



# Newsletter

## Summer 2024 Edition

Supporting Aireborough Seniors

### Lucky May Day Raffle Winners

Thank you very much to all of you who bought raffle tickets and supported this year's fundraiser. We are delighted to announce that we sold 2544 tickets and received even more in donations. The total amount raised is close to **£3000.**

Our top three winning tickets were:

**02861 - £200 M&S Voucher**

**07757 - Betty's luxury experience**

**01326 - Theatre tickets & meal.**

All winning tickets and donators' details on page 11.

The draw took place live on Facebook with 40 fantastic prizes, all donated by local businesses and supporters.

### Aireborough Dementia Roadshow

In April AVSED hosted the Dementia Roadshow for our region, together with our Local Care Partnership. It was a fabulous day with over 30 stalls and speakers including an AVSED member who is living well with dementia, plus AVSED and Full Circle. Also we delivered exercise and social sessions to show everyone the benefits of engaging in activities in the community.



Everyone left with bags full of information, advice and free gifts from local businesses, organisations and health professionals who work in our area to support anyone affected by dementia.

**AVSED member Sheila showing her 'Adventure before Dementia' tattoo!**



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

# AVSED News

## Charity of the year

AVSED is the charity of the year at 2 local businesses.

Ghyll Royd Nursing Home in Guiseley nominated AVSED as a leading charity offering great support to older people in the community. The team has pledged £500 towards our work and will continue to work with us over this next year.

Leeds and Bradford Airport Employees nominated AVSED to be their chosen charity of the year for 2024. We will soon be receiving a cash donation to get started, then throughout the year the employees will raise funds for AVSED.

Whatever their total is at the end of the year, it will be doubled by the bosses at LBA. Additionally, staff will be granted one day each to support local charitable work and will be joining AVSED in our activities, services and parties throughout the year.

We are very grateful to all local supporters and value every £ donated – other supporters include:

Aireborough Pacers £1000, The Little Fisherman, and Yeadon Charities, pictured presenting cheques to Deborah for £5780 towards our transport and a full year's sponsorship of our Memory Café.

Thank you.



**AVSED is the proud delivery partner for our area, along with Otley Action**

AVSED will be supporting the local health team in providing community based support and intervention when you need more help at home, particularly for anyone coming out of hospital with no family or support network, or for those who need a little extra help after a fall, an illness or an injury. We can help you get back to your usual self and support you to get out and about, arrange home services, or attend local activities. If you receive services from any health professional at home you can ask to be referred to the Enhance programme for additional support, encouragement and a little helping hand when most needed to get you back on your feet, into your community and living well at home.





## Around the World with AVSED.



If you're attending activities at AVSED you may already be aware of how you can get involved with this project.

AVSED has chosen a different country for each month of the year. Members who would like to take part are issued with an AVSED passport and encouraged to be involved by sharing a story, showing photos or items from their travels, or joining in an activity. Members then receive a stamp in their passport for their contribution/involvement. Collect as many stamps as you can throughout the year and return your passport to the AVSED office by the 19<sup>th</sup> December 2024 for entry into our Around the World free prize draw.

If you would like to find out more about how you can get involved, contact Ella.

Can we make the next few months even more creative?



July is Brazil



Can you make a Brazilian carnival mask?



August is Russia



Can you make a Fabergé-inspired egg?



September is Egypt



Can you try your hand at hieroglyphics?

Bring your creations or contributions to the Community Café, the activities you attend, or send us a photo!

If you would like more inspiration, materials, or resources to help, contact Ella.

***Bon Voyage !***

## **Shared Tables**

Shared Tables has moved! It will now fall on the ***first Wednesday*** of every month. ***Please call the AVSED office on the first Monday*** of each month to book your seat, and remember, no transport is provided.

Shared Tables is an independent group to meet up and make new friendships.

Call on 3<sup>rd</sup> June for meal on Wednesday 5<sup>th</sup> June - Everybodys at Guiseley, 12.30

Call on 1<sup>st</sup> July for Wednesday 3<sup>rd</sup> July - Stage Door Café, Yeadon Town Hall, 12.30

Call on 5<sup>th</sup> August for Wednesday 7<sup>th</sup> August - Hawthorne Farm, Yeadon 12.30

***No Booking as Office closed for Wednesday 4th September - Wetherspoons, The Clothiers Arms Yeadon 12.30 - Just Turn Up!***

Call on 30<sup>th</sup> September for Wednesday 2<sup>nd</sup> October - White Cross, Guiseley, 12.30

Call 4<sup>th</sup> November for Wednesday 6<sup>th</sup> November - Yeadon Stoops Beefeater, 12.30

Call 2<sup>nd</sup> December for Wednesday 4<sup>th</sup> December - The Fox, Menston, 12.30

Hi! I'm Deborah, I'm the AVSED Office Coordinator.

