



# Newsletter

## Spring 2026 Edition

Supporting Aireborough Seniors

### Front Page News

#### Survey Results

##### ***Trusted, Valued, and Transforming Lives: Members Speak Loudly About AVSED***

Thank you to all 121 of you who completed the survey - a fantastic response and feedback that paints a powerful picture of an organisation that is not only highly trusted, but deeply valued and central to everyday life. The impact on happiness and wellbeing stands out as particularly compelling. Members consistently report improvements in emotional wellbeing, confidence and overall quality of life, reinforcing AVSED's role as a vital source of support, connection and positivity.

At the heart of this success are AVSED's staff and volunteers, who are repeatedly described as the organisation's greatest strength. They receive consistently high ratings and heartfelt praise, highlighting the compassion, dedication and professionalism that define the member experience.

Overall, the survey confirms that AVSED:

- delivers strong emotional, social, and wellbeing outcomes
- reduces isolation and increases independence
- fosters community connection and a true sense of belonging
- is trusted, respected, and relied upon by its members.

Alongside these strengths, the feedback also points to clear opportunities for growth. Awareness and take-up of some services remains low, indicating a need for improved promotion and clearer communication about what is available. Transport access, in particular, requires attention: while 47% of members use the service, only 19% of those have no alternative way to travel, and 6% report being unable to access it due to capacity constraints. Addressing this gap will be key to supporting those most in need.

Activities continue to be highly valued and well attended, with strong and recurring requests for more dance and singing opportunities. Members also highlighted the need for some care and investment in Greenacre Hall to ensure it remains a welcoming and fit-for-purpose space.

Taken together, the feedback celebrates AVSED's remarkable impact while providing a clear path for future improvements - ensuring the organisation continues to thrive at the heart of our community.

Our 3 lucky cash winners of the prize draw:  
Roger, Anne and Delia.

Thank you to all.



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

## **Subject: Important Update for Members – Pricing & Transport Changes**

Dear Member,

We are writing to let you know about some upcoming changes to AVSED, including a review of our pricing and transport arrangements.

Like many organisations, we are experiencing rising costs across food, fuel, transport, staffing and utilities. We have worked hard to absorb these increases for as long as possible. However, in order to continue providing the high-quality, welcoming and supportive services you value, we now need to review our prices and ensure our transport service is fair, effective and sustainable.

### ***Pricing Review***

Many members have told us that AVSED offers excellent value for money, and we remain fully committed to providing friendly, safe and meaningful opportunities to stay active, healthy and independent.

We want to reassure you that:

- Our new prices better reflect the actual cost of delivery, with very limited funding.
- Changes will be clearly communicated and will increase from April 2026.
- Changes reflect the needs and resources each group or activity requires.

No one will be excluded from AVSED due to financial hardship – supported places will continue to be available.

If you are worried about costs, or would like to speak to us privately about your circumstances, please get in touch. We are always happy to talk.

### ***Transport Service Review***

Our transport service is in high demand, and resources are limited. We want to make sure that those who truly need transport support can access it, while also encouraging independence, where possible, and making the best use of our vehicles, staff and volunteer time.

To help us do this, we are introducing a ***needs-based transport framework***:

#### ***1. Priority Support (High Need)***

- For members who cannot access activities otherwise due to mobility, health or significant support needs.
- For groups that are classified as greater need.
- Includes support from transport assistants where required.

#### ***2. Conditional Support (Medium Need)***

- Short-term or transitional support for members building confidence or overcoming barriers.
- Reviewed regularly to encourage independence within a set timeframe.
- Includes staff and volunteer car transport.

#### ***3. Independent Travel (Low Need)***

- Members who can travel independently will be encouraged to do so.
- Transport may be available if there is spare capacity, but it is not guaranteed.
- We are also working to improve how we use our buses and wheelchair-accessible vehicles, introducing a “dial-a-ride” option to fill spare seats when available, and prioritising high-need groups while improving social and shopping trips.

#### ***What this means for you:***

- Everyone on transport will have an assessment between April and October.
- If you rely on AVSED transport due to health, mobility or other significant needs, you are likely to continue receiving some support.
- If you can travel independently, we will ask you to plan your journey using public transport, lifts or community options, with the new dial-a-ride service available where space allows on a first-come basis every day.

