



Newsletter

Spring 2023 Edition

Supporting Aireborough Seniors

Happy New Year

As we approach the debated better weather, spring blooms and fresh horizons, AVSED has taken a look back at 2022 - and what an epic year we had! We embraced coming out of the pandemic and a new lease of life without masks and distancing! We are ever aware that Covid is here to stay and, whilst we have moved on, we must remain alert to changing rates of infection and new strains. Much like with the flu virus, we must continue to fight infection and keep safe.

There were lots of amazing celebrations at AVSED last year - including the relaunch of our service, a magnificent 30th party and our AGM. Here's to a brilliant 2023 with lots of new adventures ahead!

New Owners



For the past 3 years, we leased the Renault minibus with the support of

Frank Parkinson's Homes.

In February 2023, with funds raised by the AVSED 22 campaign and generous donations from members and supporters, including Cora's Coppers, we have purchased the bus and are now the full owners.

We are ending Cora's Coppers, as this fund was set up to help purchase the bus, and it feels right to recognise the hard work of Cora and the generosity of everyone who donated their spare change.

The pennies really do add up, and we will launch a new penny saving initiative very soon.

Thank you

The 966 Hopper bus

We were delighted to inform you that the Hopper bus is back.

Guiseley - Yeadon Circular 966

From Monday 6 March 2023

Monday to Friday

Guiseley Morrisons	0952	1052	1152	1302	1402
Ings lane Netherfield Road	0957	1057	1157	1307	1407
Moor Lane Moorlands Crescent	1001	1101	1201	1311	1411
Guiseley Morrisons	1005	1105	1205	1315	1415
Coppice Wood Crescent	1011	1111	1211	1321	1421
Yeadon Harper Lane			1217		
Yeadon Town Hall	0917	1017	1117	1327	1427
Haw Avenue	0919	1019	1119	1329	1429
Yeadon Town Hall	0924	1024	1124	1334	1434
Westfield	0930	1030	1130	1340	1440
Yeadon Town Hall	0939	1039	1139	1249	1349
Coppice Wood Crescent	0943	1043	1143	1253	1353
Guiseley Morrisons	0949	1049	1149	1259	1359

No Service on Saturday, Sundays or Bank Holiday Mondays.

Legal Advice

Alex will be available during our Nunroyd Perk café for support and advice with many legal matters. Book your appointment with the office. (Free)

Hello! My name is Judith and I am delighted to have joined the AVSED team as the Dementia & Inclusion Lead. I'm grateful to have received a warm welcome, which has helped me settle into the role. Please come and say hello if you see me.

Currently, for members experiencing mild to moderate dementia and their carers/family, we hold our Memory café - Nunroyd Perk - on the second Wednesday in the month, where we start by having a lovely chat/catch up over a cuppa and cakes with soft background music. This is then followed by a game of HOY and other light entertainment, finishing with a raffle. We are reviewing our other memory services. If you are affected by memory loss or dementia and would like to tell us what services you need, I would love to have a chat - please get in touch.



Each Friday we have our Umbrella group for members needing a little extra support due to varying inclusion needs. The group starts with gentle exercise to work up the appetite for a light lunch, followed by a variety of meaningful and stimulating activities, supported by our amazing volunteers ensuring *everyone has a brolly good time!*

We offer memory support, with bespoke guidance from early concerns through to diagnosis for members and their families, alongside our inclusion support services, to help tackle barriers and explore a needs-based approach in the community. I am happy to visit you at home to discuss your needs.

I work three days a week and my contact details are - email: judith@avsed.org.uk, telephone 0113 2501702, mobile 07596 196619.

AVSED will be taking part in Dementia Action Week during May:

We will be leaving our Forget Me Not seeds and info in our local parks. Please collect some on your strolls and get planting.

We will be out and about in the Aireborough community during the week - look out for our stall near you.

- ♦ Stall on display all week in Rawdon Library - collect information.
- ♦ Wednesday 17th May we are holding a Dementia Friends session at 2pm – 3.30pm at Nunroyd Pavilion - open to everyone, come and find out how dementia affects a person and how you can help.
- ♦ Thursday 18th: Stall at Aireborough Leisure Centre, 1.30 - 3.30, in the Library.
- ♦ Friday 19th: Stall at Yeadon Morrisons, 1.30 - 3.30.
- ♦ Monday 22nd May: Community Café 2pm – 3.30pm. If you have any questions about dementia, come along and ask, collect advice & enjoy a cuppa and cake.