I'm the first point of contact when you pop into the office or phone us. I'm quite often just behind the scenes, but you will see me popping into groups, especially when there is dancing!

I could be classed as the conductor of the office – harmonising those days that throw the unexpected at us – we are often classed as the fourth emergency service supporting all our members!

I also balance the books and count the pennies, which is very serious, but I'm also often found running up driveways delivering birthday cards too.

If you would like to hire our new Wheelchair Accessible Vehicle, I also coordinate the bookings and hires.

I'm always available for a chat and to provide a friendly ear.



### **Questionnaires: You said - We did**

Health & safety in the new premises has been very important – you told us the car park caused issues: we have installed a railing down the slope and a mirror around the bend for driving.

We are constantly looking at ways to improve our activities and services. You told us you want more parties, better services for dementia and memory and you said that transport causes major barriers. We have planned new activities and services – see Super Socials and the Dementia Day later in the newsletter. The team are about to start a review of transport – looking at how we best serve those who really need it and ensure we are being efficient in the offer we provide. We also now have the new WAV to support our groups, and also for personal hire.

We have lots of ideas on new services too – one step at a time – watch this space!

### **Closures**

We will be closed on Thursday 4th July as Greenacre Hall is used as a Polling Station for the General Election.

The AVSED team is having an away day on Wednesday 31st July, so the office will be closed.

Bank holiday 26th August – no activities and the office is closed.

Shutdown week – AVSED will be closed from Monday 2nd to Friday 6th September – all activities closed.

### **Dates for your Diary**

Some activities run on different weeks of the month.  
We hope this helps you to keep track.

	<i><b>Mondays</b></i>	<i><b>Wednesdays</b></i>
<i><b>Wk1</b></i>		3/7 – 7/8 Memory Matters
<i><b>Wk 2</b></i>	8/7 – 12/8 – 9/9 Trips	10/7 – 14/8 – 11/9 Memory Café & Men's Matters
<i><b>Wk 3</b></i>		17/7 – 21/8 – 18/9 Prize Bingo & Memory Matters
<i><b>Wk 4</b></i>	22/7 – 23/9 Community Café	24/7 – 28/8 – 25/9 Shared Tables & Men's Matters

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Stepping up (£3.50)</b> Level 3 Aerobic style exercise  <b>10.30 - 12.00</b> (Transport available)	<b>Foundation Tai Chi</b> 10.00 - 11.00 ..... <b>Tai Chi Refreshments</b> 11.00 - 11.30 ..... <b>Progression Tai Chi</b> 11.30 - 12.30 (£5.50 per session paid monthly in advance)	<b>1st Wednesday :</b> <b>Memory Matters (£3.00)</b> <b>Dementia &amp; Memory activity</b> 2.00 - 4.00 (Transport available) ..... <b>Shared Tables</b> Meet at 12.30 for lunch Book with the office	<b>Back to Basics (£3.50)</b> Level 2 Chair based exercise 10.30 - 12.00 (Transport available)	
<b>Falls Prevention Classes (£2.00)</b> Level 1 Strength & Balance exercise 1.00 - 2.30		<b>2nd Wednesday :</b> <b>AVSED Memory Cafe (£3.00)</b> <b>Dementia &amp; Memory Café</b> 10.30 - 12.30 (Transport available) ..... <b>Men’s Matters @the 12th Man</b> 1.30 - 3.00pm (Transport available)		<b>Fish N Chips Delivery (£6.00)</b>
<b>2nd Monday :</b> <b>Trips</b> Variable costs	<b>Variety Club (£2.50)</b> Let us entertain you at our social group that has something for everyone and a few extras on top! 2.00 - 4.00 (Transport available)	<b>3rd Wednesday :</b> <b>Prize Bingo</b> (Pay-as-you-go) 10.30 - 12.00 (Transport available) ..... <b>Memory Matters (£3.00)</b> <b>Dementia &amp; Memory activity</b> 2.00 - 4.00 (Transport available)	<b>Cuppa &amp; Company (£2.50)</b> Let us keep you company whilst you partake in hobbies, interests, games and chatter. 2.00 - 4.00 (Transport available)	<b>The Umbrella Club (£6.00)</b> Let us support you in our inclusive social group that has a little bit of all that AVSED offers rolled into one with a lot of care, good fun and laughter. 12.00 - 2.00 (Transport available)
<b>4th Monday :</b> <b>Community Café (£2 donation)</b> 2.00 - 3.30 (Transport available)		<b>4th Wednesday :</b> <b>Men’s Matters @the 12th Man</b> 1.30 - 3.00pm (Transport available)		