AVSED remains committed to planning for a sustainable future – together with you. With fair and realistic pricing and accessible transport for those that need it most. Thank you for your continued understanding, support and for being such an important part of our AVSED community.

Warm regards,

Debbie Fawthrop – Executive Director.

With support and agreement of the Board of Trustees

## Price Changes

<i>Group</i>	<i>New Price</i>	<i>Group</i>	<i>New Price</i>
<b>Exercise</b>		<b>Socials</b>	
Stepping Up	£5.00	Let's Do Lunch	£7.00
Tai Chi (Foundation)	£6.50	Men's Matters	£1.00
Tai Chi (Progressing)	£6.50	Variety Club	£5.00
Back to Basics	£5.00	Cuppa & Company	£3.00
<b>Memory &amp; Inclusion</b>			
Memory Café	£5.00	Prize Bingo	Ticket sales: £1 per cash flyer, £1.50 per book, 50p per 1-90 token, 50p per Domino card.
Umbrella Club	£10.00	Community Café	Pay-as-you-feel for entry, including a drink. Cake - £1 each
Memory Matters	£5.00	Super Social	Regular - £15 Quiz - £10 Xmas - Extra
AVSED Plus	£60.00		
<b>Services</b>			
Transport	£7.00	Trip (Supported Shopper)	£8 -10
Fish & Chips	Cost + £1.50	Trip (Extra-Care)	£12.00

### **We Want to Hear from You**

We understand that these changes may raise questions. We will be holding a consultation/feedback session on Monday 20th April at 1pm to explain the updates and hear your thoughts.

We are able to answer questions about the changes, and Debbie Fawthrop is available if you would like further information.

#### Questions on Price:

##### ***Why are prices increasing now?***

Like many organisations, AVSED is facing rising costs, including food, fuel, transport, utilities, staffing, and materials. AVSED is a charity and, with recent changes to funding, we are currently losing money every month. We have absorbed these increases for as long as possible but, to continue offering safe, high-quality services, price changes are now necessary.

##### ***What if I can't afford the increase?***

AVSED has measures in place to support those in financial hardship.

If you're worried, please speak to a member of staff - these conversations are confidential and handled with care.

#### Questions on Transport:

##### ***Why is the transport service changing?***

Our service is in high demand, but resources are limited and the service does not represent need. These changes ensure that those who truly need transport support can access at least one journey, while encouraging independence and sustainable use of our vehicles.

##### ***What about trips and social outings?***

Trips will continue, with a focus on safety, accessibility, and need. The new service includes 'Extra care' high-needs trips, supported shopping trips, and independent quarterly coach trips.

We will help you decide which trips are suitable, if needed, you won't be able to attend all trip levels.

# AVSED News

## 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>Wk 1</i>	1st June Super Social	1/4 - 6/5 - 3/6 Memory Matters & Shared Tables
<i>Wk 2</i>	13/4 - 11/5 - 13/7 Monday Trips 24/4 - 17/7 Friday Trips Holiday 5 -7 June	13/5 - 10/6 Memory Café & Men's Matters
<i>Wk 3</i>	20/4 - 18/5 - 15/6 Prize Bingo	15/4 - 20/5 - 17/6 Memory Matters
<i>Wk 4</i>	27/4 - 22/6 Community Café	22/4 - 27/5 - 24/6 Men's Matters

## Members' Forum

Wednesday 29<sup>th</sup> July  
1:30pm - 3pm at AVSED.

Refreshments

A regular group for members to come together and discuss all manner of hot topics, from AVSED business to community news, and much more. We really appreciate having our members' input, opinions and thoughts. These help us shape things for the future and ensures we are listening to those receiving our services.

Please RSVP to Ella.

## Big May Day Raffle – Fabulous Prizes Await!

Your **10 raffle tickets** are enclosed - £1 each. Take your stubs and payment to the office to enter.  
This year's prizes are brilliantly generous, thanks to our amazing friends and supporters:

- \* **1st Prize:** £200 M&S Voucher
- \* **2nd Prize:** Theatre tickets & meal for 2
- \* **3rd Prize:** Afternoon tea for 2 at Audley Clevedon's  
...plus **20+ more fantastic prizes!**



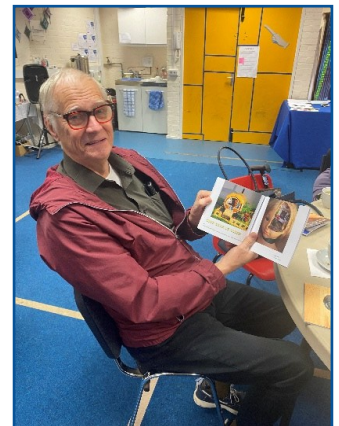
In 2024, we raised over **£3,000** - let's smash that target in 2026!

