



AGEING WELL IN AIREBOROUGH

Working in the heart of
our community to support
your wellbeing



Our **Ageing Well** in **Aireborough** programme is an intervention plan for people in the **community** who may need a **helping** hand to support their wellbeing. Ageing and frailty are not words we want to hear!

However, we are all aware that many people are living **longer** and, as our population ages, we must put **support** in place to ensure that people can age well - by encouraging **positive** changes, **healthy** choices and informed solutions.

This programme looks at different areas of **wellbeing** to build **resilience** and help you recognise how to age well.

WHAT'S FRAILTY?

'Frailty' is a term that's used a lot, but is often misunderstood. When used properly, it refers to a person's mental and physical resilience, or their ability to bounce back and recover from events like illness and injury.

If someone is living with frailty, their overall resilience and their ability to recover quickly following health problems could be reduced.

Being frail means a relatively 'minor' health problem can have a severe, long-term impact on someone's health and wellbeing.



Someone living with frailty may need to adapt how they live their life, and find new ways to manage day to day tasks.

It's important that people living with frailty have access to proactive, joined-up care to maximise health and wellbeing and prevent problems arising in the first place.

Equally important is access to rapid, specialist services in the event of a health crisis and knowing where to go for support.

WHAT TO EXPECT ON THE PROGRAMME?

This programme is available to AVSED members who may be recovering from illness/injury or a hospital stay, have left an activity for some time or have moderate frailty. One of our friendly staff will arrange to visit you at home to discuss the programme and your needs.

The group takes place at Nunroyd Pavilion on the 1st & 3rd Monday of the month 2.00 - 4.00 and is £2.00 per session. We have an accessible bus for door-to-door transport (cost £4) and a team of staff and volunteers are on hand to offer as much or as little support as needed.

Each group will start with some gentle exercise, to get everyone moving and thinking about their physical health. This will be followed by refreshments and a snack where we will have time to chat about any issues, concerns or worries. Our activity hour is next and this is targeted around social interests, meaningful pastimes and enhancing experiences. Through the sessions, the hope is to discover how important social wellbeing is to your overall health and to find out what is available locally to support your social needs. We end each session with a little relaxation and mindful meditation.

The sessions are welcoming, friendly and enjoyable. You can take things at your own pace; all the while discovering new things and new friendships.

WHAT NEXT?

Throughout the programme we will work together to establish any areas that can be adapted to make life a little easier, a little more controlled or a little more fun, ensuring you have the right information to make the right choices for you.



AVSED offers a variety of services in-house for health, support and friendship. There are groups to bring like-minded people together, such as fitness classes for all abilities, memory and dementia support, trips out and events.

You may find something for you within our organisation, with free membership and a team of dedicated staff and volunteers to support you.

AVSED also works closely with other agencies and partners to signpost people to the right help and information in the community too.

Whether you stay with AVSED, move on to other community services or find a bespoke alternative, our Community Connectors scheme is there to support you on your next steps to Ageing Well in Aireborough.



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

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