



AVSED

Helping Older People in Aireborough

Spring 2019

Newsletter

A great place to make good friends

A very warm welcome to you all this Spring

Welcome to our new look newsletter! Many thanks to our amazing volunteers Christine, Louise and Michael for helping us to review and update our marketing materials.



Project
Coordinating
Manager -
Sarah Lunt.

This issue is jam packed with not only AVSED related news and events, but also local community information – we are so lucky to live in such a vibrant and active locality.

Our Trips won't be starting until April, when we hope the weather will be a bit kinder to us, but we have lots of exciting activities planned this year, so happy reading!



A Big Bunch of Special Thanks To...

All our regular funders for their ongoing support and to those kind people who have made individual donations.

It's that time of year again when annual membership subscriptions for April 2019 to April 2020 will be due. Details on page 4

Our thanks to deeva restaurant for delicious cuisine and helping us raise £463.80 !



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Your local Neighbourhood network, supported by:

The Frank Parkinson
Yorkshire Trust



Office: 0113 250 1702

Email: info@avsed.org.uk

Trips Out and Events

Date	Venue	Price
APRIL 15 Monday	Leeds Bradford Airport Pick up <u>from</u> 12:30pm For security reasons you will need to have a <u>valid passport or photo ID driver's licence on the day.</u> Details: A guided tour of the fire department at LBA.	Price: £2.00
		
MAY 20 Monday	Kirkstall Abbey Museum Pick up <u>from</u> 12.15pm Details: A guided tour of the Museum and a chance to explore the recreated Victorian streets.	Price: £5.00
		

New Members

Did you know that when you join AVSED you can book on to any of our trips and events and meet lots of friendly people. Just call the AVSED office on 0113 250 1702.

Transport

Please let us know in advance if you need transport. We have a volunteer driver and escort on each trip. If you use a wheelchair/walker or have any additional needs please contact the office.

Booking

You can book a place on these trips by calling Ella at the AVSED office on 0113 250 1702.

Price

The price is variable and depends on the venue. The price stated will include your transport and will say if additional money is needed. Please pay for the transport at the time of booking or shortly afterwards.

Pick up times

Please note that pick up times may be different for each trip. The time it says **from** is the time the minibus starts collecting members. Please remember you might not be the first to get on.

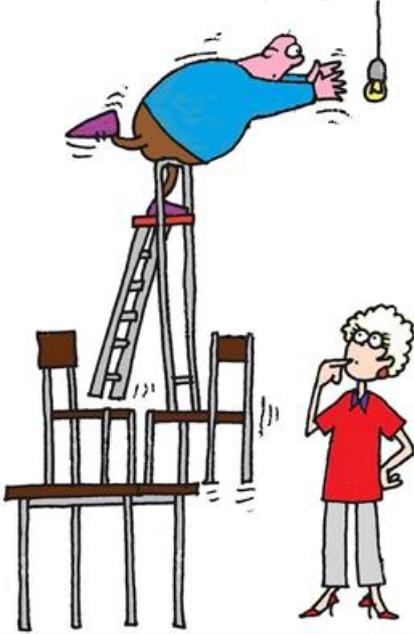
AVSED (Aireborough Voluntary Services for the Elderly)

Please note that **Trips** out and **Events** are for AVSED Members only. If you wish to become a member or have a relative who you believe could benefit from our services then please contact the office to check eligibility. Don't worry, just ask, we are here to help.

News from Upstairs

All the latest from your office team

Odd Jobs – helping hand



“Maybe we should have asked those nice people at AVSED?”

A few months ago we told you about our **Odd Job** or Helping Hand volunteers. The aim is to help with those little tasks which once were a simple affair but now are somewhat difficult, if not even hazardous or impossible. So:

Please don't sit in the dark, because you can't change the lightbulb.

Please don't fall over the loose bit of carpet. AVSED have a volunteer who can save you an awful amount of trouble and make life safer. Call us.

Did You Know...

AVSED was founded in 1992 by a group of local residents including Shiv Singh, Moreen Holt and Owen Peel. AVSED became a registered charity in 1995. In our next newsletter, we'll bring you more on the history of AVSED – there's lots to tell!