Please support us by selling tickets to family and friends. Extra tickets are available from the office, in groups, and at the Community Café throughout March & April.

✦ **Grab your tickets, get your stubs in, and be in with a chance to win big!** ✦

## Skipkko Creative Projects

The photos below show members involved with the Flowers of the Sky project. The Camera Connections photography exhibition by seniors took place in January. Congratulations to our members and everyone else who took part. We hope to have the AVSED members' photos and published booklet on display at a Community Café in the near future.



Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Stepping up (£5.00)</b> Aerobic style exercise</p> <p><b>10.30 - 12.00</b> (Transport available)</p>	<p><b>Foundation Tai Chi</b> 10.00 - 11.00</p> <p>.....</p> <p><b>Tai Chi Refreshments</b> 11.00 - 11.30</p> <p>.....</p> <p><b>Intermediate Tai Chi</b> 11.30 - 12.30 (\$6.50 per session paid monthly in advance)</p>	<p><b>Let's do Lunch (£7.00)</b> Social Lunch Club <b>11.00 - 1.00</b> (Assessed transport available)</p> <p><b>1st Wednesday :</b> <b>Memory Matters (£5.00)</b> Dementia &amp; Memory activity <b>2.00 - 4.00</b> (Transport available) .....</p> <p><b>Shared Tables</b> Meet at 12.30 for lunch Book with the office</p>	<p><b>Back to Basics (£5.00)</b> Chair based exercise</p> <p><b>10.30 - 12.00</b> (Transport available)</p>	
	<p><b>AVSED Plus</b> Dementia Activity Service <b>10.00 - 3.00</b></p>		<p><b>AVSED Plus</b> Dementia Activity Service <b>10.00 - 3.00</b></p>	<p><b>Fish N Chips Delivery</b> (£7.75)</p>
<p><b>1st Monday :</b> <b>Super Socials (Tickets £15)</b> See itinerary for details <b>2.00 - 4.30</b> (Transport available)</p>	<p><b>Variety Club (£5.00)</b> Let us entertain you at our social group that has a little something for everyone and a few extras on top !</p> <p><b>2.00 - 4.00</b> (Transport available)</p>	<p><b>2nd Wednesday :</b> <b>AVSED Memory Café (£5.00)</b> Dementia &amp; Memory café <b>2.00 - 4.00</b> .....</p> <p><b>Men's Matters (£1.00)</b> All-male social club <b>1.30 - 3.00pm</b> (Transport available)</p>	<p><b>Cuppa &amp; Company (£3.00)</b> Let us keep you company whilst you <b>join</b> in hobbies, interests., games and chatter.</p> <p><b>2.00 - 4.00</b> (Transport available)</p>	<p><b>The Umbrella Club (£10.00)</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</p> <p><b>11.45 - 2.15</b> (Transport available)</p>
<p><b>2nd Monday :</b> <b>Trips</b> Variable cost</p>	<p><b>3rd Monday :</b> <b>Prize Bingo</b> (Pay-as-you-go) <b>2.30 - 4.00</b> (Transport available)</p>	<p><b>3rd Wednesday :</b> <b>Memory Matters (£5.00)</b> Dementia &amp; Memory activity <b>2.00 - 4.00</b> (Transport available)</p>		
<p><b>4th Monday :</b> <b>Community Café (£PAYF)</b> Everyone Welcome <b>2.30 - 4.00</b> (Transport available)</p>	<p><b>4th Wednesday :</b> <b>Men's Matters (£1.00)</b> All-male social club <b>1.30 - 3.00pm</b> (Transport available)</p>			

## Super Socials

Super Socials are living up to their name! With a packed house for the Irish Party in March, it was the talk of the centre for weeks – fantastic live entertainment, themed decorations and photo booth, delicious food and a wonderful raffle. Tickets sell out very fast – so make sure you have yours for the next round of brilliant events here at AVSED.

