



Newsletter

Edition 2

Helping Older People in Aireborough



We are here to help you



Stay home
Protect the NHS
Save lives



Regular contact

Our regular newsletter will be coming to you throughout the COVID-19 lockdown.

We hope you enjoy the fun-filled pages packed with interesting activities, helpful information, advice and guidance to help all of us through these unusual and uncertain times together. With a smile on our faces and some hope in our hearts, we want to help and encourage everyone to get involved, to be a part of their community (from a distance!), and to pull together to make the lockdown a time to rewrite the rules and have some fun.

Our story so far

- * Our office is open Mon - Fri 9-4 with emergency contacts out of hours.
- * We are the Community Care Hub for Guiseley and Rawdon, helping people of all ages in our community. We have taken over 120 referrals so far.
- * 350 Keep in touch and welfare telephone calls to members.
- * 75 Shopping deliveries.
- * 31 Emergency food parcels.
- * 50 New/potential members helped.
- * Easter surprises to many members.

Easter Raffle Winner



Congratulations
call the office to claim your prize

Subscriptions & Membership

It is that time of year when we would usually be renewing our annual memberships. At this time we are suspending the subs and making everyone an honorary member, including all our new friends that have joined us during the pandemic. We hope to be back to our regular services very soon when we will review our subscription position.

Your AVSED

Here at AVSED, we are doing everything we can to help our members isolate and stay home. If you don't have family or friends to support you, call the office on 01132501702. Our services will deliver to your door, and we will remain at a distance from you during the delivery. Please follow our requests to keep everyone safe.

Shopping

Staff and volunteers can take a shopping list over the phone or by email and deliver food to your door on a Tuesday or Thursday.

We can take payment via bank transfer, cheque or cash.

We can help if access to finances are causing concern.

We can deliver emergency supplies like staple foods, toilet rolls and toiletries.

Prescriptions

We are collecting prescriptions for members who cannot arrange delivery through pharmacy services.

We can collect on a Wednesday or Friday at all local pharmacies.

Please call the office with details, giving as much notice as possible, and ensure your order is ready to be picked up before you request a collection.

Fish & Chip Fridays

Starting on Friday 15th May, we can deliver hot fish & chips to your door from the local chip shop.

Please order your delivery by calling the office before 5 pm Wednesday each week.

Delivery will be between 12 - 2 pm.

Invoiced Monthly

Fish & Chips

£ 4.00



Boredom-Busting Boxes

Thanks to the help of local families and external funding we are now delivering activity boxes filled with boredom-busting activities including crafts, books, jigsaws, letters, word puzzles, knitting and crochet, mindful colouring pages and physical activity ideas.

Delivered to your door. Call to request.

£ Free



Technology

Love it or hate it we need technology more than ever. We can help with advice and guidance on getting tech-savvy.

We have limited equipment that we could lend to you to help you connect or get online - call for more info.

Transport

If you have an urgent and unpostponable medical appointment, we can help transport you to and from your home.

We will have strict distancing measures in place and cannot offer any personal support.

Call to discuss your needs.

Keep in touch & Welfare calls



You will receive a call either from one of the staff, a volunteer or your group leader. We miss you all dearly and want to stay connected.

Whether it be a simple chit chat or you need some further support, we are here for you.





AVSED members Jean Monk and Mary Verity (with Odin in the window) with their rainbows of appreciation proudly on display



Is your rainbow on display ?
Send us a picture or let us know and we will come and take a snap.



Join AVSED for a socially distanced street celebration

Friday 8th May at 11am on your doorstep

Decorate your home and yourself with red, white & blue and come to your front door ready for 11am.

Join the country for a 2 minute silence and then toast the nation in thanks for all who fought in WW2 and remember those we lost.

Raise a glass with neighbours and show our appreciation to our heroes past and present

Join AVSED in singing Vera Lynn's We'll Meet Again straight after the silence.