New! Monday Afternoon Health and Wellbeing Sessions for the over 60s

MARQUETRY MEN'S GROUP

From Monday 18th March 2-4pm (selected dates)

As part of Dying Matters Week :-

'Who's Afraid of the Big Bad ~~Wolf~~ Funeral Director'

Demystifying death and funerals, held at Full Circle Funeral Directors,

Guiseley Monday 13th May 2-3pm

ESSENTIAL FIRST AID

Simple first aid skills for supporting older people (open to anyone 19 plus) Monday 3rd June 1.30-3.30pm

All sessions held at AVSED,

Nunroyd Pavilion, Nunroyd Park, Yeadon, LS19 7HR (apart from 13th May)

BOOKING IS ESSENTIAL

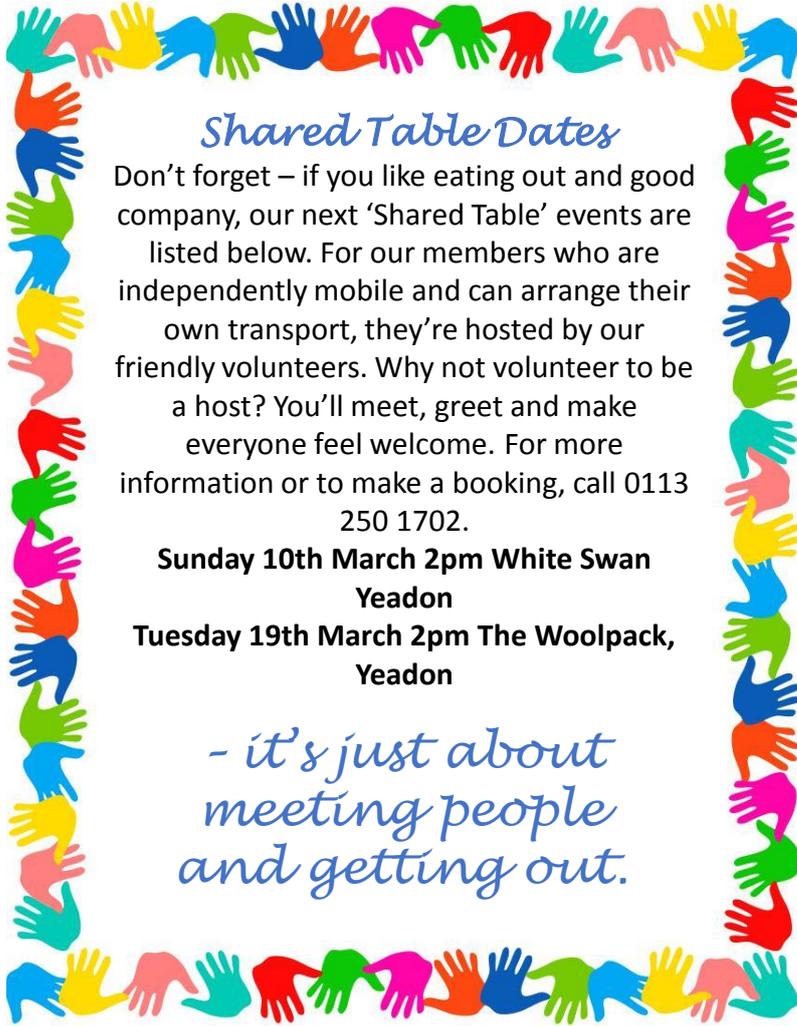
Contact AVSED on 0113 250 1702 or info@avsed.org.uk
Transport available

Participants must be registered patients at one of the GP surgeries named below.

Organised by AVSED, in conjunction with your local GP practices: Rawdon Surgery, The Menston and Guiseley (Park Road) Practice, Guiseley and Yeadon Medical Practice and Yeadon Tarn Surgery.

Members' Page

Come along for a cuppa and a natter...



Shared Table Dates

Don't forget – if you like eating out and good company, our next 'Shared Table' events are listed below. For our members who are independently mobile and can arrange their own transport, they're hosted by our friendly volunteers. Why not volunteer to be a host? You'll meet, greet and make everyone feel welcome. For more information or to make a booking, call 0113 250 1702.

**Sunday 10th March 2pm White Swan
Yeadon**

**Tuesday 19th March 2pm The Woolpack,
Yeadon**

*- it's just about
meeting people
and getting out.*

Thursday Social Activities



Exciting News

AVSED are piloting the following 3 open sessions:

Emma James - 18th April

Young at Heart - 16th May

Foot Tappers - 13th June

The time is 1:30 until 3:30pm.

