

AVSED Volunteer Newsletter

SUPPORTING AIREBOROUGH SENIORS

WWW.AVSED.ORG.UK
SUMMER 2024



RELAUNCHED!!

In April our new Volunteer documents were launched including our new Volunteer Induction. Thank you to everyone that attended the launch on the day.

It is necessary for every volunteer to complete this re-induction to make sure that all volunteers have been provided with the same information whether you have been volunteering for 3 months or 25 years.

Not everyone had an induction or can remember their induction when they started as a volunteer, and especially since our move, I believe it is especially important to make sure we are all together in the information and knowledge we are working from.

The relaunch was a fun afternoon where we celebrated long service awards, and ended with a mingle and food.

Thanks all!

Volunteer Coffee Mornings

Volunteer Coffee mornings are great to have a check in point to catch up, talk about different volunteer roles and activities, introduce volunteers to each other, and have a good old chinwag too.

Wednesday 25th September 10.00 - 11.30

DATE CHANGED - Monday 2nd December 3 - 4.30

GET INDUCTED!

If you haven't got your copy of the new Volunteer documents yet or been through the re-induction, please come along to the next sessions on either

**Wednesday 24th July at
10.30am or**

**Wednesday 14th August at
6pm.**

Please book your slot by calling the office or emailing me at Michelle@avsed.org.uk.

These sessions are a mandatory part of staying a volunteer with AVSED so please make every attempt to attend a session. If you cannot, you need to book a 121 session so please contact me directly to discuss by the end of August.

From September 1st I will be contacting all volunteers who have not been through the re-induction process to discuss your next steps with AVSED.

Volunteer Week

Volunteer Week is our chance to say thank you to YOU!!! Our Volunteers!!

AVSED was set up by local people and has been helped by local people for the last 32 years, doing everything from guiding our strategy and direction through being a Trustee, to driving the minibus, supporting activities, delivering news, communications and hot food, hosting cafés, fundraising, befriending, raising awareness, playing music, being a listening ear, answering the phones and so so much more.

In 2023 you amazing heroes donated over 9940 hours of your own time to support AVSED members live happy, healthy and independent lives, That is the equivalent of over £113,700!!

Thank you doesn't always seem like enough to say for what you do for AVSED, our members and the community.

Membership

Please remember that membership to AVSED is free of charge to anyone 60 and above living in the LS20 and LS19 postcodes including volunteers! If you would like to become a member, please ask one of the staff team who will arrange Stacey to get in touch with you to complete a membership referral.



Volunteer Awards

Each year we celebrate Long Service Awards recognising volunteers who have reached certain milestones.



5 YEARS

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

10 YEARS
20 YEARS

- Anne Hudson
- Hazel Shaw
- Kim Broadhead
- Pat Simpson

Call out for new Trustees

AVSED is managed by a group of volunteers who make up the Board of Trustees. Their role is vital to the good progress and development of the charity and they ensure all our work is performed legally, equitably and ethically.

AVSED is seeking new trustees. Do you, or someone you know, have lived experience that could help drive AVSED forward? Skills including building management, HR, business, fundraising, and health & social care would be a great benefit to the already established and experienced board.

Call our Scheme Manager Debbie Fawthrop for more details on becoming a Trustee and helping shape the future of AVSED.



Training

In the last few months I have arranged quite a few training groups so thank you to those of you that have attended.

We have completed:

- Dementia Friends
- Safeguarding for Volunteers
- First Aid Awareness
- Wheelchair and Safe handling of People

When would be the ideal time for me to arrange a course so you could attend? Drop me a message and let me know.

Fundraising

Dementia and Inclusion Lead Judith ran the Leeds 10k on Sunday 23rd June and completed it in the sweltering heat!! Judith ran raising money for AVSED.

What fundraising ideas do you have that we could suggest to the trustees?

Could you run a race, jump out of an aeroplane, swim the equivalent of the English channel, complete a Tough Mudder, or something equally creative to help raise funds for AVSED's work?

Send me your ideas so we can look at adding them into our Fundraising plans.



GUISELEY
CARNIVAL 30TH
JUNE 12.30PM

YEADON
CARNIVAL 6TH
JULY 11AM

AVSED CLOSED

On Thursday 4th July it is the General Elections voting day. All activities will be closed as Greenacre Hall has been a polling station for many years and us moving into the Hall won't change that for the local residents.