Volunteers will be on many streets to lead the song and to help you

- Winston Churchill's VE day speech will be televised at 3pm •
- Queens speech and the national sing-a-long at 9pm •

Call the office for more information and let us know you are joining us or need help to participate.

Your Community

Wow! What a fantastic area we live in. The support and assistance from local residents to help and volunteer is amazing; we have received over 100 new volunteer interests. Our neighbouring organisations and businesses are also gearing up to offer additional services too - here is a collection of help available locally.

LCC helpline

Are you finding it hard to get the help and support you need?

During this Coronavirus pandemic, Leeds City Council is working with Voluntary Action Leeds and local organisations to provide additional support to ensure everyone can get the help they need.

Call the helpline on

0113 378 1877

GP & Pharmacy

The way we access our GP and pharmacy has changed, but they are still there to help you when you need them.

Call your GP surgery - lines are busy and may take much longer to get through; the staff are there and will answer.

If you are unsure about prescriptions, call the GP or Pharmacy for advice. Do not go to the Drs or pharmacy unless you are told to.

Shopping



Local shops and supermarkets are stepping forward with brilliant new services to help people in the community who are older, vulnerable and isolating.



Morrisons

The Community Champion Bob at Yeadon has been going above and beyond to help AVSED with donations of food parcels and preparing shopping lists.

Also offering:

Doorstep deliveries - essential food supplies delivered to anyone who is isolating. Tel: 0345 6116111

Food Boxes - a selection of everyday items delivered to your door £30 + delivery; meat & vegetarian available.
www.morrisons.com/food-boxes
or call 0345 6116111

Many local stores including butchers, bakers (not the candlestick maker!), milkmen and greengrocers are open and delivering locally. Information is available online on social media or by telephoning the shop. AVSED can help find local suppliers if needed.

Deliveroo are making changes to their service and working with local supermarkets to deliver shopping; more details @ deliveroo.co.uk

Local taxi company SJK are still operating - 0113 2501059

Aldi

Delivering food parcels with 22 essential items to your door. £24.99 each order online @ aldi.co.uk

M&S

1st hour trading for elderly and vulnerable
Various food boxes are available from £15.00 with essential groceries.
Order online @ marksandspencers.com

Arrow Fresh

Delivering various food boxes from £9.99 including fresh bread.
Order online @ food.arrowcars.co.uk



Community Champion Bob

Bob has been working flat out to help all the customers at Morrisons in Yeadon. He has helped AVSED by assisting with shopping lists, donating food parcels and Easter eggs. Bob has kept us up to date with all the new services and assistance available in-store, online and via the telephone, ensuring all the vulnerable and shielded customers have access to shopping and essentials. We also know that Bob helps many in the community off his own back - helping neighbours and looking out for older residents in the area.

Thank you, Bob

Community Care Volunteer Jean

Jean signed up to be a volunteer with Voluntary Action Leeds and LCC, then came to the Guiseley & Rawdon Community Care Hub (run by AVSED) a few weeks ago. Since then Jean has been doing weekly shops for three families. Jean collects her lists and store cards from the office. Then she heads to the shops to get all the essentials for those in our community who are isolating or shielding. Jean drops the shopping right on the front doorstep, helping them to stay safe at home. Jean says she likes to be busy and help where she can.

Thank you, Jean



AVSED Volunteer

Janet is one of 70+ volunteers we are fortunate to have at AVSED. Today Janet was delivering a prescription to a member who is shielding at home. The medicine was collected and delivered straight to the front door. We have volunteers doing many roles during the pandemic - helping in the office, collecting shopping & medicine, preparing food parcels and activity boxes, donating goods, looking out for neighbours and providing essential keep-in-touch calls to members.

Thank you to all of our Volunteers

AVSED staff

The whole team are working hard to ensure everyone in our community is safe and well at home. We have several services to help you while keeping safe at home - here we are collecting hot fish 'n chips to take to members. If you know someone who might need support, give them AVSED's number and we will do our best to help. We are running the Community Care Hub offering services to everyone, regardless of age, who is isolating and shielding.

