



Newsletter

Spring 2022 Edition

Helping Older People in Aireborough

Our brand new logo



Thank you to everyone who took part in our logo competition; we received a total of 37 entries. Our judging panel took great care in looking at them all and decided on a collaboration of 4 different designs, which resulted in our new logo. Our final logo design winners were: Vera Kitching, Colin Wrigg, Joan Martin and Michelle Phillips - an AVSED member, volunteers and staff. We hope you like the new logo as much as we do. Here's to the next 30 years!

Community Spirit going strong

Unfortunately, a few weeks ago we discovered that our beautiful sensory garden had been destroyed by thieves. All our plants have been stolen and the garden sits bare. We reached out to the community for help and a fundraising page was set up collecting money to replace the plants and look into some security measures. We raised nearly £1000 to restore the garden, and it will be restored to its former glory very soon and be enjoyed once again. Thank you, Aireborough!



Questionnaires

Thank you to everyone who took the time to complete our questionnaire. The results are very promising and will help the team develop our activities and services, ensuring we are listening to our members and understanding your needs.

The results have helped us with planning our exciting new programme - see inside for more details.

You told us:

- * You enjoy our activities and want more
- * Unsure about what our services are
- * AVSED improves lives
- * AVSED are like a family
- * AVSED are there when needed
- * Everywhere should have an AVSED.

Thank you for sponsoring our Spring Newsletter



AVSED - Changes

Covid

It has now been over two long years since we first heard the word Covid. These unprecedented times have taken their toll on all of us in one way or another. As we write this, and certainly by the time you read it, all restrictions on our daily living are being lifted and we start to discover what the new normal is.

General changes

- ◆ Face coverings no longer required
- ◆ Isolation rules stopped
- ◆ Testing requirements stopped
- ◆ No restrictions on activities, venues or spaces you visit
- ◆ No track & trace.

All of this doesn't mean that Covid has finished - we must learn to live with Covid, similar to how we live with flu. There are plans for the extremely vulnerable and over 75s to be offered a 2nd booster and it may be necessary to have regular boosters, similar to the annual flu jabs. You should continue to be aware of Covid and all other viruses - colds, sickness & diarrhoea and chest infections are always present and the usual immunity to these common ailments could be reduced due to isolation and non-contact. Good hand washing and respiratory hygiene measures help to reduce the transmission.

Whilst we want to enjoy life once again, we shouldn't forget the importance of self care and doing what you can to help prevent catching and transmitting germs.

AVSED Changes

- ◆ Members do not have to wear a face covering in groups. We respect that some people may still wish to wear a mask and encourage you to do so if this alleviates any worries.
- ◆ We are still asking members not to attend groups if you are unwell.
- ◆ We have a small stock of lateral flow tests if you need one.
- ◆ All activities are restriction-free. Full capacity and shared equipment is now allowed. We will continue to keep rooms ventilated where possible.
- ◆ Our building has had its last sanitisation fogging, which lasts until the end of March - and staff are continuing to test daily throughout March just as an added protection.
- ◆ Hand sanitiser is good practice at all times and we intend to keep this available if you wish to use it.
- ◆ AVSED will stop running the Covid Community Care Hub on the 31st March. We are here for all our members and volunteers if you need any support regardless of Covid.



Hello Everybody!

My name is Jon Brady and I have recently been appointed as a driver/transport worker for AVSED. I will be job sharing with Perry and working Thursday &

Fridays, picking up members for our groups, and organising all the routes and passenger lists.

Before joining AVSED I was a Police Officer for 30 years with West Yorkshire Police. At the time of retiring I was the Neighbourhood Policing Inspector for the Outer North West area, which included Yeadon, Guiseley & Rawdon and I was also responsible for uniformed police at Leeds and Bradford Airport, so I am familiar with the area!

Since my retirement I have worked for Leeds Rhinos Foundation, the charity arm of the famous rugby league club, which worked with local schools to offer activities that allowed children to experience new sports and learn new skills.

My areas of expertise include: crime prevention, personal safety, health & safety, risk assessments and equal opportunities, all of which I feel are valuable to helping the work of AVSED.

I also enjoy a round or two of golf.

I look forward to meeting you all over the coming weeks & months.

Jon

We said goodbye to Mark, our Digital inclusion worker, at the beginning of the year, but do not worry if you still need help with your digital equipment. Our new volunteer, Josephine, joins us with a wealth of knowledge and a background in helping people to get online and get to grips with their digital equipment. Josephine will be able to help on a Wednesday so, if you want to book in an appointment, please call AVSED on 0113 2501702 and she can come and visit you at home and help you with your digital equipment and skills.

