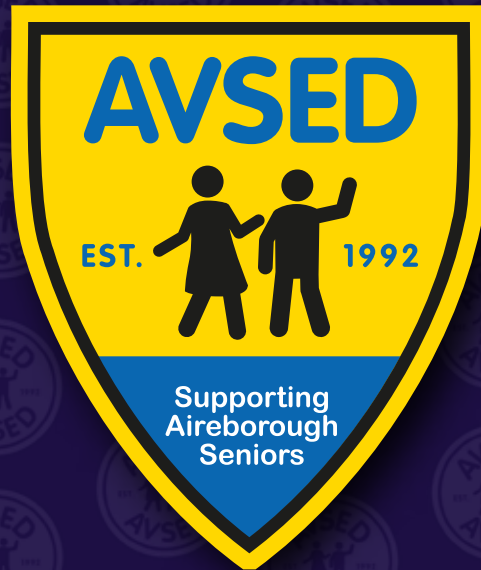


SOCIAL



AVSED social programmes
and activities

Activity	VARIETY CLUB
Description	Our weekly 'let us entertain you' activity. Timetabled entertainment and activities including games, live music, themed afternoons, sing-a-longs and quizzes, bringing a variety of entertainment styles, innovative ideas, and culture to members. Refreshments are served throughout.
Cost Per Person	Activity - £2.00 plus extra money for raffle/ bingo and games Transport - £3.00
Transport	YES
Suitability	Need to be able to actively participate in the activity, able to manage personal care and not need one-to-one support. This group is lively and varied, good for independent members wanting to join in and take part.

Activity	THE FUN-RAISERS' CLUB
Description	Every month, AVSED's version of a bingo hall - incorporating fun prizes and cash games. This group is focused on fundraising-style games, including bingo, 1 to 90 and domino cards. All the favourites in one place.
Cost Per Person	Transport - £3.00 Activity – pay as you go:Tuck-shop for drinks/snacks. Main bingo £1 per book, other games 50p each.
Transport	YES
Suitability	Members need to be fully independent, able to actively participate in the games and understand the fundraising element.

Activity	CUPPA & COMPANY
Description	Our weekly 'let us keep you company' activity. This is a more relaxed environment where members can explore and play different games, hobbies and interests. Members are encouraged to bring or suggest any ideas or join a table – there is always someone on hand to explore an idea or play a favourite pastime. There is an arts and crafts table that share projects, knowledge, materials and ideas. Plus regular projects for community crafting organised in house. A space for members to use and come together for their own activities. Refreshments are served throughout.
Cost Per Person	Activity - £2.00 Transport - £3.00
Transport	YES
Suitability	Need to be able to actively participate in the activity, able to manage personal care and not need one-to-one support. This group can offer more passive support for encouragement and interactivity.

Activity	MENS MATTERS
Description	Weekly men-only peer support group. Spending time with like-minded men that don't generally associate with regular activities and are feeling, or are at risk of, loneliness. The group starts on the bus journey with camaraderie and catch-ups – then on to the pub for refreshments, with time to put the world to rights and find mutual support, company and friendship.
Cost Per Person	Transport - £3.00 plus drinks at the venue
Transport	YES
Suitability	Members need to be fully independent and able/willing to participate in the conversation.

Activity	COMMUNITY CAFÉ
Description	<p>Our monthly Community Café is open to all in the community for refreshment, homemade cakes and chat.</p> <p>Prize tombola each month and occasional stalls.</p> <p>An intergenerational space, open to everyone including visiting professionals, local residents and well behaved dogs.</p> <p>Also part of our 'time together' programme'</p>
Cost Per Person	<p>Activity - Suggested donation £1.50 for a drink and cake.</p> <p>Transport - £3.00</p> <p>Tombola extra</p>
Transport	YES
Suitability	Open to everyone. Members need to be fully independent.