### Rat Pack Glamour

Monday 1st June  
2:00 pm – 4:30 pm  
(doors open 1:45 pm)

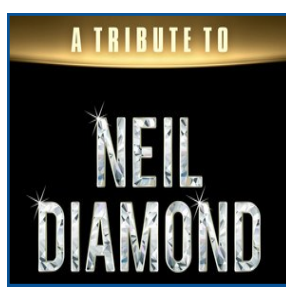
Tickets: £15.00  
Step back in time with vintage Hollywood style and live entertainment from Mark Gregory. Timeless tunes; classic charm.



### American Classics Afternoon

Monday 6th July  
2:00 pm – 4:30 pm  
(doors open 1:45 pm)

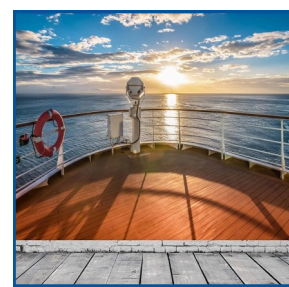
Tickets: £15.00  
Dementia & Inclusion friendly, featuring a fantastic Neil Diamond tribute. Sing-along favourites guaranteed.



### Cruise Ship Vibes

Monday 3rd August  
2:00 pm – 4:30 pm  
(doors open 1:45 pm)

Tickets: £15.00  
Holiday hits and feel-good fun with a Jane McDonald tribute. Sit back, relax, enjoy the cruise ship themed journey.



### ***Super Socials – Fun, Food & Fabulous Entertainment!***

Every event comes with themed decorations, delicious food & drinks, and live entertainment – just bring your smile, dress to the theme if you wish and enjoy the good times!

### ***Step Back Into Your Sporting Glory!***

Wednesday 29th April 2–4pm  
Remember the thrill of winning the school sports day races – sack, egg and spoon, or sprinting for the finish line? Whether you played football, netball, rugby, hockey, or have medals, trophies, or stories of sporting triumphs, we want to hear all about them!

Come and share your memories, relive the excitement, and celebrate your achievements with fellow sports enthusiasts. Everyone with an interest in sport is warmly welcomed.

Book your spot now by calling the office – don't miss this fun and inspiring afternoon!



### ***AVSED Closures***

All activities are closed from Friday 3rd April for one week – we are back with regular groups on Monday 13th. The office is open for emergencies with limited staff, except for the bank holidays.

On the 7th May Greenacre Hall will be used as a local Polling station and all AVSED groups and the office will be closed for the day.

### ***Community Café – Open to All!***

Join us on the 4th Monday of every month at our fabulous Community Café, now operating on a pay-as-you-feel basis – making it welcoming and accessible to everyone in the community.

Every café features the AVSED stall, where you can:

- Book and pay for trips
- Ask questions about AVSED services
- Buy raffle tickets, bottle openers, cane holders, etc.

Fun is always on the menu with our regular tombola offering lovely prizes, and our homemade cake stall, just £1 per item – guaranteed to tempt your taste buds!

Plus, don't miss our upcoming roadshows with additional stalls and information stands:

- ***Dementia Roadshow: April 27th***
- ***Summer Roadshow: June 22nd***

Everyone is welcome – Come along, have fun, and be part of our vibrant community!

## AVSED's Memory and Inclusion Corner

In our **Umbrella Club** our inclusion members have enjoyed a host of themed activities including the romance of valentines and thinking about special people who share our lives, the start of scrabble in 1955, the Winter Olympics 2026 and previous British winter sports athletes, and, to tie in with the Six Nations Rugby, we held an armchair rugby throwing exercise, red Wales v blues Scotland, which ended in a draw and both sides cheering each other on in great AVSED style. Mothering Sunday and Easter will be features for the start of spring, with lots of great activities to support our members.



**Memory Matters** is nearly turning into an impromptu Men's Group and they are enjoying conversations, many work and sports related! It's delightful to work amongst the group, as often appealing to our male members isn't an easy task! But I'm always looking out for anyone interested in CST and particularly the female of the species to balance the odds! We were privileged to welcome member Gina to help us with our 'Sounds' theme and play various instruments to test our musical observation.



Our monthly **Memory Café** is a supportive space for members living with memory issues to come along with their supporter and enjoy lovely cakes, chat and

reminiscence. We started the year with Deborah returning from Musical Moments bringing music, fun and hilarity to the session. We had a testing TV themed quiz from the 1970's and look forward to more music from member Gina, playing the clarinet. Come along and enjoy time together in the company of others.