Thank you to all the staff team



Your Safety

Now, more than ever, we must be vigilant about those trying to take advantage of a bad situation. Doorstep crime and scams are, unfortunately on the increase, and we must all take steps to protect ourselves and reduce the risk of being targeted. It can happen to anyone and is happening in our community to our members.

Meet Joan Jacques, an AVSED member telling her story of beating the scammers

One day I received a telephone call, allegedly from my bank, informing me that someone had tried to withdraw a large sum of money. The caller asked me to press 1 to verify my account. I realised something might not be as it seems. I hung up and called my bank to discover it wasn't them who called me. My details were checked, and my bank cards were stopped and changed.

A few weeks later, I received an unexpected package. It was a Kindle tablet. I hadn't bought this. I asked my family, but they didn't know anything about it!



I wasn't sure what to think at first - why would I get this delivery and who was it for?

The next day a letter arrived from a credit company stating I had applied for credit. I have never applied for anything and do not have any credit (was this to pay for the tablet?)

I called AVSED for advice, and after talking it through, I decided to call the 101 police helpline. Two officers came the same day and took all the details. It was indeed a scam, and possibly all three matters were connected.

I had done the right thing in being vigilant and spotting something was wrong. I didn't disclose any personal information, and I beat the scammers.

Scams and fraud come in all manner of disguises; they can be in person, online, on the telephone or via post. Anyone can be targeted, and everyone needs to be vigilant.

Here are some of the scams trending right now in West Yorkshire :

- ★ Free shopping vouchers on social media
- ★ Letters asking for payments or personal details
- ★ False claims of services or equipment that kill the virus (at a cost)
- ★ Individuals are posing as someone from an authorised organisation.

Be like Jean - Be Safe - Be Alert

Your Time

Coronavirus is affecting all of us in different ways - how we move around, socialise, communicate and receive support have all changed in the past few weeks. During this time, it is important to look after your whole self and know where to turn if you need a helping hand with any aspect of isolating.

Tai Chi

For everyone that attended our tai chi classes, you know how brilliant and dedicated the tutor Colin is. He misses you too and has put together some videos so you can keep connected, keep practising and keep active.

Never tried Tai Chi? well now's a good time to start. Have a look at the videos.

Go to youtube and search for yiheyuan martial arts.

Stop

Practise this STOP technique whenever you feel yourself getting anxious or stressed.

Say STOP firmly to yourself.

Breathe out fully.

Drop your shoulders and unclench your hands.

Count slowly down from five down to one.

Take a moment.

Repeat if needed.

What's this? Let's check

If you have any changes to your health, talk to your GP. They are there for you.

Don't put off getting checked or going for tests.

Anagrams

Can you solve these anagrams all related to AVSED?

- BOING
- SAVED
- SNUB
- FACE POUT
- LACE TALKS
- SHOE TRACKS
- SNOOPS
- SPROUT IT
- MOON SIDE
- FINDERS
- WERE TEENS
- MAGS CARED
- REG ENTRANCED
- TEN RATS
- HAS GRIN
- ANEA SIPPED

COVID -19 Support line

Available for anyone in Leeds with family or friends who are critically ill or have died from any illness during this time.

St Gemma's Hospice
0113 2185544

Wheatfield's Hospice
0113 2033369

Sudoku

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|---|---|---|---|--|---|---|---|---|
| | | 1 | 9 | | | | 3 | |
| | 3 | | | | 5 | 1 | | |
| 8 | | | | | 3 | | 5 | 9 |
| | | 3 | 4 | | | | | |
| | 2 | | | | | | 6 | |
| | | | | | 8 | 9 | | |
| 9 | 5 | | 6 | | | | | 3 |
| | | 2 | 1 | | | | 9 | |
| | 1 | | | | 4 | 5 | | |

Stay Connected

It is important to feel connected to our loved ones, there are lots of ways to stay connected: telephone or write a letter. Have you tried online tools? Facebook, zoom and messenger make it possible to see your loved ones through a video message. If you need kit or info call the office for advice.

