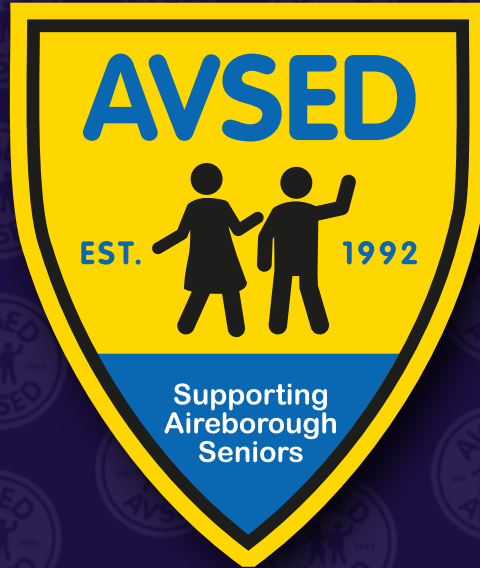
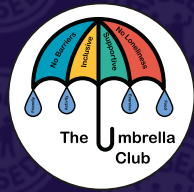
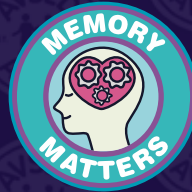




HEALTH




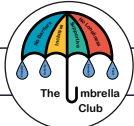
AVSED health programmes and activities



Activity	AGEING WELL IN AIREBOROUGH	
Description	Our 'introduction to AVSED' group focusing on building resilience and confidence. Running for 6 sessions over 3 months (fortnightly). Offering support, confidence-building and addressing any issues for participants to enable a move into regular AVSED activities with wrap-around support. Includes activities, refreshments, exercise and relaxation.	
Cost Per Person	Activity - Free Transport - £3.00	
Transport	YES	
Suitability	Suitable for members who are: recovering from illness/injury or a hospital stay; have left an activity for some time; have moderate frailty; needing general support and more time to address immediate issues/concerns. Need to be able to manage own personal care and participate in the activities/exercise.	

Activity	NUNROYD PERK	
Description	AVSED's monthly Memory Café. Part of our 'time together' programme for carers and cared for with dementia or memory loss. Light/low key entertainment around music and singing in a mutual support setting that is friendly, accepting and encouraging. A safe space to enjoy time together, seek and offer support and build friendships. Tea/coffee and cakes served throughout. Raffle and Hoy game.	
Cost Per Person	Activity - £2.00 (Raffle £1, Hoy £1 extra) Transport - £3.00	
Transport	YES	
Suitability	Suitable for those with mild to moderate dementia able to attend with their carers/family.	

Activity	MEMORY MATTERS	
Description	Our monthly Cognitive Stimulation Therapy (CST) group. Part of our 'time apart' programme. A safe and secure space offering professional activity-based therapy that supports the onset of cognitive changes. Cognitive stimulation sessions run over 12 months and include a dementia-specific exercise set each month. Carers can receive respite and support in the bar area or leave for the session. Refreshments included.	
Cost Per Person	Activity - £5.00 Transport - £3.00	
Transport	YES	
Suitability	Suitable for those with early-onset dementia and general memory problems at pre- or early diagnosis. Able to attend and engage without carers/family. Assessment via AVSED team.	

Activity	UMBRELLA CLUB	
Description	Our weekly inclusion group and part of the 'time apart' programme. Open group to support various needs including 1 to 1 and personal assistance if needed. (Not intensive support/care or assistance.) Our aim is to offer an all-round activity that works to bring down barriers to participation. This is a nurturing group, delivered alongside additional home support and casework, to develop action plans and solutions.	
Cost Per Person	Activity - £5.00 Transport - £3.00	
Transport	YES	
Suitability	Suitable for members who need additional support to participate or interact with groups. Suitable for members with mild dementia and memory loss, sensory impairment, low-level personal care, low-level mental health and mobility. Assessment via the AVSED team. Low-level security, personal care and support available to allow carers' respite.	