## Falls Prevention

### *Falls prevention, awareness and support.*

At AVSED we can support members who may be at risk of, or had, fall(s). This may include a home visit, falls prevention checklist, access to information, signposting and referrals to relevant services, or explore activities/groups that you may find helpful.

**NEW** In April we started a 12 -week strength & balance exercise programme delivered by Nuffield Health and AVSED. This is aimed at members who are at risk of falls or have lowered confidence and fear of falling. Anyone wanting to attend will need an assessment to ensure the sessions are suitable.



### **Coming Soon - Super Socials**

Here at AVSED we love a good party or celebration and you often tell us you would like us to provide more social opportunities and an excuse to dress up, get your friends together and have a good old knees up. We have put our heads together and decided on:

#### ***Super Socials***

These regular big events will make afternoons the new evenings. All events will be ticket only, there will be amazing entertainment, fabulous food and everything you expect from an AVSED celebration and everyone is welcome - bring your family, neighbours and friends.

Ideas include: Roaring 70s, Glitz & Glam, Rock & Roll, Rat Pack.

Launching in our Autumn Newsletter - tell us your thoughts and ideas for themes.

***Get your tickets early!***

### **Dementia & Memory Support**

We listen to our members who are living with, or caring for, someone who has dementia or memory issues and the common theme is that more support is needed around socialising, keeping active and encouraging interaction.

Most of AVSED's services and activities are limited to 2 hours and don't offer enough time, respite and support that is needed to make life easier and manageable. We understand that full-day services are not always needed, wanted or desirable.

AVSED is introducing a new service later in the year that will help. We are planning wrap around support in longer sessions - up to 5 hours - where we provide a full complement of what AVSED does in one session including exercise, lunch and activity/socialisation and entertainment. We are still in the planning phase, but get in touch now if this would appeal to you and you want more information.

### **AVSED Fashion Show**

This year for International Day of Older People we are stepping out of the norm and putting on a fashion show for all.

Join us on

***Monday 30th September***

***2 - 4pm***

***Tickets cost £2 each and include a welcome drink.***

On the day we will be showcasing a huge collection of clothing, accessories and gifts that are available to buy. Get yourself ready for the festive season ahead and pick up a few bargains or special treats.



We are looking for models to strut their stuff on the AVSED catwalk. Lots of fun to uplift and build confidence. No experience necessary and everyone can apply!

***Fabulous, Darling!***

### **Handyman**

Need a helping hand with odd jobs?

Give us a call to see if we can help.

### **Digital**

We have a Digital Befriender who can help you get to grips with all tech.

We also have tablets, free to anyone wanting to learn how to be digital.

### **Activity & Transport Reviews**

Over the summer the team is starting to review all of our activities, services and the transport offer. As we grow and expand it is important to be careful with the resources we have and to use them to their full potential and full efficiency.

If you have any concerns, please get in touch; we are very interested in your thoughts on these reviews. The aim is to ensure AVSED offers the best service we can to the most members we can and keep people healthy, happy and independent.

### **Action Days**

May was a busy month for sharing positive messages. AVSED highlighted Dying Matters week and let all members know that AVSED is a safe space to talk and share your thoughts and reflections relating to grief and loss.

During Dementia Action week we held a Dementia Friends session, had an open & welcoming sing-a-long session at Memory Matters and both the Memory Café and our Umbrella Club celebrated and shared information and singing together.

# VOLUNTEER CORNER



AVSED is proud to be supported by over 90 volunteers who help supporting groups, driving buses, delivering this newsletter, visiting members at home – and so much more. In April, Volunteer Coordinator Michelle introduced new training to bring all volunteers up to date with AVSED's policies, procedures and handbooks. Investment in our volunteers is so important. We could not do what we do within the community without them, and each and every one is a core part of what makes AVSED so special.

