

Keeping in Touch with AVSED

Our new regular newsletter Edition 1

Office: 0113 250 1702

Email: info@avsed.org.uk



We are here to help you



Stay home

Stay well

Stay connected

Easter is almost here...

The signs of Spring are everywhere, but this year most of us won't be able to spend Easter Time with our families and friends because we have been asked to stay at home. But we are still having an AVSED Easter raffle! Your free raffle ticket has come with this newsletter, so keep it safe, because we'll be announcing the winner in the next newsletter – a little something to look forward to!



A Message from our Manager...



Hello Everyone

Well, what a start to my time at AVSED. Unfortunately we are unable to have a proper introduction but I wanted to let you know that I am thrilled to be the new Manager and I very much look forward to meeting you all soon. Please be assured the team in the office are fantastic and working tirelessly to help and support not only all of our members, volunteers and some of the wider community of Aireborough but me too.

I may be new to AVSED but I've got lots of experience within the charitable sector and I have previously worked in other neighbourhood networks for a number of years and plan to help AVSED through this tricky time and into brighter happier times in the near future.

This bumper edition of our newsletter is packed full of information, hints, tips and ideas to help you stay well in the coming weeks and a few highlights we hope will help brighten your days. We are planning on having much more regular newsletters over this time to try and give a little help, inspiration and to spread some feel-good news around our community.

Stay well, stay home and I look forward to meeting you all soon,

Debbie Fawthrop (New Project Coordinating Manager)

A Message from Our Chair...



Dear Members,

I am sure you will agree when I say that the last 10 days has been an extraordinary period for all of us due to the CORONA VIRUS (COVID 19).

At this time our primary focus is of course the health and wellbeing of our members, one another and loved ones.

I would like to express our thanks to all the staff and volunteers who have been working long hours, putting in place a Contingency Plan which has had to be revised each day due to the changing advice from the Government to look after and care for the members of AVSED.

We will be back to normal sometime, but in the meantime take great care and look after yourselves.

Ken Elliott (Chair of the Trustees)

A Thank You from Sarah...



"Thank you all SO much for all your well wishes, beautiful memory book, and the very generous collection .I was so overwhelmed by it all when I met with the Volunteers on my last day that I couldn't even speak! AVSED will always have a special place in my heart and I'll still be involved any way I can.

I know AVSED will continue to thrive well into the future."

Riding in Style...

Early in February Tom, Joan and John from our Wednesday Social Centre took a ride in a Rolls Royce and were even treated to Fish and Chips by the JCT 600 group.

They were chauffeured to see the local sights and made the front page of the Wharfedale Observer!!.

This was part of our Make a Wish campaign we started in the winter newsletter.

Think about what you have always wanted to do and we can try and make it happen.

After lockdown finishes of course!!!



Sadly there's always someone ready to exploit a situation and we have heard of several scams involving people at the door promising to bring shopping if you give them money etc.

Be very careful – some are saying they are from the Red Cross or flashing supposed identification.

We would also advise against putting anything in your window that states you are vulnerable – some posters have been circulating for this purpose.

If you need help you can call us and we will tell you exactly who is coming to help.

If you want to report a suspected fraud visit

Action Fraud



The government has sent out 1.5 million letters to vulnerable people telling them they **MUST** stay inside for 12 weeks to avoid any chances of being infected with the Coronavirus. Some of these people may have no support in place from relatives or neighbours. If you are an AVSED member and you need help of any kind with shopping, medication etc please call us on: **0113 250 1702**. If for any reason you cannot get through to us or if you are not a member, call the council on **0113 378 1877** and they will arrange for us or other volunteers to give you the help you need. This could be anything from an emergency food parcel, to sorting out prescriptions. Whatever you do, please stay inside your home. Don't invite anybody in deliveries will be dropped off at your door. *Stay safe and keep well!!*

Over 60?