We are delighted to welcome several stalls at our **Community Café** on **Monday April 27<sup>th</sup> for the Dementia roadshow**, please come along and share in the information and awareness within our community.

### Dementia Awareness Week

18 to 24 May

All our groups this week will have a special focus regarding awareness and understanding.

Monday – **Dementia Friends** Information Session 11am

Tuesday – **AVSEDplus**

Wednesday 20<sup>th</sup> – **Memory Matters** with musical entertainment from Guitarist Richard

Thursday – **AVSEDplus**

Friday 22<sup>nd</sup> – **Umbrella Club** with musical entertainment

We will be spreading small packets of Forget Me Not Seeds around the community over the week – please look out for them in various locations and plant them, then tag us in with the results. We are delighted to have talented people amongst us who have been making 'forget me not' Gonks, badges and bookmarks, all to mark this special week.

AVSED embraces everyone, there's someone to talk to, a friend you haven't met yet! And answers to some queries. If you're experiencing any concerns about your memory, please come and talk to our friendly dementia team. We're here to help and reassure.

*Judith*

Our exclusive dementia activity Service **AVSEDplus**, runs every Tuesday and Thursday, 10am – 3pm. Perfect for those needing additional support and for family and carers seeking respite.

**AVSEDplus** celebrated its first anniversary at the end of January. Thank you to everyone who continues to support us in delivering this service; we are excited for what the next year brings! In the autumn, we will be introducing an additional weekday to this service so **AVSEDplus** will be offering a warm welcome, friendly atmosphere and stimulating activities to people living with dementia and memory impairment for three days each week.

We've enjoyed a cosy winter of activities at **AVSED Plus**, including seeing in the New Year with a big team quiz, completing winter collages in our scrapbooks and celebrating Valentines' Day with a 'getting to know you' discussion, where members spoke and reminisced about heart-warming parts of their lives. We enjoyed flipping and eating pancakes on Shrove Tuesday and exploring Chinese New Year by tasting Asian foods and exercise like boxing. In March, we celebrated the arrival of spring, including St David's Day, Mothering Sunday and St Patrick's Day.

Looking forward, in **AVSED Plus** we will be celebrating Easter by making handmade Easter baskets, marking RHS gardening week and commemorating Dementia Awareness Week in May. In June, we will look to the start of summer with summer holiday themed "staycation" sessions.

*Gina*



# New for Spring

## Easter Hat Competition is Back !

It's that time of year again - the Easter Hat Competition is here, and we can't wait to see your amazing creations! Over the years, we've been wowed by the incredible hats made by our talented members, many of which were crafted with love and teamwork from family and friends.

This year, whether you stick with the classic Easter bonnet or explore something unique and fun - from personal hobbies to the bold styles of groups like the Wharfedale Wayzgoose Border Morris Dancers - the sky's the limit!



**Hats will be displayed in activities from 23rd March to 1st April**

If you can't attend the regular activities, don't worry - there are still plenty of ways to participate:

- Bring your hat to the March Community Café
- Send us a photo of your fabulous creation  
**1st, 2nd & 3rd prizes up for grabs!**

Get creative, have fun, and wow us with your Easter masterpiece!

## Summer Prize Bingo

The excitement and success of our Christmas Bingo was so much fun, we couldn't wait to bring it back for the summer! Join us for a Summer Bingo Extravaganza with great prizes, plenty of laughs, and the chance to shout SUMMER BINGO as loud as you can!

**Monday 15th June**

**2:30 pm – 4:00 pm**

**Entry: £2.00** (pre-buy) plus additional tickets available on the day

Tickets available from the AVSED office

Gather your friends, enjoy some light-hearted competition, and let's make this Summer Bingo the best event yet!



## Age Without Limits

### **Dance for All – Ballroom to Burlesque**

Age Without Limits Day is a time for everyone to come together and take action to end ageism - as individuals, with friends and family, in our communities, and in our workplaces. AVSED is proud to support this movement not just for one day, but all year round.

To mark the occasion, we're hosting a special event exploring how dance can break down stereotypes around ageing and celebrate movement at every stage of life.

This June, come join us for our Dance for All – Ballroom to Burlesque event. Experience two contrasting dance styles in an inclusive and welcoming environment. Whether you're a dance enthusiast, want to try something new or just want to have some fun, this event will show how dance can break down stereotypes about ageing and celebrate the joy of movement at any age.