Every year we celebrate Volunteer Week in June. This is a time to say a BIG thank you to our amazing volunteers who help AVSED in so many ways. We recognise our long service awards this year with volunteers receiving gifts for 5, 10 and 20 year service!!

## 5 Years

Julia Tiplady  
Steve Partridge  
Rick Lawson  
Paul Alderson  
Robert Murphy-Fell

## 10 Years

Anne Hudson  
Hazel Shaw  
Kim Broadhead



## WANT TO LEARN MORE ABOUT VOLUNTEERING?

Call Michelle on 0113 250 1702  
Email [michelle@avsed.org.uk](mailto:michelle@avsed.org.uk)  
Visit [www.avsed.org.uk/joinus](http://www.avsed.org.uk/joinus)

## **Aireborough Together Community Day**

AVSED leads the Community Anchor group for Aireborough – it is a group for anyone that lives, works or plays in the area and wants to make things better – together.

We are holding a Community Day to show all the groups and activities available locally.

Saturday 22nd June, 1–4pm, at AVSED.

Come and see what's going on in your area.

## **Carnivals**

AVSED will be at the local carnivals this year, raising awareness of our charity and supporting the local community.

Come see our stall and say hello:

- ♦ Guiseley – Sunday 30th June
- ♦ Yeadon – Saturday 13th July.

## **Save the date**

### **Christmas Fayre**

Sat 16th November

It's a long way off but we need you to start saving bottles (from champagne to shampoo), tombola prizes, unused gifts or any ideas and resources for new stalls.

## **Fish & Chips**

### **PRICE CHANGE**

Due to the shops increasing their prices, we are increasing the charge for your Fish & Chip delivery to £6 from June.

## **Seasonal Support Summer & Winter**

- ♦ Summer Done Well at the Community Café on 24th June.
- ♦ Winter Roadshow at the Community Café on 28th October. (Thermals stall – do you want to pre-order?)



## The dos and don'ts of acting as attorney

A Lasting Power of Attorney (LPA) is a legal document allowing a person (the Donor) to appoint a third party (an Attorney) to make decisions on their behalf. There are strict regulations in place to protect the Donor that an Attorney should always follow, including the following:

### Do

- Keep accurate, detailed records. This includes records of all receipts, invoices, financial statements as well as decisions made on behalf of the Donor.
- Get professional advice. E.g. from a solicitor to ensure that you are following the regulations, a financial advisor for investment advice, or an accountant for filing tax returns.
- Act in the best interests of the Donor. Any decision made by an attorney should always be made in good faith. Consider the past and present feelings and beliefs of the Donor.
- Enable the Donor to make their own decisions where possible. It is possible to have capacity to make one decision but not another. Always consider if the decision is something the Donor could make themselves or with assistance.
- Check what benefits the Donor is entitled to and to apply for any that are not being claimed. An attorney also needs to notify DWP of any changes to the Donor's situation.

### Don't

- Mix your mix money or assets. Hold the Donor's money and assets separately in their name and do not mix with your own assets or hold in your sole name.
- Sell the Donor's property to yourself or another family member without authority from the Court of Protection. Even if it is being bought at market value an application will need to be made.
- Ignore instructions. Always check the LPA for instructions, restrictions or preferences expressed by the Donor and follow as best you can.
- Act under the LPA whilst the donor has capacity. The LPA should only be used if the Donor does not have capacity to make their own decisions — unless they ask you to.
- Use the LPA after the death of the donor. When the Donor dies, authority passes to the personal representatives of their estate.

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

**Call us on 033 3344 9609 or email [info@morrishsolicitors.com](mailto:info@morrishsolicitors.com) to make an appointment or ask us a question.**



**WILLS,  
ESTATES  
& PROBATE**

★★★★★


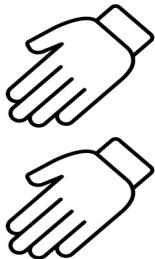



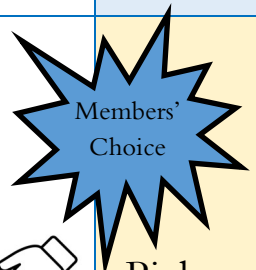

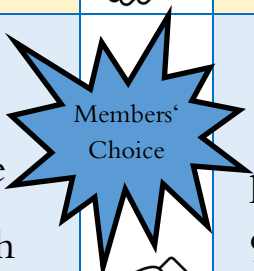


**"Very professional from start to finish. Would highly recommend Morrish Solicitors!"**

Client feedback, Google Business Reviews



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[info@morrishsolicitors.com](mailto:info@morrishsolicitors.com)**

