



Newsletter

Summer Edition

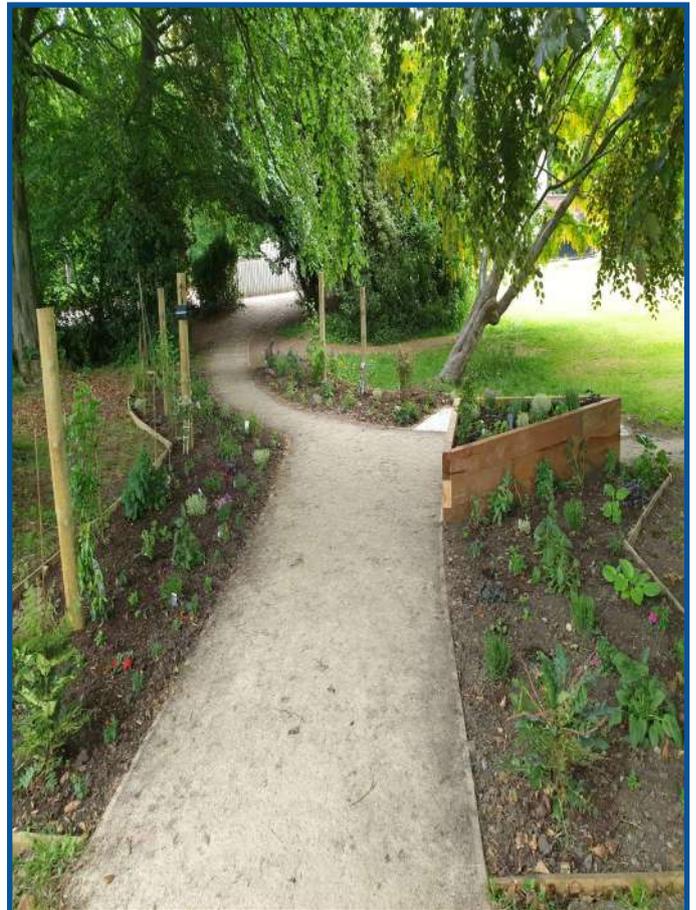
Helping Older People in Aireborough

As we write the Summer edition of our newsletter - the sun is shining through the window, the birds are in perfect voice, and the lockdown is nearing its end. We are delighted to be in a position to say we are moving forward, opening the doors (slowly) and emerging bigger and better, as Boris says!

This edition is packed full of brilliant news, information and new faces all ready for welcoming you back to the Pavilion and making plans for AVSED's future.

Sensory garden

Thanks to a generous donation from Cllr Paul Wadsworth (LCC), our sensory garden is now fully installed. The pathways around the clubhouse were reinstated along with new walkways to allow full accessibility. And nestled away at the side of the Pavilion is our beautiful garden - stunning colourful displays lined with fragrant plants and rustling grasses. There is a bed set for a new bench that will be in honour of the many volunteers that have helped the community over the pandemic - and a place to sit, rest and enjoy the garden. We have a fabulous team of volunteers looking after things, watering and pruning to keep it looking, smelling, feeling and sounding perfect - maybe there will be some edible plants too! Please go and enjoy the garden next time you visit.



Cleaning & Mitigation

As we open our doors, be assured we continue to do everything possible to keep everyone safe. The building and busses are fogged every month, the building is cleaned every morning and touchpoint cleaning remains. We are also continuing to use hand sanitiser.

Hot Food Delivery

During lockdown, our hot food deliveries quadrupled. Now we can go out to more places, please let us know if you no longer need the service and open up spaces for those who are unable to nip to the chippy themselves. Thank you.

AVSED Staff News

Hello AVSED Members,

My name is Stacey Battle.

I have been appointed as the new Member Engagement Lead here at AVSED. I have worked in the third sector for the past 12 years, working with people aged over 60, in varied roles to support independent living and reduce social isolation. I have lots of experience working in a Neighbourhood Network Scheme, along with a breadth of knowledge on the services, amenities and facilities that we can utilise to support our members when needed.

I am really looking forward to meeting you all. This is an exciting time for AVSED. As we are adapting and changing after the pandemic, I hope to help develop our services and offer a brilliant experience to you all.

As lockdown begins to ease, we want to make sure you feel comfortable to return and enjoy coming to activities, trips, events and meeting lots of friendly people. I can offer a home visit to meet you in person or arrange a meeting at the Pavilion.

