

AVSED Volunteer Newsletter

SUPPORTING AIREBOROUGH SENIORS

WWW.AVSED.ORG.UK
SPRING 2024



Proud Partnership

We have been successful in a funding bid in partnership with OPAL who cover the Cookridge area to help us purchase our new Wheelchair Accessible Vehicle (WAV). We have jointly been awarded over £350,000 from the Motability Foundation.

This new vehicle, along with our minibuses, will allow us to build a community transport scheme, with our vehicles for local hire where needed.

We are looking for volunteers who would be interested in learning to drive the WAV and how to use the wheelchair equipment to get in touch with the office.

Volunteer Coffee Mornings

Thank you to those who came to the first 3 monthly Volunteer Coffee mornings. It was great to have a check in point to catch up, talk about different volunteer roles and activities, introduce volunteers to each other, and have a good old chinwag too.

These groups will now move to quarterly, with dates as follows. Just drop by, grab a cuppa and have a chat.

Monday 24th June 10.00 - 11.30
Wednesday 25th September 10.00 - 11.30
Friday 6th December 10 - 11.30

THE AVSED MEGA MAY DAY RAFFLE

DRAWN
WEDNESDAY 1ST
MAY

BUY RAFFLE TICKETS

SELL RAFFLE TICKETS

DONATE A PRIZE

HELP US RAISE ESSENTIAL FUNDS TO COMBAT SOCIAL ISOLATION AND LONELINESS IN AIREBOROUGH SENIORS AND HELP PEOPLE OVER 60 LIVE HAPPY, HEALTHY, AND INDEPENDENT LIVES



CALL THE AVSED OFFICE ON
0113 250 1702

Volunteer Survey

Thank you to everyone who completed and returned the Volunteer Survey. We had 29 responses and this meant we were able to get a nice snapshot of how volunteers feel at this moment in time.

Do you enjoy volunteering with AVSED? **4.76/5**

Do you feel like a valued part of AVSED? **4.79/5**

Did you have a good start/induction with AVSED? **4.54/5**

Do you feel comfortable sharing your suggestions or input with us? **4.66/5**

How likely are you to recommend our volunteering opportunities to friends, coworkers, or family? **4.57/5**

Membership

Please remember that membership to AVSED is free of charge to anyone 60 and above living in the LS20 and LS19 postcodes. If you would like to become a member, please ask one of the staff team who will arrange Stacey to get in touch with you to complete a membership referral.

Survey Feedback

From the survey, we had lovely feedback about how volunteers feel about helping members, but also what volunteers get out of volunteering themselves including:

- "It's a warm friendly environment and the members make my volunteering experience a great one"
- "Feel part of a friendly team, in my involvement"
- "I get a sense of pride by helping my community"

Re-Inductions

Some volunteers have been with us quite a while and because so much has changed since they started, they feel like they could benefit from an up to date induction based on the AVSED of today.

Volunteer Launch

Over the last 6 months, I have been carrying out a review and overhaul of the Volunteer service alongside manager Debbie. Updating policies, procedures, and health and safety to make sure that you have the information and support you need to carry out your roles.

This work is now complete and I invite you all to the relaunch of Volunteering with AVSED.

We will go through a new induction for all, provide you with your new, up to date documents, and answer any questions you may have.

Save
the
date



RSVP

michelle@avsed.org.uk
0113 250 1702

Volunteer Launch Event

Monday 29th April - 3pm

Greenacre Hall

Induction Information

Food Drinks Awards



Call out for new Trustees

AVSED is managed by a group of volunteers who make up the Board of Trustees. Their role is vital to the good progress and development of the charity and they ensure all our work is performed legally, equitably and ethically.

AVSED is seeking new trustee interests. Do you, or someone you know, have lived experience that could help drive AVSED forward?

Skills including building management, HR, business, fundraising, and health & social care would be a great benefit to the already established and experienced board.

Call our Scheme Manager Debbie Fawthrop for more details on becoming a Trustee and helping shape the future of AVSED.



Sponsored Run for AVSED

After successfully completing the Abbey Dash last October, I have signed up to participate in the Leeds 10K run on Sunday 23rd June.

The inspirational Jane Tomlinson decided in 2006 to set up the Leeds 10K to continue the fundraising vehicle for charities that she had started. Over the last 15 years, the Leeds 10K has grown to become one of the highlights of the Leeds calendar, and is a hugely popular, inclusive and supported race for participants of all abilities. In many ways, the Leeds 10K captures the can-do, inspirational spirit of its founder and I look forward to being part of it this year.

Throughout the route that takes in many of the city's historic landmarks, crowds come out in force. The fantastic atmosphere and friendly volunteers make the event unforgettable for all. I will be fundraising for AVSED, aiming to get round and enjoy the day, and any support will be gratefully received. To encourage me to get over that finish line, please contact one of the staff for sponsorship details.

Judith

Dementia and Inclusion Lead



End of year Expenses

As we approach the end of March and the end of the financial year, I must remind and encourage all volunteers to submit your expenses. This is whether you choose to claim these for yourselves, or donate to AVSED.

As a reminder of the change in our Expenses scheme, please read on:

Aside from the usual expenses of mileage, phone calls, and £5 lunch for full day volunteering, there are some new rules in place:

- If you want to make a purchase for a group or activity, you must have written authorisation from a staff member first.
- Receipts must always be attached or we will be unable to pay out for that item.
- Only claim for Volunteer miles and not personal mileage.