Hello. My name is Josephine. I am delighted to be joining the AVSED volunteer team at the start of 2022.

Most recently, I worked as project manager on a charity programme that supported people over 55 to get online, both individually and in groups. It was very rewarding to see how being able to use the internet, especially during the pandemic, helped to make life easier with so many activities such as information, communication, entertainment, shopping and health.

Now I am volunteering with the staff team, I hope to help AVSED members, whether you're a beginner or an improver, with your digital activities.



AVSED Relaunch

Over the past 12 months the team at AVSED has been working hard to review all the services and activities that our charity offers. The pandemic and subsequent lockdowns gave us time for reflection and time to listen to you – our members, volunteers and professionals, locals and interested people – to fully understand what AVSED means to people, what people need/want AVSED to be, and what part AVSED plays in the community we operate in.

We have opened our doors for people to come and talk to us, produced a questionnaire, delivered talks and presentations and developed a full review based on the answers and needs of older people in Aireborough.

Planning for the next 30 years

We are delighted to announce the AVSED relaunch that we believe will see AVSED into the future. We have our new logo, a new activity programme (see opposite), new services and a new approach to how we operate internally with detailed plans to ensure AVSED is offering the best we can to our members and offering what is needed to support our community to age well.

At the heart of everything we do is supporting independence and alleviating loneliness and isolation and we are inclusive to all older people.

We are proud of where AVSED has come from and the amazing work we have done for many years, and we want our new AVSED to be a collection of all that was brilliant and all that will continue to be brilliant in our charity.

This is based on the same values and aims as the day we first started, whilst moving with the times to ensure a full and meaningful purpose that benefits our whole community.

Official relaunch event



You're Invited

to the launch of the future of

AVSED

Learn about our new programme, services and activities. Meet the staff team, our volunteers and see the unveiling of our new logo.



25 | 04 | 2022

2pm

Nunroyd Pavilion, Nunroyd Park
Yeadon, LS19 7HR

RSVP by 1st April 0113 250 1702 info@avsed.org.uk

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Stepping up (Fee £3) 10.00 - 11.30 (Transport available)</p>	<p>Intermediate Tai Chi 10.00 - 11.00 (Fee £5) Foundation Tai Chi 11.30 - 12.30 (Fee £5)</p>	<p>2nd Wednesday : Nunroyd Perk Dementia & Memory café (Fee £2) 10.30 - 12.00 (Transport available) Starts 13th April</p>	<p>Back to Basics (Fee £3) 10.30 - 12.00 (Transport available)</p>	<p>Dance Group 10.00 - 11.00 (Fee £5) Starting asap</p>
<p>1st Monday : AWIA (1st & 3rd) (Free) 1.30 - 3.30 (Transport available) starts 16th May</p>		<p>3rd Wednesday : Fun - raiser Club (Pay-as-you-go) 10.30 - 12.00 (Transport available) Starts 16th March</p>		<p>Fish N Chips (50) (£5.50)</p>
<p>2nd Monday : Local Trips Cost variable Approx 5 hour round trip</p>	<p>Variety Club (Fee £2) 2.00 - 4.00 (Transport available)</p>	<p>4th Wednesday : Memory Matters - CST (Fee £5) 10.30 - 12.30 (Transport available) Starts 23rd March</p>	<p>Cuppa & Company (Fee £2) 2.00 - 4.00 (Transport available)</p>	<p>The Umbrella Club (Fee £5) 12.00 - 2.00 pm (Transport available) Starts 25th March</p>
<p>3rd Monday : AWIA (1st & 3rd) (Free) 1.30 - 3.30 (Transport available) starts 16th May</p>		<p>Men Matter (Fee £3) 1.30 - 4.30</p>		
<p>4th Monday : Community Café - from May Donation & Tombola (Transport available) 2.00 - 3.30</p>		<p>Active Leeds Strength & Balance Pilot Falls Prevention 1.30 - 3.00 Starts 16th March</p>		

AVSED - What's New?

We have brand new health-related activity groups incorporating all the elements that our members said were missing and needed. We have support for hospital discharge, long-term health conditions, dementia and memory loss, mental health and sensory impairment. Call the office for more information on these new groups and see how AVSED can help you live and age better.

Nunroyd Perk



Our Memory Café aims to offer a safe and friendly space for carers and cared-for with dementia or memory loss to enjoy time together. It will offer light entertainment around music and singing, along with playing favourite games, in a mutually supportive and friendly setting.