News

Pre-Payment Meters

Since October 2022 the government has supported all households with the cost of electricity through the Energy Bills Support Scheme. All households are receiving £66 per month - this is paid direct to your supplier unless you are on a prepayment meter, in which case your supplier should have contacted you to tell you how the discount will be provided. Some households on smart meters will be credited automatically - others will have received a voucher, either electronically or through the post. Thousands of pounds have not been claimed on these vouchers and they have an expiry date. If you have vouchers, are not sure if you have received them, or need support, contact your supplier to make sure you get the discount before it's too late.

Voting Changes

From 4 May 2023 you'll need to show photo ID when voting in person in some UK elections or referendums.

Photo ID includes: a photocard driving licence or UK Passport, you may also use your photo bus pass or blue badge.

The photo on your ID must look like you. You can still use your ID even if it has expired. The name on your ID must match your name on the electoral register.

If you do not have photo ID, you can apply for a Voter Authority Certificate and you can still apply to vote by post in the normal way.

Call the office for assistance or advice if needed.

State Pension Changes

The State Pension is changing and the amount you can get will rise in April. Knowing what to expect from your Pension, and when you can expect to get it, can be an important part of planning your finances.

The latest change announced was the reinstatement of the triple lock, which will come into effect in the new tax year - starting on 6 April, 2023. It means that the State Pension will rise in line with September's inflation rate - 10.1% - which is the biggest ever increase to the State Pension. This was confirmed in last year's Autumn Statement and affects people eligible for the new flat-rate State Pension, which was introduced in April 2016, or the older basic State Pension.

The rise means that those qualifying for a full new State Pension will receive £203.85 a week (up from £185.15). And those who reached State Pension age before April 2016, who are on the older basic State Pension, will now receive £156.20 - up from £141.85.

The cost of living increases have made planning more important to ensure you have the essentials in place. If you are worried about finances, please speak to Stacey for advice on benefits, budgeting, energy savings and much more - help is available to support households in need with food, fuel and keeping well.

Around the World Update

Our groups and activities have enjoyed learning and exploring the culture of our nominated countries. So far we have seen the clogs, tulips and waffles of the Netherlands and enjoyed a fabulous trip to see the Van Gogh experience.



Picture of our Tuesday Variety Club volunteers enjoying the Netherlands.

We visited France during February and are now travelling to India in March.

We are delighted to have received postcards from Canada, Ireland, Tasmania, Spain, France, Lanzarote, Netherlands, Cornwall, Melbourne, Adelaide, Torremolinos, Wales...

Please keep them coming in - ask your travelling family & friends to send us a postcard and add to the collection.

Passport Project

This year AVSED has put together an Around the World themed project. This includes our post card project, craft/puzzle packs and themed activities around different countries in many of our groups.

What do I need to do? Get an AVSED passport and try to fill it up with as many stamps as you can throughout the year.

Where do I get an AVSED passport and stamps from? The AVSED office, ask staff, in an activity or at our Community Café.

How do you get a stamp? You can get a stamp for every attendance/involvement in a themed activity, contributions to themes, sharing knowledge/resources, sending a post card from abroad, etc.

Which countries are AVSED visiting?

January – Netherlands	July – America
February – France	August – Morocco
March – India	September – Japan
April – Australia	October – Mexico
May – Italy	November – Spain
June – Greece	December – Jamaica



I don't want a passport; can I still be involved? Absolutely! You can still be involved in all the ways suggested above.

What do I do with the passport at the end of the year? You will need to return your passports to the AVSED office by 20th December '23 and you will be entered into a raffle (one entry per stamp).

