



Newsletter

Summer 2026 Edition

Supporting Aireborough Seniors

Front Page News

Thank You

AVSED is incredibly fortunate to have the support of such a generous community. Your kindness, time and donations make a real difference and help us continue providing vital services, activities and support to our members.

In this edition, we would like to say a special thank you to:

Our Kitchen Collection Jar Supporters

A huge thank you to everyone who has dropped their coppers – and notes! – into our collection jar.

The money raised is towards our new kitchen and we are delighted to report that our first full jar has now been counted. Thanks to Sheila & Rebecca for doing the honours!

The grand total was an amazing **£360**.

We have already started filling jar 2, so if you have any spare change, every penny is gratefully received.

Big May Day Raffle

Our Big May Day Raffle was a spectacular success, raising an incredible **£3,352**.

Thank you to everyone who donated prizes, sold tickets or bought tickets – a fantastic example of our community coming together.

Leeds Bradford Airport

We would also like to extend our heartfelt thanks to Leeds Bradford Airport, which selected AVSED as its Charity of the Year for an incredible two-year partnership.

During that time, the airport team has supported us in so many ways, including:

- Partnership launch with a £5,000 donation
- Volunteering at our groups and activities
- Helping prepare and deliver Christmas hampers
- Donating raffle prizes
- Staff fundraising events and awareness campaigns
- Funding the refurbishment of our volunteer room.

When we consider both financial contributions and the value of the time and support given, we estimate that the partnership has contributed well over **£20,000** to AVSED.

We are enormously grateful for everything the team has done. Their support has made a lasting difference to our organisation and the people we support.

Thank you

AVSED Services – Here to Support You

Recent survey responses showed that many members are not fully aware of the wide range of services available through AVSED. As well as our groups and activities, we offer practical information, advice and support to help people remain independent, informed and connected to our community.

Our team can provide support with a variety of issues, including health, social care, housing, mobility, memory concerns, finances and maintaining independence. We can also help with advocacy, information and signposting, referrals to other services, inclusion support and seasonal assistance when extra help may be needed.

Additional services include:

- Home visits
- Handyman service
- Befriending scheme for people who are housebound or socially isolated
- Digital support and guidance
- Memory and dementia support
- Help accessing local services and community resources.



Our aim is to help people make informed choices, access the support they need and maintain control over all aspects of living and ageing well.

We endeavour to stay in touch with all our members at least once a year. If you are not currently attending groups or using our services, you will receive a friendly **"keep in touch"** call from a member of the team.

If you would like to learn more about the support available, or would benefit from a visit to discuss your circumstances, please contact the office to arrange an appointment.

We are always happy to help.

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

AVSED News

Digital Connections – Helping you navigate the evolving digital world

As the world becomes increasingly digital, AVSED is developing more ways to help you learn, troubleshoot, connect and build your confidence with technology.

Whether you're struggling with a device, want to learn a new skill, or simply find that technology isn't working quite as you expected it to, we offer several ways to get support:



Quick Fix Desk

Join us at our Community Café on the fourth Monday of every month, where AVSED staff member Michelle is on hand to help with quick technology fixes and questions.

Whether you're having trouble with an app, can't access your emails, need help sending photos, or simply want to learn how to take a good selfie, our Quick Fix Desk is the perfect place to get support.

Greenacre with Glynis

For those looking for more in-depth support, volunteer Glynis offers bookable 30-minute one-to-one sessions on the second Wednesday of each month between 1.00pm and 3.30pm. Bring along your laptop, tablet or mobile phone and let Glynis help you build your digital skills, solve problems, and gain confidence using your technology.

Digital Befriending

If you need tailored help, our Digital Befriender, Josephine, can provide help either in your own home or at Greenacre Hall.

Over one or more visits, Josephine can help you develop new skills, work through more complex issues, explore different online services, and build your confidence using technology independently.

Equipment Loan

We have a small stock of mobile phones, tablets and other devices you can use for free whilst deciding what is best for you.

If you'd like to find out more, or book a session, please contact the AVSED office.