# AVSED - Trips

	<p><b><u>Independent Trip</u></b></p> <p>These trips are for members who are fully independent, meaning you do not need any support. The venue may not be suitable for those with mobility issues: uneven surface, stairs &amp; access issues. You can bring a carer to provide you with the support needed. Members will meet at a pick-up point and trips are full days out.</p>			
	<p><b><u>Supported Trips</u></b></p> <p>These trips are aimed at members requiring a shorter day, with accessible venues. May need light touch support e.g. wheelchair pusher, companionship, friendship group, etc. Members are picked up and dropped off at home. Approx. 30 minutes radius trip once everyone is collected.</p>			
<p><b><u>Lotherton Hall</u></b> <b><u>Grounds &amp; Garden</u></b></p> <p>Monday 8th July</p>		<p>Pick-ups from 9.45am</p>	<p>£8.00 Transport only</p>	<p>Waiting List in Place</p>
<p><b><u>M &amp; S Archive</u></b></p>  <p>Monday 12th August</p>		<p> Pick-ups from 12.15 pm</p>	<p>£8.00 Transport only</p>	<p>The <i>M&amp;S Archive</i> celebrates the role that M&amp;S has played in people's lives since 1884. M&amp;S is woven into the fabric of the UK, what will you discover? There will be an object handling session, refreshments and a walk round the exhibition.</p>
<p><b><u>Beamish</u></b> See opposite</p> <p>Monday 9th September</p>		<p> Coach leaves at 9.15 am</p>	<p>£26</p>	<p>A living, working open air museum, set in the beautiful Durham countryside. Costumed folk bring to life the 1820s, 1900s, 1940s and 1950s.</p>
<p><b><u>Hyde Park Cinema</u></b></p>  <p>Monday 14th October</p>		<p>Pick-ups TBC</p>	<p>£8.00 (Food &amp; Drink - extra on the day)</p>	<p>A memory matinee screening of an old classic. What would you like to see? The Hyde Park Picture House is a nationally connected, locally focused, community cinema; providing audiences with an inclusive space to explore and discover. Opened in 1914, the Picture House is one of the UK's oldest cinemas.</p>

Call the office to request your space - Booking opens 24th June

Monday 9th  
September



£26 Includes  
Travel & Entry

Take a tram ride back in time and become immersed in real, living history. The Award-winning Beamish Museum is a must-see part of any group visit to the North of England. Take a walk down an Edwardian cobbled street, try tasty food from times gone by and chat to the cheerful costumed engagers – there's so much to discover!

- ♦ 9:00am Meet at AVSED
- ♦ 9:15am Coach leaves AVSED
- ♦ Approx. 11:30 Arrive at Beamish
- ♦ 3:30pm Leave Beamish Museum
- ♦ 5:45pm Approx. time we arrive back at AVSED.
- ♦ **Booking date is from the 24<sup>th</sup> June**
- ♦ We are using Blue Sky's wheelchair accessible coach that has 1 fixed wheelchair space.



**Payment is due at time or shortly after booking to secure your seat**

### Raffle winners

1	02861	21	02069
2	07757	22	07238
3	01326	23	02765
4	01747	24	01025
5	01742	25	01052
6	02376	26	02433
7	01302	27	01141
8	08012	28	07747
9	07786	29	06364
10	01921	30	01077
11	07525	31	04277
12	04349	32	03027
13	01053	33	07785
14	06369	34	00801
15	07236	35	04548
16	03563	36	01085
17	01507	37	03614
18	01217	38	03050
19	05539	39	04847
20	07823	40	03229

We would like to thank all our members and volunteers who donated prizes, and also the following businesses:

- ♦ Harris Heating
- ♦ The Princess Pub
- ♦ North Hair Design
- ♦ Turner & Wood
- ♦ Sainsbury's Supermarket
- ♦ Kettley's Furniture
- ♦ The Little Fisherman
- ♦ Chevin Stoves
- ♦ Yeadon Podiatry
- ♦ Guiseley Football Club
- ♦ SJK Taxis
- ♦ Danish Design Pet Products
- ♦ Sarah's Beauty
- ♦ Somewhere Different
- ♦ Yazz Hairdressers
- ♦ Tumble Town
- ♦ Welcome Inn Café
- ♦ Greggs
- ♦ Drammock International
- ♦ CDF Office Furniture