How do I find out more? Contact Ella Baxter (Activity Co-ordinator) on 0113 2501702 / ella@avsed.org.uk or speak to Ella at an activity.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Stepping up (Fee £3) 10.00 - 11.30 (Transport available)</p>	<p>Intermediate Tai Chi 10.00 - 11.00 (Fee £5) Foundation Tai Chi 11.30 - 12.30 (Fee £5)</p>	<p>2nd Wednesdays : Nunroyd Perk Dementia & Memory café (Fee £2) 10.30 - 12.00 (Transport available)</p>	<p>Back to Basics (Fee £3) 10.30 - 12.00 (Transport available)</p>	<p>Dance Group 10.00 - 11.00 (Fee £5)</p>
		<p>3rd Wednesdays : Prize Bingo (Pay-as-you-go) 11.00 - 12.30 (Transport available)</p>		<p>Fish N Chips (£5.50)</p>
<p>1st Mondays : AWIA (1st & 3rd) (Free) 1.30 - 3.30 (Transport available)</p>	<p>Variety Club (Fee £2) 2.00 - 4.00 (Transport available)</p>	<p>4th Wednesdays : Shared Tables Meet at 12.30 for lunch Book with the office Cost - meal choice</p>	<p>Cuppa & Company (Fee £2) 2.00 - 4.00 (Transport available)</p>	<p>The Umbrella Club (Fee £5) 12.00 - 2.00 pm (Transport available)</p>
<p>2nd Mondays : Trips Cost variable</p>		<p>Men's Matters Fortnightly Transport £3 & Drinks choice 1.30 - 4.30</p>		
<p>3rd Mondays : AWIA (1st & 3rd) (Free) 1.30 - 3.30 (Transport available)</p>				
<p>4th Mondays : Community Café Donation & Tombola (Transport available) 2.00 - 3.30</p>				

Strategy

It is nearly a year since the AVSED relaunch, which saw big changes and development for the charity. We are happy that we are nearly there with our programme of activities and services and we now offer a fantastic variety covering the ever-changing needs of our members.

The next stage for us is to look to the next few years and plan our work, goals and aspirations for the future by setting our strategy for the next 5 years.

We want you to be part of shaping that future plan:

- * What should we be tackling?
- * What should we be offering?
- * What needs are not been met?
- * What do we need to think about?

Please come and speak to Debbie the Manager and put your thoughts and opinions into the conversations about our future.

Easter Closure

All AVSED activities will be closed for the Easter Break for one week.

- * The last activities will be on Thursday 6th April.
- * Good Friday is on the 7th of April - AVSED activities and office closed.
- * Easter Monday is on the 10th April - AVSED activities and office closed.
- * From Tuesday the 11th to Friday 14th all activities and services will be closed. The AVSED office will be open and limited staff will be available to cover emergencies.
- * All activities and services back to regular timetable from Monday the 17th of April, starting with our Stepping Up Exercise Class.

Happy Easter to all our members, volunteers, and friends.



Cancelled Activities

In the last newsletter we introduced Friendship Matters - a group outing for women. We were asked to provide this service in line with the Men's Matters group. Unfortunately, no one has come forward to be part of this group and so we have cancelled the activity.

We were asked for full day trips to interesting places - unfortunately the trip to Oswaldtwistle was cancelled due to insufficient numbers signing up.

It is very important that we listen to what our members ask for and try to deliver services that are needed. Please let us know what you thought about these two activities - what didn't appeal? What did we get wrong? What can we do better next time? Please speak to one of the team with your thoughts.

Easter Bonnet Competition

This year AVSED is holding an Easter bonnet competition.

Get creative and inspirational with your headgear. Entries need to be brought to your group in the Easter week beginning 31st March, or dropped at the office by Thursday 6th April at 2pm. If you're struggling to drop off your entry, we can come to collect it from you. If you need any supplies, contact Ella at the AVSED office.

There will be 1st, 2nd and 3rd prizes.



Community Events

AVSED will be present at both the Guiseley and Yeadon carnival.

Guiseley - Sunday 25th June
Yeadon - Saturday 1st July



Aireborough Together - Warm Spaces

Our aim is to provide a free, warm and welcome space every day of the week

MONDAY

10 - 12

Full Circle

114 Otley Road
LS20 8LZ

...

10 - 1

Rawdon Library

New Road Side
LS19 6DD

...

1.30 - 3.30

3rd Mondays

Dream CIO Café

Yeadon Cricket
Club
High Street
LS19 7TA

...

4 - 6

New Life Church

Haw Lane
LS19 7XQ

TUESDAY

12.30 - 1.30

AVSED

Nunroyd
Pavilion
Nunroyd Park
LS19 7HR

WEDNESDAY

10 - 5

Rawdon Library

New Road Side
LS19 6DD

THURSDAY

10 - 11.30

Guiseley Methodist Church

1 Orchard Way
LS19 9EP

...