Time to Learn

There are lots of online resources to learn a new hobby, craft or passion. You could learn to say hello in 10 different languages, master the art of macramé, or discover a new talent. The possibilities are endless, and we can help you find what you're looking for, print resources or upload materials.

Call us to start your adventure and see what you can achieve.

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 5 | 7 | 1 | 9 | 2 | 6 | 4 | 3 | 8 |
| 2 | 3 | 9 | 8 | 4 | 5 | 1 | 7 | 6 |
| 8 | 4 | 6 | 7 | 1 | 3 | 2 | 5 | 9 |
| 7 | 9 | 3 | 4 | 6 | 1 | 8 | 2 | 5 |
| 4 | 2 | 8 | 5 | 7 | 9 | 3 | 6 | 1 |
| 1 | 6 | 5 | 2 | 3 | 8 | 9 | 4 | 7 |
| 9 | 5 | 4 | 6 | 8 | 2 | 7 | 1 | 3 |
| 3 | 8 | 2 | 1 | 5 | 7 | 6 | 9 | 4 |
| 6 | 1 | 7 | 3 | 9 | 4 | 5 | 8 | 2 |

We'll Meet Again

[Verse]

We'll meet again
Don't know where, don't know when
But I know we'll meet again some sunny day
Keep smiling through
Just like you always do
'Til the blue skies drive the dark clouds far away

[Pre-Chorus]

So will you please say "Hello" to the folks that I know
Tell them I won't be long
They'll be happy to know that as you saw me go
I was singing this song

[Chorus]

We'll meet again
Don't know where, don't know when
But I know we'll meet again some sunny day

[Verse]

We'll meet again
Don't know where, don't know when
But I know we'll meet again some sunny day
Keep smiling through
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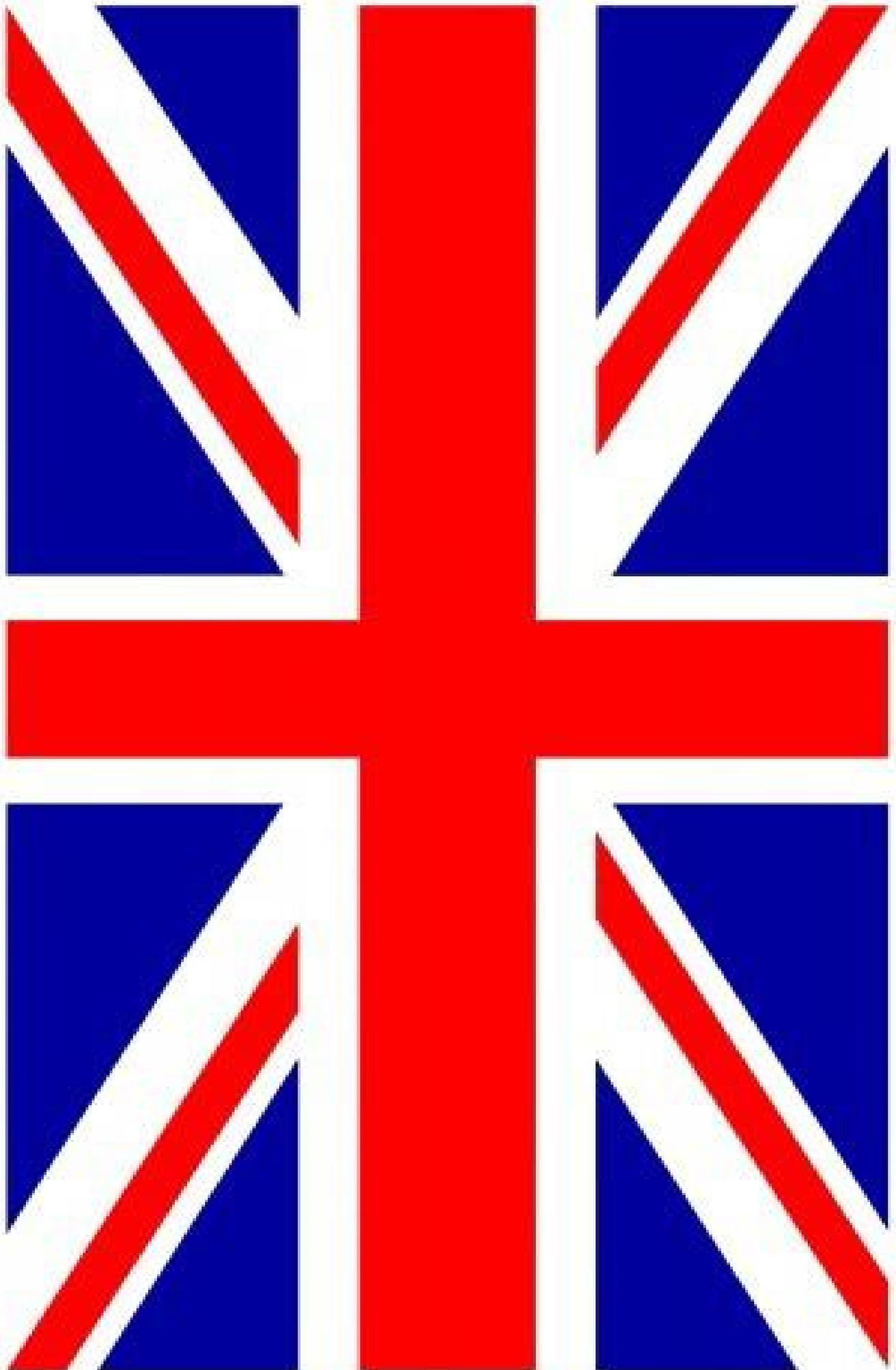
[Pre-Chorus]