# Activity & Events Calendar

## July

- ♦ Mon 1st - Stepping Up  
Falls Prevention
- ♦ Tue 2nd - Tai Chi  
Variety Club
- ♦ Wed 3rd - Memory Matters  
Shared Tables
- Thurs 4th**  
**Closed due to General Election**
- ♦ Fri 5th - Umbrella Club
- ♦ Mon 8th - Stepping Up  
Falls Prevention  
Trip
- ♦ Tue 9th - Tai Chi  
Variety Club
- ♦ Wed 10th - Memory Café  
Men's Matters
- ♦ Thurs 11th - Back to Basics  
Cuppa & Company
- ♦ Fri 12th - Umbrella Club
- ♦ Mon 15th - Stepping Up  
Falls Prevention
- ♦ Tue 16th - Tai Chi  
Variety Club
- ♦ Wed 17th - Prize Bingo  
Memory Matters
- ♦ Thurs 18th - Back to Basics  
Cuppa & Company
- ♦ Fri 19th - Umbrella Club
- ♦ Mon 22nd - Stepping Up  
Falls Prevention  
Community Café
- ♦ Tue 23rd - Tai Chi  
Variety Club
- ♦ Wed 24th - Men's Matters
- ♦ Thurs 25th - Back to Basics  
Cuppa & Company
- ♦ Fri 26th - Umbrella Club
- ♦ Mon 29th - Stepping Up  
Falls Prevention
- ♦ Tue 30th - Tai Chi  
Variety Club
- Wed 31st**  
**AVSED Closed**

## August

- ♦ Thurs 1st - Back to Basics  
Cuppa & Company
- ♦ Fri 2nd - Umbrella Club
- ♦ Mon 5th - Stepping Up  
Falls Prevention
- ♦ Tue 6th - Tai Chi  
Variety Club
- ♦ Wed 7th - Memory Matters  
Shared Tables
- ♦ Thurs 8th - Back to Basics  
Cuppa & Company
- ♦ Fri 9th - Umbrella Club
- ♦ Mon 12th - Stepping Up  
Falls Prevention  
Trip
- ♦ Tue 13th - Tai Chi  
Variety Club
- ♦ Wed 14th - Memory Café  
Men's Matters
- ♦ Thurs 15th - Back to Basics  
Cuppa & Company
- ♦ Fri 16th - Umbrella Club
- ♦ Mon 19th - Stepping Up  
Falls Prevention
- ♦ Tue 20th - Tai Chi  
Variety Club
- ♦ Wed 21st - Prize Bingo  
Memory Matters
- ♦ Thurs 22nd - Back to Basics  
Cuppa & Company
- ♦ Fri 23rd - Umbrella Club
- Mon 26th**  
**Bank Hol Closed**
- ♦ Tue 27th - Tai Chi  
Variety Club
- ♦ Wed 28th - Men's Matters
- ♦ Thurs 29th - Back to Basics  
Cuppa & Company
- ♦ Fri 30th - Umbrella Club

## September

### Monday 2nd to Friday 6th Shutdown Week

- ♦ Mon 9th - Stepping Up  
Falls Prevention  
Trip
- ♦ Tue 10th - Tai Chi  
Variety Club
- ♦ Wed 11th - Memory Café  
Men's Matters
- ♦ Thurs 12th - Back to Basics  
Cuppa & Company
- ♦ Fri 13th - Umbrella Club
- ♦ Mon 16th - Stepping Up  
Falls Prevention
- ♦ Tue 17th - Tai Chi  
Variety Club
- ♦ Wed 18th - Prize Bingo  
Memory Matters
- ♦ Thurs 19th - Back to Basics  
Cuppa & Company
- ♦ Fri 20th - Umbrella Club
- ♦ Mon 23rd - Stepping Up  
Falls Prevention  
Community Café
- ♦ Tue 24th - Tai Chi  
Variety Club
- ♦ Wed 25th - Men's Matters
- ♦ Thurs 26th - Back to Basics  
Cuppa & Company
- ♦ Fri 27th - Umbrella Club
- ♦ Mon 30th - Stepping Up  
Falls Prevention  
Fashion Show