10 - 5

Rawdon Library

New Road Side
LS19 6DD

FRIDAY

1 - 2

Guiseley Theatre

The Green
LS19 9BT

SATURDAY

10 - 1

Rawdon Library

New Road Side
LS19 6DD

SUNDAY

11 - 2

Rawdon Library

New Road Side
LS19 6DD



Aireborough Together is the Community Anchor Group set up to bring anyone who lives, works and plays in Yeadon, Guiseley, Rawdon and neighbouring areas together to benefit the local community.

Want to know more or join - Email debbie@avsed.org.uk

Photo Consent

When we ask you to agree to your pictures being used by AVSED, this could include: published in print in our newsletter; digital on our website; online via social media. Please speak to us if you are concerned about your consent or want more information.

AVSED Sensory Garden

Our volunteers have been out tending to our garden area and preparing the raised bed ready for planting an edible herb patch.

The space is lovely calming peaceful - we have our natter bench so you can take a seat with a friend and enjoy the space.

Feel free to try some herbs once they grow and take in the colours, sounds, and smells of the plants and flowers .

The garden is just around the side of the club house in from of the nursery, the ground is all accessible - please ask staff to show you and enjoy the garden.

Price Increases

As with all services, AVSED is facing increasing charges for the products we use. We have managed to keep our costs stable since before Covid, and we are passionate about providing quality and affordable services that are value for money. We want to ensure all our members can access AVSED and will continue to manage costs efficiently - however, we do need to make some changes and look at our charges.

Possible changes will affect group entry and transport fees.

We need you to tell us your thoughts, worries and ideas for charges. Please contact the office, speak to one of the staff, or send us a message, so we can understand how our members will be affected by any increases.

We will be revising our charges in April and will inform members of the changes in our Summer Newsletter.

AVSED's Annual Mega May Day Raffle

We are delighted to announce the Launch of our annual fundraising Mega May Day Raffle. In light of this being our 30th year as a local charity, we have over **30** fantastic prizes up for grabs, all kindly donated by local companies, groups, friends and supporters.

Each year AVSED needs to fundraise to support the vital services we offer to the community. We are very grateful to our core funders including Leeds City Council, The National Lottery, and other grant holders. However these only cover approximately 45% of our annual income and, in order to continue our work, we look to supporters like you to help.

If you would like any further information on how the charity is managed or funded, please contact our Manager, Debbie, for a chat and discover the amazing work that your donations make possible.

Thank you



Your Raffle Tickets

Inside this Newsletter you will have received 2 books of raffle tickets - each containing 5 individual £1 tickets.

If you are able to support AVSED and purchase the tickets - please fill in your details on the tear off stub and return to the office along with your payment. If you would like us to collect your entry and payment, please call the office to arrange.

Please ask your family and friends to support us too. More tickets are available via the office, or call to have some delivered.

Closing date for all completed stubs and payment to be included in the draw is:

Friday 28th April at 12.00pm

Thank you very much for supporting AVSED and allowing us to support Aireborough Seniors live happy, healthy and independent lives.

Over 30 fabulous prizes are up for grabs. Thank you very much to everyone who has donated a prize and allowed us to launch our exciting raffle:



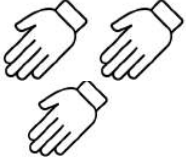
- * Turner & Wood
- * Murgatroyds
- * Blinok Pancake House
- * Denison's Funeral Services
- * Full Circle Funerals
- * Just Cuts
- * Yeadon Handyman Stores
- * The Little Fisherman
- * Harris Heating
- * CDF Furniture
- * Yazz Hairdressers
- * Flowers by Karen
- * Morrish Solicitors
- * Yeadon Town Hall
- * William H Brown
- * North Designs