***No question too small – no request too much!
Together, let's make sure we can all keep up
with the digital tide.***

Community Cafés

Our popular monthly cafés are on the fourth Monday each month, 2.30 – 4pm. Everyone is welcome – bring a friend, family member or neighbour – and enjoy: great company, hot drinks, delicious cakes, tombola and occasional stalls. Pay as you feel donation plus £1 for cake or tombola.



Summer Roadshow on June 22nd

Lots of information and goodies for keeping hydrated, cool and well in the heat of summer.

Our July café on Monday 27th

Will have a pop-up clothing shop with rails of great clothes for men & women on sale at reasonable prices – which also raises funds for AVSED.

What's New?

Thank you to everyone who shared their ideas and feedback during our reviews. We're excited to announce that we're already working on some of your suggestions and have several new groups and support services in development.

Want to be among the first to hear more? Register your interest today, join our waiting list, or give us a call for more information. We look forward to sharing exciting new opportunities with you!

Ageing Well in Aireborough

We are delighted to be bringing back this much-needed support group. It is a welcoming and supportive programme designed for people who need a little extra help due to illness, low confidence, anxiety, loneliness, or frailty.



Led by Ella, who is an experienced wellbeing coach, exercise practitioner and group facilitator. This intervention provides tailored support to help members regain confidence, improve physical wellbeing, build resilience, and maintain independence.

Each session will include:

- ◆ Gentle strength and balance exercises
- ◆ Self-help coaching and support
- ◆ Meaningful activities and social opportunities
- ◆ Wellbeing discussions and peer support
- ◆ Practical tools to support independent living
- ◆ Personalised goal setting and progress planning.

This programme offers compassionate, individualised support designed to help you feel stronger, more confident, and better connected.

The programme runs fortnightly, with support tailored to each person's unique circumstances and goals – new group starts in the Summer.

Coming Soon – Watch this space... the best is yet to come!

We are working with staff to bring you even more opportunities. Some of the exciting ideas we're currently developing include:

Singing for Health

Not a choir – just a friendly group for people who enjoy singing, laughter, and good company. Discover how singing and breathing techniques can boost wellbeing, improve lung health, and lift your mood.

Walk & Talk

A seasonal walking group offering gentle local walks, fresh air, friendly conversation, and the chance to explore your community while staying active.

The Young Ones

A peer-led social group for those under 70 who are looking to meet like-minded people, make new friendships, share interests, and enjoy social activities together.

New Food & Dining Experiences

Once our kitchen refurbishment is complete, we'll be exploring exciting new food-based activities and dining opportunities. But we need your help – What would you like to see? For example: Breakfast Club, Sunday Lunches, Restaurant Evenings, Cooking Demonstrations, Community Meals, Afternoon Tea Events. Have another idea? We'd love to hear it!

Wellness Connect

We are excited to introduce our brand-new monthly wellbeing group, coming soon. It is a safe, supportive, and welcoming space for anyone looking to improve their wellbeing, connect with others and take some time for themselves.



Led by Michelle, who is our mental health first aider and trained in session facilitation, these relaxed monthly sessions will explore a different topic each month, including stress, anxiety, confidence, sleep, loneliness, resilience, and self-care.

Each session will include:

- ◆ Friendly conversation and peer support
- ◆ Guided wellbeing discussions
- ◆ Mindfulness and relaxation activities
- ◆ Practical coping strategies and tools
- ◆ Time to connect over a brew in a safe and welcoming space.

This is not counselling or intense support.

There is no pressure and no judgement – just supportive conversations designed to help people feel heard, supported, and connected.

Sessions will take place once a month and run for up to two hours – new group starts in the Autumn.