Here are some of the services I can help you with:

- ★ Home visits for all members old and new – including a full needs assessment and winter check if suitable.
- ★ Help to book and join our activities, trips, events and transport.
 - ★ Health and wellbeing support.
 - ★ Mobility aids, support, advice, loans and guidance.
- ★ General advice and information on any matter affecting you.
 - ★ Advocacy and general assistance.
- ★ Referrals and signposting to other services, both locally and in the city.
 - ★ Help with form filling, bus passes and disability badges.
- ★ Arranging a befriender if you are unable to come to activities.
- ★ Welfare rights and benefits support -what are you entitled to?
 - ★ Memory support and advice.
 - ★ Carers support and advice.
- ★ Annual check-in (if you haven't been in contact in the last year).
 - ★ Home from hospital support and visits.

I will try and support you with any matter that affects your daily living and independence. Please get in touch to see if I can help.

***You can contact me by calling the office on 0113 2501702.
Call or text the new Members' Helpline on 07751 547790.***

I will be attending the Community Café and running a monthly Members' Drop In on the 3rd Friday of each month from 1-2 pm at the Pavilion.

Please come and have a cuppa and a chat.



Stacey

Hello everyone,

My name is Mark Fletcher and I'm lucky enough to have been appointed as AVSED's new Digital Inclusion Worker.

I'm really looking forward to meeting you all and eager to get on with providing some friendly, stress-free help to anyone who wants to get better at using phones, tablets, laptops, smart speakers and smart TVs.

The new technologies can seem complicated and even a bit intimidating at times but once things are explained clearly - and in English - it slowly gets easier. Before you know it, you could become a digital whizz and surprise yourself and the grandchildren!



I hope you are all coping with the many changes that the pandemic has brought to all of our lives - it's been a difficult time for just about everybody but, hopefully, we're beginning to see some light at the end of the tunnel. Vaccines are going full speed ahead, the restrictions are beginning to ease and groups and services are opening back up.

Digital technology has been a lifeline for many over the past 18 months. It can bring you together with family and friends, help you attend virtual meetings, events and groups., allow you to shop, see a GP or book appointments. The world is at your fingers with digital - all you need is a bit of kit and a bit of know-how and I can help you with both.

I'll be here at AVSED, helping anybody with technology, whether you're a complete beginner or already well on the road with it. I'll be visiting people in their homes - as well as offering some tuition and drop-ins here at our base in Nunroyd Park.

Here are some of the things I can help you with:

- ★ Equipment loan, including tablets and Alexas
 - ★ Internet connection
 - ★ In-home setup and installation
 - ★ Advice, support and guidance
- ★ Step-by-step tuition at your pace and easy-to-use instructions
 - ★ Online safety.

Contact me to get your digital journey started today.

You can contact me by calling the office on 0113 2501702.

Call or text the new Digital Helpline on 07873 891416.

I will be having a stall at the Community Café and running a monthly Digital Drop In on the 2nd Friday of each month from 1-2 pm at the Pavilion. I hope to see you there.

Mark

AVSED Activities & Services

AVSED after lockdown

We have waited a long time to hear the news that we can finally start to open our doors and begin activities. There have been many ups and downs, highlights and disappointments, frustration and confusion. But we are finally there – we have already started some support groups and exercise classes, and now we are thrilled to announce that our new programme of activities is starting in August.

We continue to proceed with caution, including staggering the start of each group over the next few months, maintaining some lower capacity limits

as we move forward and keeping some mitigation like sanitiser in place.

We have carefully considered all of the activities we are starting, working on information from members, volunteers and staff and building a good understanding of the needs of everyone involved.

We believe the new programme offers good choice, flexibility and room for development over the next 6 months.

We hope you are as excited as we are to move forward and build our post – Covid AVSED.

Pay-as-you-go

To ensure our activities are flexible and offer choice to move between, we are implementing a pay as you go on all entrance fees.

We can accept cash or card payment – please have the right money, if possible, to speed up entry, and contactless is available. Please speak to us if you can only pay by cheque.

We would like members to feel free to move between exercise classes in line with their ability levels – our classes offer differing intensity and suitability can change.

Attendance at exercise classes will require an assessment to ascertain the right level. Staff will help determine the appropriate classes for you as your needs change.

Afternoon activities are open to all members (unless specified) and, while capacity is available, you can attend multiple sessions within the week.

We look forward to seeing you there.

Cancellation Policy

Capacity in our groups is limited and we have lots of members that want to attend. We try our best to avoid waiting lists and offer something for everyone to participate in. We have in the past had empty seats on the buses and in groups due to non-attendance. This isn't good for the group or AVSED, with increasing costs and requests for places. While we fully understand some things are unavoidable and occasionally you may need to cancel, we are unable to hold places for a long period.

If you cancel more than 2 consecutive sessions or have multiple absences, your place on the bus or in a group will be forfeited and offered to the next person on the waiting list.

