



COMMITMENT

Volunteering at AVSED is flexible to fit around busy lives, work, childcare and fun.

Commit on an ad-hoc basis, or from as little as 1 hour per week. Respond to vacancies that complement your free time.

HOW TO APPLY

Call AVSED on 0113 250 1702 and ask to speak to our Volunteer Coordinator, Michelle.

OR

Visit our website www.avsed.org.uk/volunteering and complete the Volunteer Enquiry form



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AVSED
Greenacre Hall, Rawdon,
Leeds, LS19 6AS

Registered Charity: 1165792
Limited Company: 09882948



Volunteering WITH AVSED

AVSED is a community-based organisation that supports older adults in Aireborough. Our aim is to reduce isolation, promote independence and improve the overall wellbeing of our members through community engagement and volunteer support.



HI THERE!

We are AVSED. We were founded in 1992 by residents of Yeadon, Guiseley, and Rawdon who realised the area needed to do more for Aireborough Seniors.

AVSED was founded with volunteers at its heart.

In 2023 we moved into new, larger premises to allow us to support the higher number of members we are now helping - 850 and growing weekly. Volunteers are an essential part of our team: supporting groups, providing 1:1 activities and more.

Our mission is to support the changing and complex needs of Aireborough Seniors by delivering a range of services which enable happy, healthy and independent living. We provide social activities, transport assistance, befriending schemes, exercise classes and practical help.



JOIN THE TEAM!



WHY VOLUNTEER?

Becoming a volunteer with AVSED is more than just helping the seniors of Aireborough.

It is an opportunity to meet new people, develop new skills, use or build on your existing experience and knowledge, and get a boost to your self-confidence and self-esteem.

With flexible commitments to suit your availability, volunteering with AVSED is a powerful way to support your community, give back to yourself, and make a positive impact on others.

Whether you're seeking personal growth, career development, or a deeper connection to your community, volunteering offers diverse and meaningful opportunities to enhance your overall wellbeing.

"I want to make a difference in the community I live in".

"I feel I am doing something that is useful and helpful. I have met loads of really nice people and it is great fun".

VOLUNTEER ROLES

We have many varied roles available, all to suit your skills and available commitments.

Transport Team Volunteer

Activity Support

Dementia Service Volunteer

Lunch Club Volunteer

Minibus/Car Driver

Befriender

Ad-Hoc activity support

Newsletter Deliverer

Hot Food Deliverer

And many more

Opportunities start

aged 18+