AVSED Calendar

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>
Wk 1	6/7 - 3/8 - 7/9 - 5/10 <i>Super Social</i>	1/7 - 5/8 - 7/10 <i>Memory Matters & Shared Tables</i>
Wk 2	10/8 - 14/9 <i>Monday Trips</i> 17/7 - 16/10 <i>Friday Trips</i>	8/7 - 12/8 - 9/9 - 14/10 <i>Memory Caf� & Men's Matters</i>
Wk 3	20/7 - 17/8 - 21/9 - 19/10 <i>Prize Bingo</i>	15/7 - 19/8 - 16/9 - 21/10 <i>Memory Matters</i>
Wk 4	27/7 - 24/8 - 28/9 - 26/10 <i>Community Caf�</i>	22/7 - 26/8 - 23/9 - 28/10 <i>Men's Matters</i>

Members' Forum

Wednesday 29th July 1:30pm - 3pm
Come and have your say about AVSED, the community and other hot topics. Please RSVP Ella.

Summer Shutdown Week

Please note that all AVSED activities and services will be closed from **Bank Holiday Monday 31st August until Friday 4th September**.

The office will be closed on Bank Holiday Monday. From Tuesday to Friday, limited staff will be available to provide emergency support only. Normal services and activities will resume the following week.

The hottest ticket in town? - AVSED's Super Socials!

With brilliant live entertainment, imaginative themed decorations, delicious food, exciting raffle prizes, and a room full of friendly faces, every event is a memorable experience. These hugely popular afternoons sell out in record time, so don't wait - book your place early and see for yourself why everyone loves a Super Social!

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.



Country & Western

Monday 7th September
2:00 pm - 4:30 pm
(doors open 1:45 pm)

Tickets: £15.00
The incredible Ellen Roy brings the spirit of Country and Western favourites, guaranteed singing and toe-tapping fun.



Motown Magic

Monday 5th October
2:00 pm - 4:30 pm
(doors open 1:45 pm)

Tickets: £15.00
Feel the magic of Motown and get into the groove as the talented Katy James delights with timeless hits and vocals.



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!



Monday	Tuesday	Wednesday	Thursday	Friday
Stepping up (£5.00) Aerobic style exercise 10.30 - 12.00 (Transport available)	Foundation Tai Chi 10.00 - 11.00 Tai Chi Refreshments 11.00 - 11.30 Intermediate Tai Chi 11.30 - 12.30 (£6.50 per session paid monthly in advance)	Let's do Lunch (£7.00) Social Lunch Club 11.00 - 1.00 (Assessed transport available) 1st Wednesday : Memory Matters (£5.00) Dementia & Memory activity 2.00 - 4.00 (Transport available) Shared Tables Meet at 12.30 for lunch Book with the office	Back to Basics (£5.00) Chair based exercise 10.30 - 12.00 (Transport available) AVSED Plus Dementia Activity Service 10.30 - 3.30	Fish N Chips Delivery (£7.75)
1st Monday : Super Socials (Tickets £15) See itinerary for details 2.00 - 4.30 (Transport available) 2nd Monday : Trips Variable cost 3rd Monday : Prize Bingo (Pay-as-you-go) 2.30 - 4.00 (Transport available) 4th Monday : Community Café (£PAYF) Everyone Welcome 2.30 - 4.00 (Transport available)	Variety Club (£5.00) Let us entertain you at our social group that has a little something for everyone and a few extras on top ! 2.00 - 4.00 (Transport available)	2nd Wednesday : AVSED Memory Café (£5.00) Dementia & Memory café 2.00 - 4.00 Men's Matters (£1.00) All-male social club 1.30 - 3.00pm (Transport available) 3rd Wednesday : Memory Matters (£5.00) Dementia & Memory activity 2.00 - 4.00 (Transport available) 4th Wednesday : Men's Matters (£1.00) All-male social club 1.30 - 3.00pm (Transport available)	Cuppa & Company (£3.00) Let us keep you company whilst you join in hobbies, interests,, games and chatter. 2.00 - 4.00 (Transport available)	The Umbrella Club (£10.00) 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 11.45 - 2.15 (Transport available)

AVSED's Memory and Inclusion Corner

Umbrella Club

This spring, members of our Umbrella Inclusion Group shared fond memories of May Queen carnivals and celebrated International Families Week by bringing in special photographs and reminiscing about memorable events from their past. It was a lovely and inspiring show-and-tell session enjoyed by all.