We can pay via bank transfer (preferred), however speak to a member of staff if you need other options of payment.

If you have any questions, please do not hesitate to come and talk with me.

AVSED CLOSED

On Thursday 2nd May it is the local elections voting day.

Greenacre Hall has been a polling station for many years and us moving into the Hall won't change that for the local residents.

AVSED has always taken a non-political stance and, in support of this, we will be closing all activities and the office to allow the elections to take place out of respect to all our Ward Councillors and those standing for election.



EASTER
CLOSED

We closed to all activities from Good Friday and we reopen on Monday 8th April.

The office will be open between Tuesday 2nd and Friday 5th April with skeleton staff if you need support.



Befriending

As always, my call out for volunteers to become face to face befrienders continues. Befriending is a core service that we offer here at AVSED, and provides support to members who are either temporarily, or permanently in a situation that means they cannot join us at our activities, or, they may need extra social support due to individual circumstances.

The aim of this role is to provide friendship, a listening ear, and a way for someone to feel a part of AVSED even if they cannot physically get to our groups. Members often have various carers or family popping in and out to help with shopping, cleaning, cooking, or personal care but often there is not enough time to simply sit down and have a chat over a cup of tea. Befrienders fill this gap and brighten the day of those that they visit. Visits may include playing games (scrabble, chess, card games), reminiscing, watching and talking about TV, looking through photo albums, going for walks in the community, supporting to join local social groups or whatever is agreed at the start of your pairing. Partnerships may be open ended, short term, or with a specific aim or goal in mind.

CAN YOU:

- Spare an hour a week
- Start conversations
- Listen to others
- Provide social interaction
- Follow Safeguarding and Health and Safety policies
- Follow simple check in and reporting procedures

If so please get in touch with Michelle to discuss further. An enhanced DBS check is required for this role.



Car Drivers



AVSED member numbers are growing at a rapid rate. We reopened after COVID with around 250 members, and we currently have over 760! Because of this I am looking for extra support on our transport team in the form of car drivers.

Using your own vehicle, or volunteering to drive our new WAV, you would compliment the minibus service already in place by picking up members, bringing them to activities and taking them home again at the end. Helping us in this way will allow us to expand the numbers we can support, and also provide a more personal service to those who may find the minibus a little overwhelming, or physically too demanding.

If you are interested in helping in this way, you would need to provide the following:

- A copy of your driving licence
- A copy of your car insurance - this must show that you have informed your insurer that you use your car for volunteering

I will also provide you with our Driver Safety Handbook to read and sign before being added to the driver list.

This role will be an ad-hoc position and you will be able to pick the days and times that suit you best.

To discuss further, please call Michelle. An enhanced DBS check will be required for this role.

Recruitment

These roles are vacant or upcoming, please consider whether you are free and can commit to the role needs. If you would like more information, do not hesitate to contact Michelle.

Prize Bingo

3rd Wednesday 9.30 - 12.30

I am looking for 2 volunteers to support the Prize Bingo group once a month (third Wednesday). The role includes setting up tables and chairs in the hall, helping to prepare the Tuck Shop drinks, providing a warm welcome to all members on arrival, helping to sell tickets and fundraising games and finally to help take the register and transport money. Volunteering takes place between 9.30 and 12.30 on the 3rd Wednesday of each month.

Memory Matters

3rd Wednesday 1.30 - 4.30

To work alongside our Memory Lead Judith and support members with low level dementia in activities, exercise and shared chats that help stimulate and promote conversation. To help set up and tidy away the activity, prepare drinks and make sure every member gets a warm welcome and goodbye. Volunteering is on the 1st and 3rd Wednesday of each month 1.30 - 4.30.

Fish & Chips

Friday's 11.25 - 12.15

Ad-Hoc

Ad hoc support is always needed to help cover weekly routes. Using your own vehicle to deliver fish and chips to a round of local AVSED members. Collecting from either Springfield Fisheries in Guiseley or the Little Fisherman in Yeadon. We look for volunteers who we can contact for your availability when we have vacancies for cover each week.

Umbrella Club

Friday's 11.00 - 2.30

I need to recruit 2-3 physically able volunteers to help support the set up of the activity including putting up tables and chairs in the activity hall, as well as support in the kitchen on a rota basis providing lunch for our members. Other responsibilities include taking part in the exercise session to encourage and support members who have a diagnosis of dementia or physical impairments and making sure all members have a warm welcome and a supportive experience throughout. Tidying away and breaking down the group at the end of the session also included in the role. Every Friday between 11 and 2.30. DBS and Food Hygiene required.

Car Drivers

In the coming months we will be looking for more support for volunteers to provide help to members and give transport to and from activities or other services in the local area using your own vehicle. If you are interested, please get in touch to add your name to the list so I can give you more information once available.

Befrienders

I am constantly on the lookout for more befrienders to provide face to face support to members in their home once a week. To learn more, please get in touch.



VOLUNTEER
RE-LAUNCH

Monday 29th April - 3pm
Greenacre Hall

RSVP - MICHELLE@AVSED.ORG.UK
0113 250 1702

AVSED

SUPPORTING AIREBOROUGH SENIORS
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avsed.org.uk/volhub

Join the Volunteer
WhatsApp group, a new
space for communicating
vacancies and news.