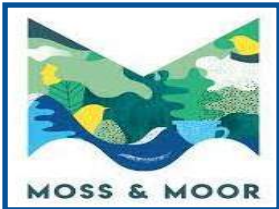







Plus other anonymous donors



- * Ergonomic desk chair
- * 10" Android Tablet
- * Champagne
- * Hotel Chocolate Hamper
- * Gin Hamper
- * Cheese & Wine Hamper
- * Moodz candle gift set
- * Ladies & Gents hair cut
- * Decorator's bundle
- * Perfume
- * Jewellery
- * Drinks hamper
- * Molton & Brown Set
- * Yeadon Spectacular tickets
- * Caroline Gardner gift
- * Case of Wine
- * Restaurant voucher
- * Spa Voucher
- * Afternoon Tea
- * Bouquet of Flowers
- * Beauty hamper
- * £25 Morrisons Voucher
- * Fish & Chips voucher
- * Wellbeing hamper
- * £10 ASDA Voucher
- * **Plus More !**

AVSED - Trips

	<p><u>Independent Trip</u> These trips are for members who are fully independent, meaning you do not need any support and the venue may not be suitable for those with mobility issues: uneven surface, stairs & access issues.</p>
	<p><u>Supported Trip</u> These trips are open to all members. Limited support will be available. You can also bring your own support, such as a carer. Venues may be suitable for all with some support.</p>
	<p><u>Extra Care Trip</u> These trips are open to all members, including those that need some extra care: one to one support, mobility issues, mild memory loss. Venues will be fully accessible and suitable for all needs.</p>

<p><u>Moss & Moor Garden Centre</u></p>  <p>Wed 24th May</p>		<p>Minibus pick-up time is from 10:00am</p>	<p>£6.00 Transport (Pay cash on the day)</p>	<p>Just in time for your gardening needs, bringing together plants, shopping, dining and wellness in an inspiring lifestyle experience, in the heart of Ilkley.</p>
<p><u>White Rose Shopping Centre</u></p>  <p>Mon 12th June</p>		<p>Minibus pick-up time is from 10:00am</p>	<p>£6.00 Transport (Pay cash on the day)</p>	<p>Popular local shopping centre, packed with all kinds of shops from clothing to trinkets, plus a large dining area upstairs and outdoor space.</p>
<p><u>Southport</u></p>  <p>Mon 10th July</p>		<p>Coach leaves AVSED at 9.30am</p>	<p>£10.00 Transport (Pay to book)</p>	<p>Fully accessible and subsidised coach trip to the sunny resort of Southport. Full day trip to explore the seaside at your own leisure.</p>
<p><u>Cricket Match</u></p>  <p>Wed 19th July</p>		<p>Meet at Nunroyd Pavilion 9.45am</p>	<p>£6.00 Transport (Pay on the day)</p>	<p>Yorkshire v Sussex at Leeds, LV= Insurance County Championship. Live in Headingley stadium. Game starts at 11am.</p>

Call Ella for more information

Booking opens 20th March

Sun - Sea and Seniors

Do you know we have an amazing charity working in our area with seniors to support people from our community to have an annual trip to the seaside and to celebrate special events.?

This year AVSED will be supporting Guiseley Senior Citizens with their Summer trip and helping more people know about their fabulous offer.

Guiseley Senior Citizens Association

Guiseley Senior Citizens meet once a month at Guiseley Methodist church on Oxford Road for a coffee morning. Usually the last Saturday of the month between 9.30 - 11.30. They also run the Guiseley Carnival and a weekly bingo session, all to raise funds for an annual sea side trip that is free and open to anyone in the community over 60 years old.

This year the group is heading to St Annes on the 30th July.

For more details pop along to a coffee morning or contact:

Candy - 07966 269882

Regular Activities

There is limited space on our groups and the waiting lists are managed by the group leaders. We endeavour to keep lists moving and have a 2-week cancellation of place policy to help ensure everyone can access groups and spaces are not left empty for long periods. If you are away for more than 2 weeks, you will be notified and the space will be allocated to another member on the waiting list. You will be added back to the list once you are able to return. It may be necessary to have a visit /meeting to ensure your needs are suitable for the group.

Dates for your Diary

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

	<i>Mondays</i>	<i>Wednesdays</i>
<i>Wk1</i>	3/4 - 5/6 AWIA	
<i>Wk 2</i>	12/6 Trip	12/4 - 10/5 - 14/6 Nunroyd Perk
<i>Wk 3</i>	17/4 - 19/6 AWIA	19/4 - 17/5 - 21/6 Prize Bingo
<i>Wk 4</i>	24/4 - 22/5 - 26/6 Community Café	26/4 - 24/5 - 28/6 Shared tables 24/5 - Trip

Transport

AVSED is currently delivering a project with Leeds Older People's Forum and the Dept of Transport - researching how transport affects loneliness.