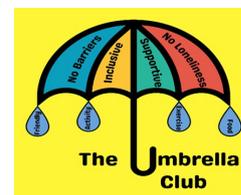
Ageing Well in Aireborough

Our 6-week introduction group works closely with members to discover what matters to you. We will introduce all the great things AVSED can offer in groups and services and make a plan for long term support. Suitable for those needing additional support to rebuild and recuperate, with gentle support and encouragement to move into regular activities with us or the community.

Memory Matters

Our cognitive stimulation therapy group offers professional activity-based therapy in a safe and friendly environment to support the early onset of dementia and memory loss. Sessions are introduced in a group and worked on throughout the month, building a portfolio of support and reference guides for the whole family which utilise cognitive recall, meaningful activity and interesting themes.

The Umbrella Club



Our inclusive support group is for members who are needing additional or one-to-one help to participate in groups, due to health issues or other barriers. It features a light lunch, activity and exercise all under one fully-supported, wonderful group.

Activity Closures

AVSED will have regular activity close-downs each year at Easter, Summer and Christmas, to allow for holidays and planning. This year's dates are:

Easter

18 - 22 April

Summer

29 Aug - 2 Sept

Christmas

22 Dec - 4 Jan

Social activities to suit all styles

Brand new Fun-raiser club

Brought by popular demand, our own bingo and games session featuring all the well-known fundraising favourites including domino cards, 1-90 snowballs, and spin the wheel.
Cash & prize winners.



We have made some changes to the cost of some of our exercise classes - please see the programme for changes to group fees

Transport remains £3 return trip

Fish & Chips delivered to your door on a Friday only £5.50

Variety Club

Let us entertain you with an array of different entertainment and themed events. Lively and energetic group.

Cuppa & Company

Let us keep you company in our relaxed space, enabling you to enjoy pastimes & hobbies.

Community Café

Let us serve you a delicious treat and coffee - open to all in the community to come together and chat.

Men Matter

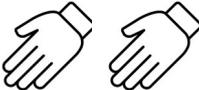
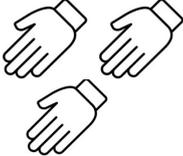
An afternoon out at the local pub with like-minded fellas.

Dance class coming soon. Contact Ella to register your interest.

Exercise for all levels

Level	Name	Style	Cost	Transport
1	Strength & Balance	Falls prevention course	Free	Yes
2	Back to Basics	Gentle seated exercise	£3	Yes
3	Stepping up	Aerobic-style, seated & standing	£3	Yes
4	Dance	Energetic standing routines	£5 block booking	No
5	Tai Chi	Fully standing set routines	£5 block booking	No

AVSED - Trips

	<p><u>Independent Trip</u> These trips are for members who are fully independent, meaning you do not need any support and the venue may not be suitable for those with mobility issues: uneven surface, stairs & access issues.</p>
	<p><u>Supported Trip</u> These trips are open to all members. Limited support will be available. You can also bring your own support, such as a carer. Venues may be suitable for all with some support.</p>
	<p><u>Extra Care Trip</u> These trips are open to all members, including those that need some extra care: one to one support, mobility issues, mild memory loss. Venues will be fully accessible and suitable for all needs.</p>

<p><u>Leeds Art Gallery</u> Eileen Agar: Angel of Anarchy</p>  <p>11th April</p>	 	<p>Minibus pick-up time is from 10:00am</p>	<p>£8.00 Transport (Pay cash on the day)</p>	<p>Start the day with a light lunch, followed by a short tour of the exhibition exploring Eileen Agar's unique style and expression. Inspired by her hat and assemblage sculptures, members will then create their own sculptural hats with the help of a specialist milliner and artist.</p>
<p><u>Crag House Farm</u></p>  <p>9th May</p>	  	<p>Minibus pick-up time is from 10:30am</p>	<p>£5.00 Transport (Pay cash on the day) Order & pay for food at the venue.</p>	<p>Tables are booked at 12pm in the Granary Restaurant, where they have a delicious range of meals to choose from. There will be time afterwards to look around the farm shop, deli and garden nurseries.</p>
<p><u>Ilkley Town Centre</u></p>  <p>13th June</p>	 	<p>Minibus pick-up time is from 10:30am</p>	<p>£8.00 Transport (Pay cash on the day)</p>	<p>Ilkley is the ideal place to relax and treat yourself. There are excellent restaurants and independent shops selling everything from gifts to vintage clothes and books. Why not enjoy afternoon tea at the famous Bettys Cafe and Tea Rooms?</p>
<p><u>Harewood House</u></p>  <p>11th July</p>		<p>Minibus pick-up time is from 10:00am</p>	<p>£10.00 Transport, plus £13.50 - £17.50 entry fee (Pay on the day)</p>	<p>Visit Harewood House - designed and decorated by the greatest craftsmen of their day. See the bird garden, home to over 40 species of birds from around the world, and look around the beautiful grounds & gardens. There is a cafe and shops in the Court Yard to finish.</p>