If you are in isolation and you cannot get shopping or prescriptions through your current support network, or if you are concerned about a relative who lives in Yeadon, Rawdon or Guiseley (LS20 or LS19), please call AVSED on **0113 250 1702** or email us on info@avsed.org.uk



Operational Hours
Monday - Friday
9 - 5

Please call
0113 378 1877
outside these hours

We are providing the following services:
*emergency shopping
*emergency food parcels
*prescription collection
*telephone befriending services

Under 60?

If you are under 60 and need support please call the dedicated helpline for Leeds. They will match you with a local trained volunteer or other local services.
Contact them on **0113 378 1877**

If you would like to help, visit
www.doinggoodleeds.org.uk/covid-19-care-volunteering.html
or call **0113 297 7920**



Helpful numbers

If you feel you are struggling to cope and are worried about your mental health, pick up the phone and call the Samaritans on **116 123**

The Leeds Crisis Line can also lend an ear to help you talk through your worries, contact them on **0300 300 1485**

Carers Leeds are still open to talk to any carers who are struggling at the moment
0113 246 8338

The Alzheimer's society are also available if you or someone you care for are worried about coronavirus and need support and advice, call our Dementia Connect support line on **0333 150 3456**.

**Sending
HUGS**

AVSED makes the News

The Trust house Charitable Foundation is one of AVSED's funders. In 2018-2019 they granted £30,000 over 3 years towards the salary and running costs of providing transport for our members. We were one of only 4 organisations who received funding to help older people. In the Foundation's Annual Report there is lovely photograph of one of our Community Cafés. Our members were able to be brought by bus to meet and chat to members of a childminders group, truly inter-generational work in the local community.



This little guy was waiting for our Community Café to open!

At the March Café we were joined by Carers Leeds, Andrew Firth—Memory Support Worker and Memory Lane, plus Dr Mills who ran a Dementia Review Clinic and Neil Maguire from the Local Care Partners Development team

Jokes Corner

Did you hear about the actor who kept falling through the floorboards?



He was going through a stage!

What sits at the bottom of the sea and trembles?

A nervous wreck!

Why do bees have sticky hair?

Because they use honeycombs!

Everyone cried when Mary Berry left Bake Off...

Even the cakes were in tiers!

Tasty One-Pan Brunch

Double the quantities for 2 people.

1 tbsp. olive or vegetable oil ; 2-3 cooked potatoes, sliced ; Handful small tomatoes, sliced ; 2 spring onions, sliced ; 1 egg ; Salt and pepper ; Fresh basil or parsley leaves (optional)

Heat oil in frying pan, add potatoes and fry on both sides.

Add tomatoes and onions, fry for a minute to soften.

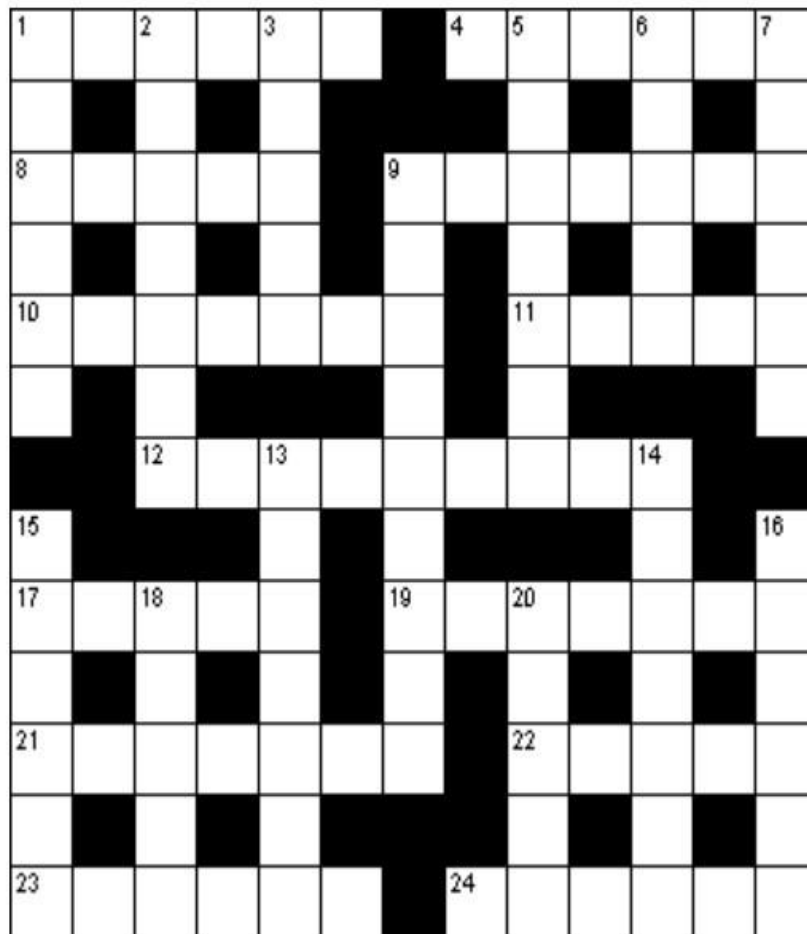
Season with salt and pepper, make a space in centre of pan.