The cost is £3.00 if self transporting or £5.00 with AVSED transport (limited spaces available). This will include refreshments and a raffle ticket. To book your place please contact 0113 2501702.

Please note that if you already attend another AVSED Social Centre, you are still welcome to come along, but we will not be able to provide transport.

Dear AVSED Member,

Your AVSED membership is due for renewal in April. Each year your annual membership subscription goes towards paying for some essential services and costs such as diesel for our three minibuses and essential running costs. The annual membership subscription remains at **£15** or **£20** for 2 people living at the same residence.

If you would like to continue to be a member of AVSED for the 2019/20 subscription year, we would be most grateful if you could complete the Membership Renewal Form, and **let us know if any of your personal or contact details have changed**. Please send it back to us with the appropriate payment to secure your Membership until March 2020. (Clients who are ex volunteers please complete the renewal form but please don't send any money as you don't pay annual membership subscription.)

Please also help us to help you! If you pay tax (on anything like pension, bank account etc.), we can claim some of it back from the taxman if we have a completed **Gift Aid** form for you – if you haven't completed one yet for AVSED please let us know.

We would like to thank you in anticipation of your support.

Ken Elliot
Chairman

Volunteers' Corner

CELEBRATING AVSED VOLUNTEERS

We thought you'd like the chance to find out more about AVSED's amazing team of Volunteers. People bring so many different skills to AVSED, it's hard to know where to start. Some regularly volunteer on our Social days, others help in a variety of ways, from our vital transport service to our popular Shared Tables.

We're launching this new feature with some volunteers who may be more familiar voices than faces – the ones 'upstairs' who answer the phone, help out the staff with all sorts of admin tasks, contribute to things like this newsletter - and generally get stuck in as required!

Some of them are new, some have been here several years – but they all hope to answer your questions as quickly as possible when you call AVSED. Here they are!

MONDAY Christine
WEDNESDAY Louise
THURSDAY Julie
FRIDAY Sheila

Every volunteer counts at AVSED – if you're reading this and think you have a few hours to spare, why not join us?

It's a great way to share your skills and you'll be very busy enjoying every minute! Just call:

0113 250 1702

- we'd love to hear from you.



Christine



Louise



Julie



Sheila

FREE Training Opportunities

There is an opportunity for members, volunteers, carers and supporters of AVSED to gain a fully funded level 2 qualification in a variety of areas:

- **Principles of Dementia Care**
- **Equality and Diversity**
- **Falls Prevention Awareness**
- **Awareness of Mental health problems.**

This is distance learning so completed at your own pace, with tutor support and no classroom attendance required.

Please contact Sarah Lunt at the AVSED office for further information.

This Spring

Look What's Happening Near You...



Spring Clean Your Will!

During March 2019, **AVSED** and **Morrish Solicitors LLP** are offering AVSED members, volunteers and supporters the opportunity to draft a new Will or update an old one.

If you have been thinking about this and want some advice, Morrish Solicitors will be on hand to explain the process and draw up your Will. You can have your Will drafted in exchange for a suggested donation to AVSED of £50 for a simple single Will. Not only is this a discounted rate for a Will (which would normally be £150 plus) but the money goes to a local charity!

Aireborough Childminding Group

would like to invite our AVSED Members to the following activities:

- Easter Sing-along session on Thursday 18th April, 10-11:15am at AVSED.
- Craft session on Thursday 9th May, 10-11.15am at AVSED.

Limited Transport is available. Please contact the AVSED office to book onto these activities.



Charity Beer Festival

Guiseley AFC host their annual Charity Beer Festival at Coopers Bar, Guiseley on Friday 15th and Saturday 16th March.

AVSED are delighted to be one of the local organisations who will benefit from the funds raised – so pop along to show your support and enjoy a glass or two!

Call the office if you'd like to help on the day or sponsor a barrel.

Social Work – Link Work

We are very pleased to tell you that **Angela**, one of our friendly and experienced local **Social Workers**, will be joining us on the **1ST WEDNESDAY MORNING OF EACH MONTH** to answer questions about care, aids and adaptations, carers support, help with forms to apply for Extra Care Housing, and any other questions you may have relating to Leeds Adult Social Care services.

AVSED

Nunroyd Pavilion
Nunroyd Park
New Road
Yeadon
Leeds LS19 7HR