AVSED has always taken a non-political stance and, in support of this, we will be closing all activities and the office to allow the elections to take place.

TRANSPORT TEAM NEEDED

Our transport team is an essential part of helping members stay active and independent. We need to grow the team to support our drivers and passenger assistants, and to cover holidays and sicknesses.

Full training is given and there are a variety of ad-hoc and regular roles that we need support with. Can you help?

- Drive our WAV from age 21+
- Drive our Minibus from age 30+
- Full UK licence needed



Fit opportunities around your schedule. Call Michelle to discuss further.

I am also looking for extra support on our transport team in the form of car drivers.

Using your own vehicle, or volunteering to drive our new WAV, you would compliment the minibus service already in place by picking up members, bringing them to activities and taking them home again at the end. Helping us in this way will allow us to expand the numbers we can support, and also provide a more personal service to those who may find the minibus a little overwhelming, or physically too demanding.



Befriending

As always, my call out for volunteers to become face to face befrienders continues. Befriending is a core service that we offer here at AVSED, and provides support to members who are either temporarily, or permanently in a situation that means they cannot join us at our activities, or, they may need extra social support due to individual circumstances.

The aim of this role is to provide friendship, a listening ear, and a way for someone to feel a part of AVSED even if they cannot physically get to our groups. Members often have various carers or family popping in and out to help with shopping, cleaning, cooking, or personal care but often there is not enough time to simply sit down and have a chat over a cup of tea. Befrienders fill this gap and brighten the day of those that they visit. Visits may include playing games (scrabble, chess, card games), reminiscing, watching and talking about TV, looking through photo albums, going for walks in the community, supporting to join local social groups or whatever is agreed at the start of your pairing. Partnerships may be open ended, short term, or with a specific aim or goal in mind.

CAN YOU:

- Spare an hour a week
- Start conversations
- Listen to others
- Provide social interaction
- Follow Safeguarding and Health and Safety policies
- Follow simple check in and reporting procedures

If so please get in touch with Michelle to discuss further. An enhanced DBS check is required for this role.



Recruitment

These roles are vacant or upcoming, please consider whether you are free and can commit to the role needs. If you would like more information, do not hesitate to contact Michelle.

Memory Matters

Wednesday 1.30 - 4.30

To work alongside our Memory Lead Judith and support members with low level dementia in activities, exercise and shared chats that help stimulate and promote conversation. To help set up and tidy away the activity, prepare drinks and make sure every member gets a warm welcome and goodbye. Volunteering is on the 1st and 3rd Wednesday of each month 1.30 - 4.30.

Fish & Chips

Friday's 11.25 - 12.15

Ad-Hoc

Ad hoc support is always needed to help cover weekly routes. Using your own vehicle to deliver fish and chips to a round of local AVSED members. Collecting from either Springfield Fisheries in Guiseley or the Little Fisherman in Yeadon. We look for volunteers who we can contact for your availability when we have vacancies for cover each week.

Umbrella Club

Friday's 11.00 - 2.30

I need to recruit 2-3 physically able volunteers to help support the set up of the activity including putting up tables and chairs in the activity hall, as well as support in the kitchen on a rota basis providing lunch for our members. Other responsibilities include taking part in the exercise session to encourage and support members who have a diagnosis of dementia or physical impairments and making sure all members have a warm welcome and a supportive experience throughout. Tidying away and breaking down the group at the end of the session also included in the role. Every Friday between 11 and 2.30. DBS and Food Hygiene required.

Car Drivers

Provide help to members and give transport to and from activities or other services in the local area using your own vehicle.

Befrienders

I am constantly on the lookout for more befrienders to provide face to face support to members in their home once a week. To learn more, please get in touch.

Transport Team

Drivers and Passenger Assistants needed to help our members get to and from activities using our Minibuses and Wheelchair Accessible Vehicle (WAV). Full training given.



AVSED CLOSURE DATES

AVSED will be closed on the following dates:

- Thursday 4th July
- Monday 26th August
- Monday 2nd September
- Tuesday 3rd September
- Wednesday 4th September
- Thursday 5th September
- Friday 6th September

AVSED

SUPPORTING AIREBOROUGH SENIORS
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@AVSEDEST1992
avsed.org.uk/volhub

Join the Volunteer
WhatsApp group, a space
for communicating
vacancies and news.