Break the egg into space and fry as usual.

Scatter with basil or parsley if liked.

Enjoy!

Something to get the cogs turning...



Across

- 1 Self-centred person (6)
- 4 Prepared for publication (6)
- 8 Cause of vexation or irritation (5)
- 9 Sumptuous meal (7)
- 10 Surgeon's knife (7)
- 11 Thoughts (5)
- 12 Recovering readily from adversity (9)
- 17 Ransack (5)
- 19 Unbeliever (7)
- 21 Country formerly part of Yugoslavia (7)
- 22 Fallacious (5)
- 23 Happening without warning (6)
- 24 Requiring immediate attention (6)

Down

- 1 Uncover (6)
- 2 Alfresco (4-3)
- 3 Rams and ewes (5)
- 5 Tooth material (7)
- 6 Agreement to suspend fighting (5)
- 7 Loathe (6)
- 9 Russian stringed instrument (9)
- 13 Ghost (7)
- 14 Immature toad or frog (7)
- 15 Summary (6)
- 16 Burning (6)
- 18 Deluge (5)
- 20 Not so many (5)



A Bit of Good News...

The BBC are delaying plans to end free TV Licences for those aged 75 and over until August 1st.
Something to smile about!

A History of AVSED (and other things!)

A new feature taking a trip down Memory Lane
AVSED was founded in 1992 and became a registered charity in 1995. We've been taking a look through our records ...what do you remember about the mid 90s?

1995 to 1996

By 1995, AVSED had 4 day centres in 4 different venues – today, all our activities are based at Nunroyd Pavilion.

In 1996 there were 58 registered volunteers – today we have over 90!

On April 30th 1996, thanks to council funding, we were presented with our very first minibus. We now have 3, all working hard to safely transport our members to our many different social events.

And in 1995...

Robson and Jerome were at Number 1 for 7 weeks with Unchained Melody (remember that, pop-pickers?)

Rumbelows closed all its stores – after over 25 years of business

Neil Kinnock resigned from Parliament, Julie Goodyear left Coronation Street & The Queen Mother had a hip replacement

NOT EVERYTHING IS CANCELLED

SUN IS NOT CANCELLED

SPRING IS NOT CANCELLED

RELATIONSHIPS ARE NOT CANCELLED

LOVE IS NOT CANCELLED

READING IS NOT CANCELLED

DEVOTION IS NOT CANCELLED

MUSIC IS NOT CANCELLED

IMAGINATION IS NOT CANCELLED

KINDNESS IS NOT CANCELLED

CONVERSATIONS ARE NOT CANCELLED

HOPE IS NOT CANCELLED



Remember, if you need
help with shopping or
prescriptions, please call

US ON

0113 250 1702





People are displaying rainbow's in their windows for local children and the young at heart to find during exercise walks.

You can put this one in your window too if you want to join in.