Call Ella for more information

Booking opens 14th March

AVSED - Services

Responses to our questionnaire showed that very few of our members fully understand the various services we offer here at AVSED. We are currently reviewing all of these - based on what you told us you need, what we know is needed in the community and what services are lacking locally. Generally we can help you with low level support on most matters that are associated with staying well and independent at home. Where more bespoke or specialist support is needed, we can signpost or refer you to the relevant people or organisation.

Meet your membership coordinator



If you would like to find out more about the services on offer to all our members, see if we can help with anything that's bothering you, or if you would like

support on any matter - then give Stacey a call. If she can't help - she will know someone who can!

Stacey can visit you at home or you can arrange to meet at Nunroyd Pavilion. Have a cuppa and talk through your needs. Not all issues need fixing - sometimes it's just knowing someone is there to listen, offer advice and, in some circumstances, solutions or plans to work things through. Whatever your needs, Stacey will support you through and be open and honest about your options, choices and opportunities.

Call the office on 0113 2501702

Call or text our members' mobile on
07751 547790

Regular services available

- ◆ Home visits
- ◆ Full needs assessments
- ◆ Welfare calls
- ◆ Information, advice & support
- ◆ Signposting & referrals
- ◆ Filling in forms
- ◆ Benefits and finance
- ◆ Advocacy
- ◆ Mobility & access
- ◆ Memory
- ◆ Bereavement
- ◆ Sensory
- ◆ Managing long term health
- ◆ Carer & family support
- ◆ Community living
- ◆ Home security
- ◆ Handyman
- ◆ Befriending

Plus lots more, depending on your needs and circumstances.

Don't struggle on your own.

AVSED is here to help, advise and support you every step.

AVSED - News

Bunting project

AVSED is celebrating 30 years of supporting older people in Aireborough, bringing together our past, present & future.



As we prepare to celebrate AVSED's 30th anniversary, we would love our members, people in our community and friends of AVSED to take part and contribute, by creating a flag. AVSED will then join the flags together and make it into bunting, which we will hang with pride. You will find an A4 piece of paper in your newsletter envelope with a flag template on. You could draw, paint, collage, knit, crochet or use any other art/crafting skill to create your flag. It might tell a story, it could represent what AVSED means to you (past, present or future), empower older people, highlight our activities, showcase your artistic flair or something that you would like to add, and be part of this historic moment.

Flags need to be handed into the AVSED office by the 8th July 22. If you need your flag(s) collecting, please make the office aware and we will arrange to pick them up.

To find out more, get inspiration/ideas or any resources, contact Ella Baxter (Activity Coordinator) in the office on 0113 2501702 or ella@avsed.org.uk



30th Anniversary Party

Save the date and reserve your place today
(Strictly limited seating: first come, first served)

Monday 8th August (PM)

Transport available

FREE party not to be missed

Open to all members

Call the office and reserve your place. Tickets will be distributed on a first reserved basis and numbers are limited - don't miss out on what is going to be a fabulous party celebrating the past 30 years and looking ahead to the next 30+.





Over the last few months we have said goodbye to some volunteers who have retired from AVSED.

Some we may see again in the future, and some you may see around the community.

I would like to say a huge thank you on behalf of all the members that have built friendships, been helped, kept company, entertained, and shared laughs with the volunteers over the years. Thank you from the staff team and board of trustees too as, without you AVSED could not be what it is today.

Michelle – Volunteer Coordinator

Short Strolls

During the pandemic we started our walking group in Nunroyd Park, where members and volunteers enjoyed getting out in the fresh air. Once restrictions eased and regular activities at AVSED and in the community opened, numbers dropped, and so we have decided not to restart the strolls.

If you are interested in a walking group, get in touch with Ella for information on groups in the area.