We will inform you if you are likely to lose your place and do our best to help if we can.

If you wish to attend again and there is a waiting list you will be placed on the list in turn until a space becomes

Monday	Tuesday	Wednesday	Thursday	Friday
10.30 - 12.00 Chair Based Exercise Group (£5) Bus (£3)	10.00 - 11.00 Intermediate Tai Chi 11.30 - 12.30 Beginners Tai Chi Group (£5)	10.30 - 11.30 Dance & Move Group (£5) July - August only	10.30 - 12.00 Back to Basics Group (£5) Bus (£3)	10.30 - 12.00 Fab Fun Fridays August: Ping - Pong - Pete Sept.: Drum - Tastic Group (£5) Bus (£3)
	Pie & Peas			Fish N Chips
	2.00 - 3.00 Carers Leeds Support Group 6th July & 3rd August By invitation only		2.00 - 4.00 Natural Encounters Group (Free) Bus (£3) 6 weeks: 5th Aug-9th Sept	
1st Mondays : 2.00 - 3.30 Community Café Group (pay-as -you-go) Bus (£3) Starts 6th Sept	1.30 - 3.30 Men Matter Bus (£3)			1st Friday : 1.00 - 2.00 Volunteer Drop in
2nd Mondays : 10.30 - 4.00 Local Trips (TBC) Independent capacity 14 Extra care capacity 9 Starting 9th November	2.00 - 4.00 Variety Club Group (£2) Bus (£3) Starts: 17th August	2.00 - 4.00 Ageing Well in Aireborough Limited places by appointment only August - December		2nd Friday : 1.00 - 2.00 Digital Drop in
3rd Mondays (TBC) Dementia Service (TBC) Starting December 20th				3rd Friday : 1.00 - 2.00 Members Drop in
Every Monday : 2.00 - 3.30 Short Strolls				4th Friday : 1.00 - 2.00 Meet the Manager Drop in

AVSED Phase 2 Programme - Starting from August 2021

AVSED Activities & Services

Physical Exercise

Back To Basics

Our level 1 class is suitable for anyone returning to exercise after injury, illness or time out of physical movement. The pace and intensity is very low. This gentle, fully-seated class works on building balance, flexibility and strengthening muscles.

Dance & Move

Our level 3 class is suitable for everyone who enjoys moving, with uplifting music and choreographed moves to work the whole body. You can take the class at your own pace either seated or standing and follow the moves however you feel comfortable.

Chair Based

Our level 2 class is perfect for those who are comfortable with a slightly increased intensity and faster-paced routine. The exercises are both seated and standing using a chair and include an array of equipment. This class works on building stamina, strength and agility.

Tai Chi

Our level 4 classes are suitable for anyone who is happy with a full standing routine. We have an open beginner, and an intermediate, class offering relaxed, structured movements to promote strength, flexibility and meditation.

Fab Fun Fridays

These physical classes are a chance to try something new, innovative and fun. Sessions will be in 4-6 week blocks and offer varying levels of intensity, adaptable to most people. Come and try something different with us.

Ping - Pong - Pete

A fun-filled, four-week course around the skills and play of ping-pong. Suitable for everyone.

August: 6th /13th/20th /27th

Drum - Tastic

Exciting and adapted drumming and sing-a-long, four-week course. Suitable for everyone.

September: 3rd/10th/17th/24th

Men Matter

Calling all men, fellas, blokes and gentlemen - come and join us and other men on the bus for a short drive around the local area.

Men Matter drives are a perfect time to let off some steam, get away from it all and enjoy the company, camaraderie and chat with other men. We can stop off for a coffee or a beer, stop to take in the beautiful local scenery and enjoy a little 'me' time.

Sorry, no females, ladies or gals allowed!



Ageing Well in Aireborough

Now we are emerging from Covid, some people are needing a little more support to build their confidence and resilience.

We are working with local GPs to offer a 6-week course that offers help and support through a friendly social gathering, helping people who may be frail, have memory issues or need extra support for their wellbeing. Your GP may refer you to the group or you can contact AVSED if you feel this group would be right for you.



Variety Club

Our brand new weekly entertainment group will feature many of the well-loved elements from our previous social groups, combined with new ideas and space for developing an uplifting, friendly and welcoming group that is open to all members.

- * Flyer Bingo with top prizes
- * Prize Raffle
- * Super Open The Box
- * Regular quizzes and gameshows
- * Quarterly live entertainment party

Come and join us for a relaxed and informal group, to meet friends old and new.