We are partnering with SJK taxis to offer shared rides to and from our activities, and developing minibus outings with our Men's Matters group.

Activity & Events Calendar

April

- ◆ Mon 3rd - Stepping Up
AWIA
- ◆ Tue 4th - Tai Chi
Variety Club
- ◆ Wed 5th - Men's Matters
- ◆ Thurs 6th - Back to Basics
Cuppa & Company

***All activities will be closed
for Easter from
Friday 7th - Fri 14th***

- ◆ Mon 17th - Stepping Up
AWIA
- ◆ Tue 18th - Tai Chi
Variety Club
- ◆ Wed 19th - Prize Bingo
Men's Matters
- ◆ Thurs 20th - Back to Basics
Cuppa & Company
- ◆ Fri 21st - Dance
Umbrella Club
Fish & Chips
- ◆ Mon 24th - Stepping Up
Community Café
- ◆ Tue 25th - Tai Chi
Variety Club
- ◆ Wed 26th - Shared Tables
- ◆ Thurs 27th - Back to Basics
Cuppa & Company
- ◆ Fri 28th - Dance
Umbrella Club
Fish & Chips

May

- ◆ **Mon 1st - Bank Hol Closed**
- ◆ Tue 2nd - Tai Chi
Variety Club
- ◆ Wed 3rd - Men's Matters
- ◆ Thurs 4th - Back to Basics
Cuppa & Company
- ◆ Fri 5th - Dance
Umbrella Club
Fish & Chips
- ◆ **Mon 8th - Bank Hol Closed**
- ◆ Tue 9th - Tai Chi
Variety Club
- ◆ Wed 10th - Nunroyd Perk
- ◆ Thurs 11th - Back to Basics
Cuppa & Company
- ◆ Fri 12th - Dance
Umbrella Club
Fish & Chips
- ◆ Mon 15th - Stepping Up
- ◆ Tue 16th - Tai Chi
Variety Club
- ◆ Wed 17th - Prize Bingo
Men's Matters
- ◆ Thurs 18th - Back to Basics
Cuppa & Company
- ◆ Fri 19th - Dance
Umbrella Club
Fish & Chips
- ◆ Mon 22nd - Stepping Up
Community Café
- ◆ Tue 23rd - Tai Chi
Variety Club
- ◆ Wed 24th - Shared Tables
Moss & Moor Trip
- ◆ Thurs 25th - Back to Basics
Cuppa & Company
- ◆ Fri 26th - Dance
Umbrella Club
Fish & Chips
- ◆ **Mon 29th - Bank Hol Closed**
- ◆ Tue 30th - Tai Chi
Variety Club
- ◆ Wed 31st - Men's Matters

June

- ◆ Thurs 1st - Back to Basics
Cuppa & Company
- ◆ Fri 2nd - Dance
Umbrella Club
Fish & Chips
- ◆ Mon 5th - Stepping Up
AWIA
- ◆ Tue 6th - Tai Chi
Variety Club
- ◆ Thurs 8th - Back to Basics
Cuppa & Company
- ◆ Fri 9th - Dance
Umbrella Club
Fish & Chips
- ◆ Mon 12th - Stepping Up
White Rose Trip
- ◆ Tue 13th - Tai Chi
Variety Club
- ◆ Wed 14th - Nunroyd Perk
Men's Matters
- ◆ Thurs 15th - Back to Basics
Cuppa & Company
- ◆ Fri 16th - Dance
Umbrella Club
Fish & Chips
- ◆ Mon 19th - Stepping Up
AWIA
- ◆ Tue 20th - Tai Chi
Variety Club
- ◆ Wed 21st - Prize Bingo
- ◆ Thurs 22nd - Back to Basics
Cuppa & Company
- ◆ Fri 23rd - Dance
Umbrella Club
Fish & Chips
- ◆ Mon 26th - Stepping Up
Community Café
- ◆ Tue 27th - Tai Chi
Variety Club
- ◆ Wed 28th - Shared Tables
Men's Matters
- ◆ Thurs 29th - Back to Basics
Cuppa & Company
- ◆ Fri 30th - Dance
Umbrella Club
Fish & Chips