To mark Dementia Action Week, Colin joined us with his keyboard, inspiring one of our members to play a selection of tunes and reminisce about their days as a piano teacher.



We will also be marking the start of the Football World Cup, with each member supporting a different team. Watch this space to find out who comes out on top!

Memory Matters

This group provides therapeutic activities based on the theory of Cognitive Stimulation Therapy (CST). This May we celebrated Dementia Action Week by welcoming musicians Richard on guitar and Steve on ukulele. Together with members from several of our other groups, everyone enjoyed a wonderful sing-along. We had a fantastic turnout, and everyone left with smiles on their faces.

Memory Café

AVSED's monthly Memory Café provides a welcoming and supportive space for people living with memory issues and their supporters to enjoy refreshments, conversation,

reminiscence and light entertainment together. Recently, Deborah returned from Musical Moments, bringing music, fun and plenty of laughter. We are also looking forward to welcoming Cross Gates Ukulele Band in June. Why not come along and join us? We would love to see you.

Community Café – Dementia Roadshow

We were delighted to welcome several organisations and information stalls to our April Community Café, helping to raise awareness and share valuable support services within our community.

To mark Dementia Action Week, we distributed packets of Forget-Me-Not seeds to members and volunteers to plant throughout the community. We look forward to seeing them bloom in the months ahead.

A special thank you to Janet, Dorothy and Amanda for using their talents to create beautiful Forget-Me-Not-themed gongs, badges and bookmarks. Their hard work helped make the week extra special and greatly appreciated by all.



Sporting Reminiscence

Our Sporting Reminiscence session attracted a great number of members and volunteers, all sharing stories of sporting achievements and memorable moments from the past. We were pleased to welcome member Michael, Guiseley

AFC's all-time leading goalscorer, who recounted fascinating stories from his playing career and encounters with many famous sportspeople. It was a wonderful way to spend a fifth Wednesday.



Special Super Social – Monday 6 July

There are only a few tickets remaining for our special dementia and inclusion event featuring a fantastic Neil Diamond tribute act.

Come and raise your hands to *Sweet Caroline*, sing along to *Forever in Blue Jeans*, and together let's make a *Beautiful Noise*!

We're Here for You

At AVSED, everyone is welcome. There is always someone to talk to, a friend you haven't met yet, and people who genuinely care and share experiences.

If you have any concerns about your memory or health issues which affect your inclusion, please speak to our friendly Dementia & inclusion team.



AVSED Plus is our exclusive dementia activity service, offering valuable daytime respite for families and carers, alongside a full programme of engaging activities and entertainment for our members.



At AVSED Plus, we provide a wide variety of stimulating activities in a fun, friendly and supportive environment for people living with dementia and memory loss.



Recently, our members enjoyed choosing activities they would like to try throughout the year. To celebrate RHS Gardening Week in May, we took part in indoor gardening activities, and we hosted AVSED Plus's very first Film Festival to coincide with the Cannes Film Festival – complete with freshly made popcorn and interval ice creams!

Our summer programme has also been shaped by members' suggestions, with themed "staycation" sessions exploring France and Scotland, alongside seasonal favourites such as our AVSED Plus Summer Seated Sports Day.

Members attending our Tuesday group enjoyed a pottery painting session, where they decorated their own trinket tray keepsakes. These were professionally glazed and fired, and the results were fantastic. It was wonderful to see members proudly showing their creations to family and friends. Due to its popularity, we will be running another pottery session for our Thursday group in September.

Also by popular demand, both groups will enjoy musical – themed sessions in September, celebrating favourite musicals and songs. In October, we will welcome autumn with seasonal crafts, activities and reminiscence discussions.

Carers' Group

Earlier this year, we launched our Carers' Peer Support Group, open to all AVSED members and volunteers with caring responsibilities.