Filming and photography

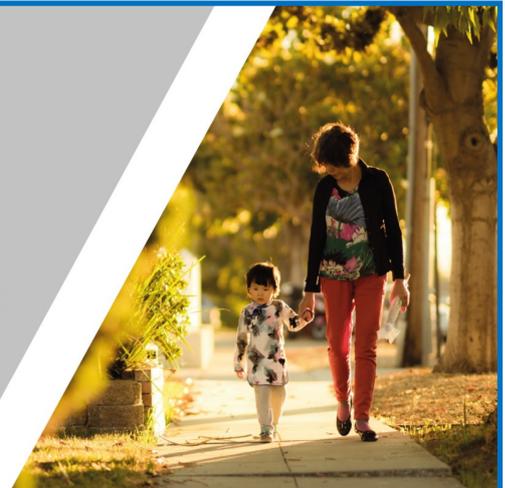
Over the next few weeks we are inviting a photographer into all our groups and activities – we want some fabulous pictures and videos to showcase our amazing groups and promote our services to more people and professionals.

Please see a member of staff if you do not want to take part in such promotion work.



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CONTACT US TODAY

033 3344 9609

INFO@MORRISHSOLICITORS.COM

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Activity & Events Calendar

April

- ◆ 1st - Fish & Chips
Umbrella Club
- ◆ 4th - Stepping Up
Community Café
- ◆ 5th - Tai Chi
Variety Club
- ◆ 6th - Men Matter
Strength & Balance
- ◆ 7th - Back to Basics
Cuppa & Company
- ◆ 8th - Fish & Chips
Umbrella Club
- ◆ 11th - Stepping Up
Leeds Art Gallery
Trip & workshop
- ◆ 12th - Tai Chi
Variety Club
- ◆ 13th - Nunroyd Perk
Men Matter
Strength & Balance
- ◆ 14th - Back to Basics
Cuppa & Company
- ◆ **15th - Good Friday Closed**
- ◆ **18th - Easter Monday
Closed**
- ◆ **19th - 22nd Easter closure**
- ◆ 25th - Stepping Up
Relaunch Event
- ◆ 26th - Tai Chi
Variety Club
- ◆ 27th - Memory Matters
Men Matter
Strength & Balance
- ◆ 28th - Back to Basics
Cuppa & Company
- ◆ 29th - Umbrella Club
Fish & Chips

May

- ◆ **2nd - Bank Hol Closed**
- ◆ 3rd - Tai Chi
Variety Club
- ◆ 4th - Men Matter
Strength & Balance
- ◆ 5th - Back to Basics
Cuppa & Company
- ◆ 6th - Fish & Chips
Umbrella Club
- ◆ 9th - Stepping Up
Crag House Farm
- ◆ 10th - Tai Chi
Variety Club
- ◆ 11th - Nunroyd Perk
Men Matter
Strength & Balance
- ◆ 12th - Back to Basics
Cuppa & Company
- ◆ 13th - Fish & Chips
Umbrella Club
- ◆ 16th - Stepping Up
AWIA
- ◆ 17th - Tai Chi
Variety Club
- ◆ 18th - Fun - raiser Club
Men Matter
Strength & Balance
- ◆ 19th - Back to Basics
Cuppa & Company
- ◆ 20th - Fish & Chips
Umbrella Club
- ◆ 23rd - Stepping Up
Community Café
- ◆ 24th - Tai Chi
Variety Club
- ◆ 25th - Memory Matters
Men Matter
Strength & Balance
- ◆ 26th - Back to Basics
Cuppa & Company
- ◆ 27th - Umbrella Club
Fish & Chips
- ◆ 30th - Stepping Up
- ◆ 31st - Tai Chi
Variety Club

June

- ◆ 1st - Men Matter
Strength & balance
- ◆ **2nd - Bank Hol Closed**
- ◆ **3rd - Bank Hol Closed**
- ◆ 6th - Stepping Up
AWIA
- ◆ 7th - Tai Chi
Variety Club
- ◆ 8th - Nunroyd Perk
Men Matter
Strength & Balance
- ◆ 9th - Back to Basics
Cuppa & Company
- ◆ 10th - Umbrella Club
Fish & Chips
- ◆ 13th - Stepping Up
Ilkley trip
- ◆ 14th - Tai Chi
Variety Club
- ◆ 15th - Fun - raiser Club
Men Matter
Strength & Balance
- ◆ 16th - Back to Basics
Cuppa & Company
- ◆ 17th - Umbrella Club
Fish & Chips
- ◆ 20th - Stepping Up
AWIA
- ◆ 21st - Tai Chi
Variety Club
- ◆ 22nd - Memory Matters
Men Matter
Strength & Balance
- ◆ 23rd - Back to Basics
Cuppa & Company
- ◆ 24th - Umbrella Club
Fish & Chips
- ◆ 27th - Stepping Up
Community Café
- ◆ 28th - Tai Chi
Variety Club
- ◆ 29th - Men Matter
Strength & Balance
- ◆ 30th - Back to Basics
Cuppa & Company

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