Cuppa & Company

Our member-led group does what it says - offers a space to come together for a cuppa and we will ensure the company is flowing. We have various tables of interest including:

- * Dominoes
- * Arts & Crafts
- * Scrabble
- * Uno

- and lots of space for you to introduce a table, hobby or interest. The group is open, friendly and welcoming to everyone and there is a smiling face waiting to meet you at every session.
See you there!

Community Café

Our monthly open door café is back - bigger and better!

Everyone is welcome - members, volunteers, friends, family, neighbours, local groups and organisations and dog walkers. Come and enjoy the community spirit with a hot drink, newspapers and friendly people. Can we tempt you to a delicious slice of homemade cake ?

All the staff will be on hand to meet and chat, plus the occasional information stall or special guest.

We will have a digital corner and a give & take food table too.

AVSED Drop-ins

Communication is one of our top priorities - especially as we move forward with new ideas, changes and a developing AVSED.

These drop-ins are a dedicated time for you to come and meet the team, tell us your comments, concerns, ideas and thoughts.

We want to make AVSED a place where everyone can feel part of what we do. This is the start of our consultation on our new AVSED post-Covid. If you don't come and tell us - how do we know what you think and how can we make things better for you?

We are looking forward to seeing you at the next drop-in.

Local Trips

Take a trip with us to popular local attractions. Spaces available for both independent members and those needing a helping hand with our extra care group.

Where would you like these trips to go?



Dementia & Memory Services

We are developing our service to people with dementia and looking into how we can help those living with memory issues connect with us and the community.

Contact us if you are worried about your memory or have dementia and would like to know more.

AVSED Members' News

Award winning Members

A rare and prestigious award, The Millennium Medal from The British Legion, has been awarded to one of our members. Irene Willis has worked tirelessly for 30 years raising money for The British Legion and the Battle Back Centre at Lilleshall that supports the rehabilitation of injured service personnel returning from Iraq and Afghanistan. Irene was inspired by her husband, a WW2 RAF serviceman, and by the suffering of her brother when he returned from the war. Irene has fundraised through



over 300 concerts with the RAF Band, hosted locally at Prince Henry School. She is an inspiration to the whole community. She saw the need and over the years has now raised tens of thousands of pounds. Alongside this, Irene is an Honorary Citizen of Otley and visited 10 Downing Street in recognition of her charitable work and boundless energy helping disabled service personnel. Well done Irene!

Members' Representative



Hello Members
My name is Sylvia Myers. I have been a member of AVSED for over 3 years and I am currently your Member Representative at Board Meetings.

It is my role to take any matters of interest to the board meetings for discussion and to voice a members' perspective on any decision making.

You can contact me through the AVSED office via email or letter, call and leave your details for me to get back to you, or visit me at the Members' Drop In on the 3rd Friday of each month.

Creative Members

The friends of Parkinson Park asked members of the community to decorate a stone and add it to their python trail . AVSED member Kath did just that,



and Kath's stone sits nicely amongst the many other stones created by people of all ages. Pop along and have a look - can you spot Kath's design ?

Share your skill

Do you have a skill, interest or hobby that you would like to share or teach to others? We recently met a gentleman who makes feather fishing flies and a lady who is making a tapestry collage. We are hoping to make some skill-sharing videos to help others find new skills and interests - look out for these and let us know if you would like to make your own video or share your story here.

Spring Flower project

In our spring newsletter, we invited you to be part of our Spring Flower project and grow a Calendula. Loads of you have nurtured your seedlings and seen the flowers grow - here are a few photos we received.

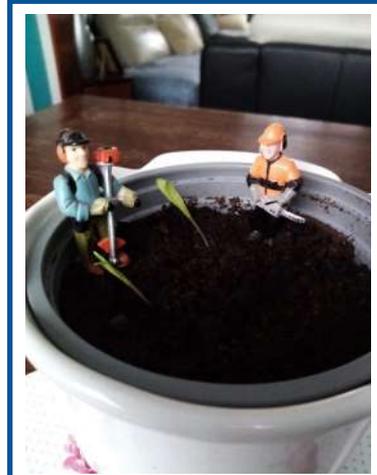
How's your growing going? Send us your blooming pics.



Kath



Sandra & Eddie



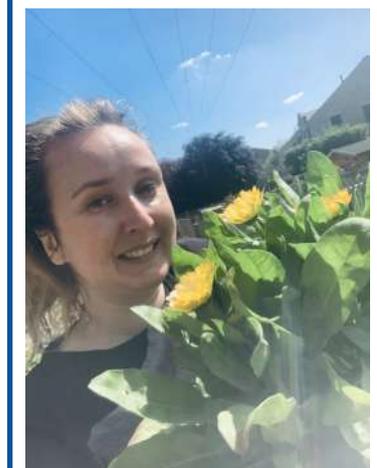
Norman



Andrew from
High Trees



Julie



Ella

AVSED Logo Design Competition

Still time to enter
before 31st July



Unleash your creativity
and help us find our
new logo to be
launched at our 30th
anniversary
celebration

Ensure your entry has your name and contact details attached
Send your entries to info@avsed.org.uk

World Cities Anagrams

Can you discover the world cities hidden in the anagrams below?