**Monday 8th June**

**Time 2 – 4pm**

**Ballroom & Burlesque**

two styles, one incredible experience

**Free Event**

**Refreshments Provided**

**Everyone Welcome -**

bring your friends, family, and good vibes!

# BALLROOM

# BURLESQUE

## The Big Domino Get -Together

Looking for a fun afternoon with friends?

Whether you're a domino pro or a first-timer, The Big Domino Get-Together is the perfect way to enjoy some strategy, laughter, and great company!

**Monday 29th June**

**1:30 pm – 3:30 pm**

**Trophy awarded to the highest scorer**

**Refreshments Provided**

**Free to Attend**

Please register your spot by contacting the AVSED office. Whether you're playing for fun or aiming for that trophy, everyone is welcome - it's all about the joy of the game!

## *Our Newsletter is proudly sponsored by Morrish Solicitors*



### **The dos and don'ts of acting as an attorney**

A Lasting Power of Attorney is a legal document allowing a person (the Donor) to appoint a third party (an Attorney) to make decisions on their behalf. There are strict regulations in place to protect the Donor that an Attorney should always follow, including the following:

#### **Do**

- Keep accurate, detailed records. This includes records of all receipts, invoices, financial statements as well as decisions made on behalf of the Donor.
- Get professional advice. E.g. from a solicitor to ensure that you are following the regulations, a financial advisor for investment advice, or an accountant for filing tax returns.
- Act in the best interests of the Donor. Any decision made by an attorney should always be made in good faith. Consider the past and present feelings and beliefs of the Donor.
- Enable the Donor to make their own decisions where possible. It is possible to have capacity to make one decision but not another. Always consider if the decision is something the Donor could make themselves or with assistance.
- Check what benefits the Donor is entitled to and to apply for any that are not being claimed. An attorney also needs to notify DWP of any changes to the Donor's situation.

#### **Don't**

- Mix your mix money or assets. Hold the Donor's money and assets separately in their name and do not mix with your own assets or hold in your sole name.
- Sell the Donor's property to yourself or another family member without authority from the Court of Protection. Even if it is being bought at market value an application will need to be made.
- Ignore instructions. Always check the LPA for instructions, restrictions or preferences expressed by the Donor and follow as best you can.
- Act under the LPA whilst the donor has capacity. The LPA should only be used if the Donor does not have capacity to make their own decisions — unless they ask you to.
- Use the LPA after the death of the donor. When the Donor dies, authority passes to the personal representatives of their estate.

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












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# AVSED - Trips

	<p><b><u>Independent Trips</u></b></p> <ul style="list-style-type: none"> <li>• For members who are independent and 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 Greenacre Hall.</li> </ul>			
	<p><b><u>Supported Shopper Trips</u></b></p> <ul style="list-style-type: none"> <li>• For members needing some support (light assistance, wheelchair, companionship).</li> <li>• Shorter day trips to shopping venues.</li> <li>• Limited spaces to meet members' support needs.</li> <li>• Members are picked up and dropped off at home or a designated meeting stop.</li> </ul>			
	<p><b><u>Extra Care Trips</u></b></p> <ul style="list-style-type: none"> <li>• For members needing more support and are unable to attend independently.</li> <li>• Half day trips, where venues are fully accessible.</li> <li>• Staff and volunteers on hand for assistance, including one-to-one support.</li> <li>• Very limited spaces due to higher needs.</li> <li>• Trips are roughly a 30-minute journey after home collection.</li> </ul>			
<p><b><u>Otley Garden Centre</u></b> Monday 13th April</p>		<p>Pick-ups from 9.30am</p>	<p>Cost £8 Transport only</p>	<p><b><i>Limited space available</i></b></p>
<p><b><u>Princess Boat Trip</u></b> Friday 24th April</p>		<p>Meet at AVSED 9.00am</p>	<p>Cost £39.50</p>	<p><b><i>Limited space available</i></b></p>
<p><b><u>Owlcotes Shopper</u></b></p>  <p>Monday 11th May</p>		<p>Pick-ups from 9.30am</p>	<p>Cost £8 from the meeting stop or £10 for a home pick up</p>	<p>New quarterly supported shopping trip to the Owlcotes Centre in Pudsey. Home of ASDA, M&amp;S and B&amp;M including 2x cafes for a bite to eat.</p>
<p><b><u>Llandudno Holiday</u></b> 5th - 7th June</p>				<p><b><i>Fully Booked</i></b></p>
<p><b><u>Odd Fellows Pub</u></b></p>  <p>Monday 13th July</p>		<p>Pick-ups from 10.30am</p>	<p>Cost £12 Transport only</p>	<p>Our new fully supported extra care trip this quarter visits a popular local pub near Eccleshill. A traditional pub serving a warm welcome, home cooked food and an excellent range of hot &amp; cold drinks.</p>
<p><b><u>Bury Market</u></b></p>  <p>Friday 17th July</p>		<p>Meet at AVSED 9.15am to set off at 9.30am prompt</p>	<p>Cost £16 Transport only</p>	<p>Another venue back by members' request! Bury Market is a very large traditional market in a modern setting. It's a unique shopping experience and great day out for all. World Famous Market with 200+ stalls, It is the biggest and best market in the North West!</p>