So will you please say "Hello" to the folks that I know
Tell them I won't be long
They'll be happy to know that as you saw me go
I was singin' this song

[Chorus]

We'll meet again
Don't know where, don't know when
But I know we'll meet again some sunny day





Your Contributions

AVSED loves to hear all about your stories, thoughts and suggestions. Memories of the past, brilliant ideas for the future, tell us a joke, disclose your best recipe, reveal a secret or share a picture. Send your contributions to the office; details below.

Goodbye Louise



Our lovely Louise has decided to retire again! Louise had a wonderful year working on the health & wellbeing project and loved working with all our members, who she will miss deeply. Louise is hoping to spend more time relaxing, painting and doing more of the things she likes - such as poetry. Louise wrote this lovely piece for us.

*It's quiet here in Nunroyd Park,
We've had to close up shop.
No trips, no chat, no pie and peas,
No bingo till you drop.
No dominoes, no home-baked cakes,
No crafty things to do ...
We know you'll all be missing us
Because we're all missing you !!*

Joke of the month

What did the left eye say to the right eye?
Between you and me, something smells.

Quote me

Friends are the people who make you smile brighter, laugh louder and live better.

Captain Tom Moore

Tom Moore is a 99-year-old army veteran who decided to complete 100 laps of his garden to raise £1000 for the NHS before his 100th birthday. By the time you read this, he has already succeeded in raising over £25million in contributions to the NHS, a remarkable figure. Tom has also broken two world records: the most money raised for NHS by one person; the oldest person to have a number one chart single (*You'll never walk alone* with Michael Ball). 'Captain Tom' says he just wants to keep going as long as the money keeps coming in. Inspirational!

AVSED have sent Tom a birthday card.

Dawn chorus

Spring is made lovelier by the chorus of birds in our gardens and green spaces. It is usually the strongest males who produce the most beautiful song, and that attracts females. The Robin is often the first and last to sing each day and one of the birds which use song to defend their territory all year round, not only for the mating season. One little bird which will be singing but which you may not hear is the Goldcrest – the smallest of our birds and one which is more likely to be found in wooded areas, but is so eye-catching with its bright yellow streak!



Nunroyd Pavilion
Nunroyd Park
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& stay well