1. I held

2. Ari Ps

3. Banjo Hungers

4. Rumble One

5. Hasten

6. Aide or Rejoin

7. Lock Moths

8. Slogan Eels

9. A soak

10. Nod Nol

11. Cow Oms

12. Erny Wok

Word Ladder

Can you get from FIRE to HEAT by changing just one letter at a time, using the clues on the right-hand side?

FIRE

Amount charged for a ticket

Animal similar to a rabbit

Healthy and strong

Stop

Sprouted barley

To dissolve

Beef, pork or chicken

HEAT



The best home to be in is your own

Maintaining independence and quality of life is key to ageing well. Home Instead provides high quality, personalised care in your own home. We can help with companionship, home help, personal care, specialist dementia care and live-in care.

Home help

Personal care

General Knowledge Quiz

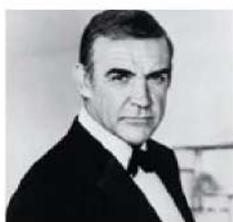
1. What's the biggest animal in the world?
2. Which country is brie cheese originally from?
3. What is the capital of Iceland?
4. How many times has Sue Barker won a tennis Grand Slam singles final?
5. In what year was Heinz established?
6. Who painted the Mona Lisa?

Famous Faces

Can you name the famous icons shown below?



1



2



3



4



5



6



7



8



9



10



11



12

We cover Ilkley, Skipton, the Aire Valley and the surrounding areas. To arrange care for you or a loved one, please call our specialists on **01943 662188** or visit **www.homeinstead.co.uk/ilkley**

 **Home Instead**
To us, it's personal

Dementia care

Live-in care

Handyperson service

HERE TO HELP WITH THOSE LITTLE JOBS

IF YOU NEED A HAND WITH THOSE LITTLE JOBS HERE AND THERE, GET IN TOUCH WITH THE AVSED OFFICE AND WE WILL GET ONE OF OUR SKILLED VOLUNTEERS TO COME AND HELP OUT! WE CAN HELP WITH LOTS OF DIFFERENT THINGS SUCH AS:

- CHANGING A LIGHTBULB
- HANGING A PICTURE
- REPLACING A TOILET SEAT
- BUILDING FLATPACK FURNITURE
- UNBLOCKING A SINK
- REPLACING BATTERIES IN SMOKE ALARMS & REMOTE CONTROLS etc.
- HANGING CURTAINS OR BLINDS
- AND OTHER SMALL JOBS TOO

(PLEASE NOTE WE DO NOT PROVIDE GARDENING OR DECORATING SERVICES)



YOU WILL ONLY BE CHARGED FOR ANY ITEM WE HAVE HAD TO BUY TO HELP COMPLETE YOUR JOB. HOWEVER, WE DO ACCEPT DONATIONS TO KEEP THE HANDYPERSON SERVICE RUNNING.

TO BOOK IN A HANDYPERSON VISIT, PLEASE CALL
0113 250 1702

Carers Leeds support group

During July and August we are helping our friends at Carers Leeds and Memory Lane by hosting their Monthly meeting. If you are a carer please call Memory Lane on 0113 3453378 or Carers Leeds on 07552 686493

Memory Lane

Specialist care for people living with dementia.

They are holding a Strawberry Tea on the 14th August 1-4pm @ the day centre.

Memory Café returns to Yeadon Town Hall on September 24th 1-3.30. Contact 0113 3453378 for info & to book.

30th Celebrations

We are still open for ideas and suggestions around how to celebrate our 30th Anniversary next summer. What would you like us to do to mark this occasion?



Consultation

As we move forward over the next 6/9 months we will be doing lots of consultation work - focusing on what our community needs, what resources we have and what services are needed.

We will be looking into all AVSED services and activities to ensure we are offering the right things to the right people at the right time. We would appreciate everyone's help and support in our quest to be the best we can be.

The next stage in our plan is to review, research and develop ready for a relaunch of our new AVSED next summer.

Be part of developing AVSED for the future.

Nunroyd Pavilion
Nunroyd Park
Yeadon
LS19 7HR

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Web - www.avsed.org.uk



Helping older people
in Aireborough
stay safe, stay well &
stay connected