Local Memory Support Worker Andrew Firth kindly attended our recent sessions, offering valuable one-to-one advice and support while providing carers with the opportunity to share experiences and connect with others in similar situations. Upcoming sessions will take place on:

- Thursday 27 August
- Tuesday 29 September
- Thursday 29 October

Time: 10:30am – 11:30am

You are welcome to drop in and attend for as much or as little of the session as you wish.

New Friday Sessions - Coming Soon

From October 2026, AVSED Plus will be expanding to include a regular Friday session (10:30am–3:30pm), alongside our existing Tuesday and Thursday groups.

If you or a loved one may be interested in attending our new Friday sessions, please contact the office or speak to a member of staff to register your interest and reserve a place.

A Problem Shared is a Problem Halved

Our AVSED Plus members have a wealth of life experience, wisdom and practical advice to share. If you have a question or dilemma you would like to see featured in a future newsletter, please speak to a member of staff.

"My daughter is leaving for

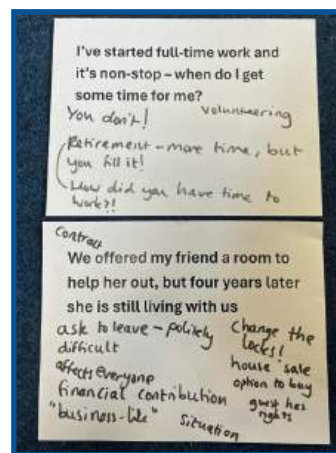
university. How can I support her – and cope with the change myself?"

Firstly, focus on the positives. You can feel proud that your daughter is pursuing her ambitions and taking this exciting step towards independence.

At the same time, it is completely natural to find the transition difficult. The family home can feel very different when a child leaves for university.

Try to stay connected through regular phone calls, messages or video chats, and continue showing an interest in her new experiences and achievements. Encourage her independence, particularly when it comes to managing finances and daily responsibilities, while letting her know you are there if she needs support.

This new chapter can also be an opportunity for you. Consider taking up a hobby, joining a group, reconnecting with old friends, or pursuing something you have always wanted to do but never had the time for. Remember, although things may be changing, your relationship is not ending – it is simply evolving into a new stage of life.



AVSED Plus – supporting people living with dementia through friendship, meaningful activity and enjoyable experiences, while giving carers valuable time and peace of mind.

Community News



Wharfedale Cardiac Club

The Importance of Cardiac Rehab Exercise

If you have had a cardiac event or treatment for a cardiac related issue (for example a heart attack, atrial fibrillation, a bypass operation, an angiogram, etc.) rehabilitation exercise is so important to help recovery.

Research has found that people who attend regular cardiac rehabilitation exercise have a much lower risk of suffering a recurrence of their cardiac problem.

At Wharfedale Cardiac Club we provide cardiac rehab exercise classes in Wharfedale Hospital, Otley and since we started in 1991 we have helped many hundreds of people.

Our friendly classes are held on Monday and Thursday evenings at 6pm and 7.20pm and are led by highly experienced and qualified instructors.

Contact us for more information or scan the QR code to visit our website

Email: wghcardiacclub@gmail.com

Phone: 07818 024059

www.wharfedalecardiacclub.org.uk



The Frank Parkinson
Yorkshire Trust

almshouses | charitable awards | educational grants



The Frank Parkinson Yorkshire Trust
Providing Independent Living accommodation for the elderly
situated near the town centre of Guiseley

If you would be interested in registering your interest, go to
our website at www.fpyt.org.uk and complete the online
registration

To be eligible to register your interest in future vacant
properties, the criteria below will need to be met:

- Be over 55 years of age (priority for accommodation may be given to over 60's)
- Have no pets
- Live in Leeds or Bradford
- Have a low income and low or no savings
- Be able to live independently at home (without the need for intensive care and support in place)
- Homeowners are not eligible to apply

The Charity has 44 properties, including ground and first
floor flats (without a lift) and a small number of bungalows,
To watch our promotional videos and find out more go to:
www.FPYT.org.uk, or call the team on 01943 871655

Greenacre Hall - Activities and Hire

Greenacre Hall is a busy and vibrant community hub, with activities taking place throughout the week for people of all ages and interests.