**You can 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 *23rd March*



The first week of June is Volunteers' Week, when we recognise, celebrate, and thank our amazing AVSED volunteers who support us in so many ways.

Volunteers truly are the heart and soul of AVSED. By generously giving their time, they make it possible for us to deliver the groups and activities our members enjoy every week. Without them, we simply couldn't do what we do.

So next time you see a volunteer, please do take a moment to say thank you - it really does mean a lot.

If you would like to share a written message of thanks, please send it to the AVSED office. We will proudly display your message on our Volunteers' Board for everyone to see. Your kind words could absolutely make a volunteer's day!

### **Rawdon Park Bowling Club**

We are a friendly Club playing league matches and friendly social bowls in Rawdon Park. Everyone is welcome and all abilities are catered for. It is very good exercise to keep active and healthy. We will be starting the new season on Wednesday 1st April.

Any one who is interested could come along to the green when it is open, or call the Treasurer, Paul Haigh, on 07990509289.

### **Yeadon Charities offers long term support to AVSED**

We are delighted that Yeadon charities will be supporting AVSED over the next few years - with an annual donation of £5000.

#### ***Volunteer with Yeadon Charities Association Make a Difference in Your Community***

Yeadon Charities Association is looking for friendly, reliable volunteers to help us continue the much-loved events we run for local residents. Every year we organise a summer trip to the coast for local senior citizens, as well as seasonal coffee mornings throughout spring, summer and autumn. We also proudly run the front-of-house kiosk at the Yeadon Pantomime, supporting a cherished local tradition.

We're now seeking volunteers who can spare a little time to help us run these events smoothly. Whether you enjoy meeting people, helping behind the scenes, or supporting community activities, we'd love to hear from you.

If you'd like to get involved and support your local community, please get in touch. Please email [info@yeadoncharitiesassociation.co.uk](mailto:info@yeadoncharitiesassociation.co.uk) for further information or call 07816278791.

### **Greenacre Hall Update**

We're pleased to share an important update about AVSED and Greenacre Hall. AVSED is on the agenda at a March Council meeting, where a decision will be made regarding the long-term lease of the building. By the time you receive this newsletter, we are hopeful of securing a 25-year lease, marking a major milestone for the organisation. This long-term security will allow us to move forward confidently with our plans to upgrade and improve the building and facilities, benefiting both AVSED members and the wider community. Greenacre Hall is a vital asset - it is our home, a base for staff and activities, and an anchor at the very heart of the community.

The Hall also plays an important role in supporting AVSED's sustainability through supported rents, hire charges, and future growth opportunities. While we invest significant resources into managing and maintaining the building, it is not a financial liability. Instead, Greenacre Hall exists to enable growth - helping us expand services, strengthen community connections, and better support local people now and into the future.

We have exciting plans to transform Greenacre Hall, starting this autumn with a brand-new commercial-standard kitchen that will significantly enhance our groups, activities, and services. We are continuing to collect our coppers for the kitchen campaign. Please put your donations in the collection bottle in the office - every penny counts! This investment will open up new opportunities for growing and expanding our food provisions.

We've listened closely to your feedback and survey comments and understand how important first impressions are. That's why refreshing the front entrance is a key priority - creating a brighter, warmer, and more welcoming space for everyone who walks through our doors.

