18th - Let's do Lunch  
Memory Matters
- ♦ Thurs 19th - Back to Basics  
Cuppa & Company
- ♦ Fri 20th - Umbrella Club
- ♦ Mon 23rd - Stepping Up  
Community Café
- ♦ Tue 24th - Tai Chi  
Variety Club
- ♦ Wed 25th - Let's do Lunch  
Men's Matters  
Digital Academy
- ♦ Thurs 26th - Back to Basics  
Cuppa & Company
- ♦ Fri 27th - Umbrella Club

## March

- ♦ Mon 2nd - Stepping Up  
Super Social
- ♦ Tue 3rd - Tai Chi  
Variety Club
- ♦ Wed 4th - Let's do Lunch  
Memory Matters  
Shared Tables
- ♦ Thurs 5th - Back to Basics  
Cuppa & Company
- ♦ Fri 6th - Umbrella Club
- ♦ Mon 9th - Stepping Up  
Trip
- ♦ Tue 10th - Tai Chi  
Variety Club
- ♦ Wed 11th - Let's do Lunch  
Memory Café  
Men's Matters  
Digital Academy
- ♦ Thurs 12th - Back to Basics  
Cuppa & Company
- ♦ Fri 13th - Umbrella Club
- ♦ Mon 16th - Stepping Up  
Prize Bingo
- ♦ Tue 17th - Tai Chi  
Variety Club
- ♦ Wed 18th - Let's do Lunch  
Memory Matters
- ♦ Thurs 19th - Back to Basics  
Cuppa & Company
- ♦ Fri 20th - Umbrella Club
- ♦ Mon 23rd - Stepping Up  
Community Café
- ♦ Tue 24th - Tai Chi  
Variety Club
- ♦ Wed 25th - Let's do Lunch  
Men's Matters  
Digital Academy
- ♦ Thurs 26th - Back to Basics  
Cuppa & Company
- ♦ Fri 27th - Umbrella Club  
Trip
- ♦ Mon 30th - Stepping Up
- ♦ Tue 31st - Tai Chi  
Variety Club

***Easter Closure  
3rd to 10th April***

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