During the day, Monday to Friday, AVSED uses the hall for its wide range of groups, activities and support services. In the evenings and at weekends, the hall comes alive with an equally varied programme of community activities, including dances, karate, choir rehearsals, Pilates, Yoga and Zumba, and a regular Blood Donation Session each month.

As well as being home to many local groups and organisations, Greenacre Hall is available to hire for meetings, classes, celebrations, parties and special events.

AVSED manages the hall and is supported by a dedicated caretaking team, alongside a wonderful group of volunteers and supporters who help ensure everything runs smoothly for one-off bookings.

Whether you are looking for a venue for a family celebration, community event, exercise class, meeting or regular group activity, Greenacre Hall offers a welcoming and flexible space in the heart of the community.

Please help us spread the word that Greenacre Hall is open for bookings. For information about room hire, regular lettings or special events, please contact the AVSED office – we would be delighted to discuss your requirements.

Local Trades & Services List

AVSED is looking to create a simple directory of local tradespeople and service providers that have been recommended by our members.

Have you used a reliable local plumber, electrician, gardener, hairdresser, decorator, cleaner or other service that you would happily recommend to others? If so, we would love to hear from you.

The aim is to create a handy community resource that members can use when looking for local help and services.

Please note that this will not be a vetted, approved or endorsed list. AVSED will not verify qualifications, insurance, references or the quality of services. By sharing our knowledge and experiences, we can help connect members with needed services in our community.



Instructing a Solicitor to Prepare a Lasting Power of Attorney

A Lasting Power of Attorney (LPA) is a vital legal document that allows you to appoint trusted individuals to make decisions on your behalf if you lose mental capacity. Given its importance, professional guidance is strongly recommended to avoid errors that could have serious consequences.

There are two types of LPA. A **Health & Welfare** LPA covers decisions about medical care, personal welfare, living arrangements, and life-sustaining treatment, and can only be used once capacity is lost. A **Property & Financial Affairs** LPA deals with managing finances, including bank accounts, bills, property and investments; it can be used either immediately upon registration or only when capacity is lost.

Using a solicitor offers several advantages:

- They provide tailored advice on appointing attorneys, whether they should act jointly or independently, and whether replacements are needed.

- They ensure documents are completed correctly and comply with legal requirements, reducing the risk of rejection by the Office of the Public Guardian (OPG).
- Solicitors can also manage the registration process, act as certificate providers where appropriate, and offer transparent, fixed-fee arrangements.

Professional support also helps avoid common mistakes, such as incorrect signing order, invalid appointment structures, or improper corrections. Errors can delay registration or render an LPA unusable when it is most needed.

Ultimately, a properly drafted and registered LPA offers peace of mind, ensuring your wishes are respected and decisions can be made efficiently if you lose capacity.