Over the next few years, we will continue to secure additional funding for upgrading the Hall with redecoration, new carpets and flooring, improved toilets, and more comfortable seating, ensuring Greenacre Hall grows with us and continues to support our community for years to come.

This next step secures not just a building,  
but a long-term foundation for AVSED's work and impact.

# Activity & Events Calendar

## April

- ◆ Wed 1st - Let's do Lunch  
Memory Matters  
Shared Tables
- ◆ Thurs 2nd - Back to Basics  
Cuppa & Company
- Easter Closure from  
Friday 3rd to 10th***
- ◆ Mon 13th - Stepping Up  
Trip
- ◆ Tue 14th - Tai Chi  
Variety Club
- ◆ Wed 15th - Let's do Lunch  
Memory Matters
- ◆ Thurs 16th - Back to Basics  
Cuppa & Company
- ◆ Fri 17th - Umbrella Club
- ◆ Mon 20th - Stepping Up  
Prize Bingo
- ◆ Tue 21st - Tai Chi  
Variety Club
- ◆ Wed 22nd - Let's do Lunch  
Men's Matters
- ◆ Thurs 23rd - Back to Basics  
Cuppa & Company
- ◆ Fri 24th - Umbrella Club  
Trip
- ◆ Mon 27th - Stepping Up  
Community Café
- ◆ Tue 28th - Tai Chi  
Variety Club
- ◆ Wed 29th - Let's do Lunch
- ◆ Thurs 30th - Back to Basics  
Cuppa & Company

## May

- ◆ Fri 1st - Umbrella Club
- Mon 4th  
Closed Bank Hol***
- ◆ Tue 5th - Tai Chi  
Variety Club
- ◆ Wed 6th - Let's do Lunch  
Memory Matters  
Shared Tables
- ◆ Thurs 7th - Back to Basics  
Cuppa & Company
- ◆ Fri 8th - Umbrella Club
- ◆ Mon 11th - Stepping Up  
Trip
- ◆ Tue 12th - Tai Chi  
Variety Club
- ◆ Wed 13th - Let's do Lunch  
Memory Café  
Men's Matters
- ◆ Thurs 14th - Back to Basics  
Cuppa & Company
- ◆ Fri 15th - Umbrella Club
- ◆ Mon 18th - Stepping Up  
Prize Bingo
- ◆ Tue 19th - Tai Chi  
Variety Club
- ◆ Wed 20th - Let's do Lunch  
Memory Matters
- ◆ Thurs 21st - Back to Basics  
Cuppa & Company
- ◆ Fri 22nd - Umbrella Club
- Mon 25th  
Closed Bank Hol***
- ◆ Tue 26th - Tai Chi  
Variety Club
- ◆ Wed 27th - Let's do Lunch  
Men's Matters
- ◆ Thurs 28th - Back to Basics  
Cuppa & Company
- ◆ Fri 29th - Umbrella Club

## June

- ◆ Mon 1st - Stepping Up  
Super Social
- ◆ Tue 2nd - Tai Chi  
Variety Club
- ◆ Wed 3rd - Let's do Lunch  
Memory Matters  
Shared Tables
- ◆ Thurs 4th - Back to Basics  
Cuppa & Company
- ◆ Fri 5th - Umbrella Club
- 5th - 7th  
Llandudno Holiday***
- ◆ Mon 8th - Stepping Up
- ◆ Tue 9th - Tai Chi  
Variety Club
- ◆ Wed 10th - Let's do Lunch  
Memory Café  
Men's Matters
- ◆ Thurs 11th - Back to Basics  
Cuppa & Company
- ◆ Fri 12th - Umbrella Club
- ◆ Mon 15th - Stepping Up  
Prize Bingo
- ◆ Tue 16th - Tai Chi  
Variety Club
- ◆ Wed 17th - Let's do Lunch  
Memory Matters
- ◆ Thurs 18th - Back to Basics  
Cuppa & Company
- ◆ Fri 19th - Umbrella Club
- ◆ Mon 22nd - Stepping Up  
Community Café
- ◆ Tue 23rd - Tai Chi  
Variety Club
- ◆ Wed 24th - Let's do Lunch  
Men's Matters
- ◆ Thurs 25th - Back to Basics  
Cuppa & Company
- ◆ Fri 26th - Umbrella Club
- ◆ Mon 29th - Stepping Up
- ◆ Tue 30th - Tai Chi  
Variety Club