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



**MORRISH
SOLICITORS LLP**



Trustpilot

4.8



033 3344 9609

info@morrishsolicitors.com

51a High Street | Yeadon

AVSED - Trips

	<u>Independent Trips</u> • For members who are independent and do not need support beyond companionship. • Venues may have uneven surfaces, stairs, or limited access. • Carers can attend if extra support is needed. • Full-day trips; members meet at Greenacre Hall.			
	<u>Supported Shopper Trips</u> • For members needing some support (light assistance, wheelchair, companionship). • Shorter day trips to shopping venues. • Limited spaces to meet members' support needs. • Members are picked up and dropped off at home.			
	<u>Extra Care Trips</u> • For members needing more support and are unable to attend independently. • Half day trips, where venues are fully accessible. • Staff and volunteers on hand for assistance, including one-to-one support. • Very limited spaces due to higher needs. • Trips are roughly a 30-minute journey after home collection.			
<u>Bury market</u> Friday 17th July		Meet at AVSED 9.15am	Cost £16 Transport only	<i>Last few space available</i>
<u>Owlcotes Shopper</u>  Monday 10th August		Pick-ups from 9.30am	Cost £10 Door-to- door pick up and support	New quarterly supported shopping trip to the Owlcotes Centre in Pudsey. Home of ASDA, M&S and B&M including 2x cafes for a bite to eat.
<u>Royal Armouries Museum</u>  Monday 14th Sept		Pick-ups from 10.00am	Cost £10 Home pick up AVSED Transport	A purpose-built national headquarters located at Leeds Dock, housing thousands of historic objects spread across five floors of galleries. World-Class key highlights include Henry VIII's personal tournament armours, a colossal and unique Indian war elephant armour, exotic Japanese samurai gear. Dining options include The Masters Café on the ground floor, a 2nd Floor Coffee Shop, and an Indoor Picnic Area on the fourth floor.
<u>Boundary Mills</u>  Friday 16th October 		Meet at AVSED 9.00am to set off at 9.30am prompt	Cost £18 Transport only Payment only secures your place	Boundary Mills Outlet, Colne is a two-storey outlet store in Lancashire offering up to 60% off high-street and designer brands. Inside, you will find thousands of labels across fashion, footwear, beauty, gifts, and a large homeware department. A key highlight of the store is its on-site Marks & Spencer Outlet. It is designed as a full-day destination, featuring several on-site eateries that include a coffee shop, a traditional restaurant, and a popular fish and chip shop.

You can come and speak to the team for more information about trips and suitability, book your place and pay at our Community Café.

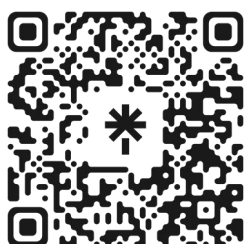
Call the office to request your space – Booking opens 22nd June

Help Us Spread the Word!

If you've enjoyed taking part in AVSED activities, used one of our services, or simply want to support the work we do in the community, we would really appreciate a quick review on Facebook, Google or Trustpilot.

Positive reviews help more people discover AVSED, build trust in our services, and support our work with older and vulnerable people across the community. If you need any help leaving a review, please get in touch with Michelle or a member of the AVSED staff team who will be happy to help. Every review, no matter how short, makes a real difference - thank you for your continued support!

Scan the QR code to get a link to leave a review.



To leave a review on Facebook

1. Visit the AVSED Facebook Page
2. Click on the reviews section
3. Answer YES if you would like to leave a review
4. Type your review



AVSED Delivery

FISH AND CHIPS

Golden fries

Soft juicy fish

£7.75

AVSED members* can treat themselves to a portion of golden Fish & Chips delivered on a Friday.

Call to order your delivery NOW!

0113 250 1702 **ORDER NOW** www.avsed.org.uk

*Aged 60+ living in Yeadon, Guiseley and Rawdon (LS20 and LS19), join for free.

Transport Update

As announced in our Spring newsletter, AVSED's transport service is changing. Over the summer and autumn, we will be introducing a new transport assessment process for all members who currently use, or may wish to use, AVSED transport.

The assessment will be the same for everyone and will help ensure that transport resources are allocated fairly and according to need. Members will be assessed as having high, medium or low needs.

All new members and existing members joining a new group will automatically be considered under the new transport arrangements. Existing members who currently receive transport will retain their place unless their circumstances change, such as moving groups, no longer attending regularly, or choosing alternative arrangements.

- Members assessed as having high transport needs will be given priority on transport and AVSED will offer support when our buses or drivers are not available.
- Members with medium transport needs will be expected to make their own travel arrangements. Many members may be able to access activities using AVSED's Dial-a-Ride service or with support from family, friends or other community transport options. AVSED will not provide alternative transport when drivers or vehicles are unavailable.
- From October, transport will no longer be provided to members assessed as having low transport needs where they are able to make their own travel arrangements.

We recognise that these changes may require some members and families to plan differently. However, with increasing demand and limited resources, it is important that AVSED's transport service is prioritised for those who need it most.

Staying Well in Hot Weather

While many of us enjoy the sunshine, hot weather can be more challenging as we get older. Taking a few simple precautions can help you stay safe and well during warmer days.

Top Tips for Keeping Cool

***Drink plenty of fluids**

Even if you don't feel thirsty, try to drink water regularly throughout the day. Dehydration can happen quickly in hot weather.

***Keep your home cool**

Close curtains or blinds in sunny rooms during the day and open windows when the temperature cools down in the evening.

***Avoid the hottest part of the day**

If possible, stay indoors or in the shade between 11am and 3pm when the sun is strongest.

***Dress for the weather**

Wear loose-fitting, lightweight clothing and a hat if you are going outdoors.

***Check on others**

A quick phone call or visit to a friend, neighbour or relative can make a big difference.

Activity & Events Calendar

July

- ♦ Wed 1st - Let's do Lunch
Memory Matters
Shared Tables
- ♦ Thurs 2nd - Back to Basics
Cuppa & Company
- ♦ Fri 3rd - Umbrella Club
- ♦ Mon 6th - Stepping Up
Super Social
- ♦ Tue 7th - Tai Chi
Variety Club
- ♦ Wed 8th - Let's do Lunch
Men's Matters
Memory Café
- ♦ Thurs 9th - Back to Basics
Cuppa & Company
- ♦ Fri 10th - Umbrella Club
- ♦ Mon 13th - Stepping Up
- ♦ 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
Trip
- ♦ 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
- ♦ 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
- ♦ Fri 31st - Umbrella Club

August

- ♦ Mon 3rd - Stepping Up
Super Social
- ♦ Tue 4th - Tai Chi
Variety Club
- ♦ Wed 5th - Let's do Lunch
Memory Matters
Shared Tables
- ♦ Thurs 6th - Back to Basics
Cuppa & Company
- ♦ Fri 7th - Umbrella Club
- ♦ Mon 10th - Stepping Up
Trip
- ♦ Tue 11th - Tai Chi
Variety Club
- ♦ Wed 12th - Let's do Lunch
Memory Café
Men's Matters
- ♦ Thurs 13th - Back to Basics
Cuppa & Company
- ♦ Fri 14th - Umbrella Club
- ♦ Mon 17th - Stepping Up
Prize Bingo
- ♦ Tue 18th - Tai Chi
Variety Club
- ♦ Wed 19th - Let's do Lunch
Memory Matters
- ♦ Thurs 20th - Back to Basics
Cuppa & Company
- ♦ Fri 21st - Umbrella Club
- ♦ Mon 24th - Stepping Up
Community Café
- ♦ Tue 25th - Tai Chi
Variety Club
- ♦ Wed 26th - Let's do Lunch
Men's Matters
- ♦ Thurs 27th - Back to Basics
Cuppa & Company
- ♦ Fri 28th - Umbrella Club

Mon 31st
Closed - Bank Hol

September

Tue 1st - Fri 4th
Regular activities closed due to
Shutdown Week

- ♦ Mon 7th - Stepping Up
Super Social
- ♦ Tue 8th - Tai Chi
Variety Club
- ♦ Wed 9th - Let's do Lunch
Memory Café
Men's Matters
- ♦ Thurs 10th - Back to Basics
Cuppa & Company
- ♦ Fri 11th - Umbrella Club
- ♦ Mon 14th - Stepping Up
Trip
- ♦ Tue 15th - Tai Chi
Variety Club
- ♦ Wed 16th - Let's do Lunch
Memory Matters
- ♦ Thurs 17th - Back to Basics
Cuppa & Company
- ♦ Fri 18th - Umbrella Club
- ♦ Mon 21st - Stepping Up
Prize Bingo
- ♦ Tue 22nd - Tai Chi
Variety Club
- ♦ Wed 23rd - Let's do Lunch
Men's Matters
- ♦ Thurs 24th - Back to Basics
Cuppa & Company
- ♦ Fri 25th - Umbrella Club
- ♦ Mon 28th - Stepping Up
Community Café
- ♦ Tue 29th - Tai Chi
Variety Club
- ♦ Wed 30th - Let's do Lunch