

AVSED Volunteer Newsletter

SUPPORTING AIREBOROUGH SENIORS SINCE 1992

WWW.AVSED.ORG.UK
WINTER 2024



THANK YOU

2024 has been a year of challenges, changes, and growth. Thank you to each and every one of you for helping AVSED achieve its core purpose of helping Aireborough seniors live healthy, happy and independent lives.

We have started new groups, grown groups, helped people build confidence, created friendship groups, and so much more that is absolutely impossible without YOU!!

From myself, the staff team, the Trustees and members,
THANK YOU!!

Michelle

Lunch Club Success

The "Lets Do Lunch" club launched on Wednesday November 6th with 20 members and a group of volunteers ready to provide a warm welcome, a lovely environment, fun games, and thanks to cook Lorraine, a yummy meal and pudding!

The group has grown from strength to strength with new members joining every month and friendships being made around the table.

Thank you to Kim, Patsy, Reuben, Anne, Janet, Julie and Sue for helping us to launch this new group.



Christmas Fayre

Our Christmas Fayre this year was a successful day making over £3100!!

This would not have been possible if it wasn't for the help of volunteers who stored items in their homes, ran stalls, sorted donations, labeled tombolas, drove busses, set up the halls, helped in the kitchen and so much more.

Thank you for helping us break last years total – every penny goes back into AVSED's work.



Volunteer Drop Ins

Volunteer drop ins are an opportunity for you to come along for a chat a cuppa, meet other volunteers and ask or talk through anything you have on your mind in an informal way.

It is also a chance for us to brainstorm ideas, get some constructive feedback, and even just chat about the things you think we should do more or less of, or things we should start doing as a service or for volunteers.

Dates for your Diary

Monday 31st March 3.00 - 4.30
Monday 30th June 3.00 - 4.30
Monday 1st September 3.00 - 4.30
Friday 5th December 3.00 - 4.30



Training

Training is an important part of volunteering and is done for your education and to make sure you keep safe. Training courses run multiple times in the year so if you do not make the first one, there will always be another.

Wheelchair and Manual Handling of People

Friday 3rd January - 10am - 12pm (approx 2 hours)

Learn the correct way to use a wheelchair, and how to support members when getting out of chairs or needing an extra hand .

Dementia Friends Training

Friday 10th January - 9.30 - 11.00am

A Dementia Friend is somebody that learns about dementia so they can help their community.

Too many people affected by dementia feel that society fails to understand the condition they live with. Dementia Friends help by raising awareness and understanding, so that people living with dementia can continue to live in the way they want.

To book onto the training courses, please call the office on 0113 250 1702 or email michelle@avsed.org.uk

!! Building !! closures !!

Greenacre will close to activities the week of January 13th - 17th for building work to take place.

Our Men's Matters, trip, and Skippko project will still run, but all other in house activities and befriending will be suspended for this week only.

Signing in

We ask all volunteers to sign in at the reception desk when they arrive at the building from now on please, as part of keeping you safe and to make sure you are covered if there is a building emergency.

If you need to leave early, please let someone in the office know and sign out before you leave so that we do not go looking for you in case of a fire etc. Thank you for working with us as we adjust to this.

Office Space

As AVSED's staff team is growing, the office is becoming a busy and noisy place. This is a space where confidential and quite sensitive conversations are had. We are in the process of finding a suitable space for Volunteers to sit and relax in between sessions or if you need to step out of a group, however at this moment in time, the office is not the right place for this. Please bear with us whilst we come up with a solution.

Words from our Chair

Elaine O'Brien - Chair

Hello, for those of you I didn't meet at the Annual General Meeting I would like to introduce myself as the new Chair of AVSED. Firstly, I would like to thank Ken Elliott again for his amazing 11-year tenure as Chair for all the work he has done and continues to do. Ken will remain a trustee for the time being, so we can all continue to benefit from his extensive knowledge and experience.



A little bit about me as your new chair; I retired from full time work in 2013 to help look after the first of my nine grandchildren, I enjoy being busy so started volunteering, at first with Martin House and then as volunteer fundraiser for Yorkshire Air Ambulance. When the pandemic hit, all volunteer activity came to a halt so I looked closer to home, becoming an AVSED volunteer supporting housebound people and the COVID vaccination clinics. I now deliver newsletters, ad hoc fish and chip deliveries and befriending.

I already knew of AVSED and neighbourhood networks from my professional roles in Leeds Health and Social Care and was very impressed how AVSED had progressed and become such an important part of our community that I decided to apply to be a Trustee 3 years ago and have been on the board since December 2021.

I know the area well, both living here and working as a District Nurse in the Yeadon and Guiseley in the 1990s. I then worked in management, service development and integration with social care, specializing in Older people and Disabled people's services. I believe the experience and knowledge I gained working in these areas, and my life skills will help me in my new role as Chair.

The future is both exciting and challenging as we strive to ensure AVSED is sustainable to continue to meet the needs of Aireborough Seniors. I am grateful that we have such a supportive and innovative Manager in Debbie Fawthrop and a dedicated, hard working staff team who will enable myself and the Board of Trustees to take AVSED forward.

Finally I would like to wish all members and volunteers a Very Happy Christmas and Healthy New Year and hope to meet more of you in 2025.

New Faces



Lorraine is the new AVSED cook. Making a full meal for our new 'Let's do Lunch' group, supporting the Umbrella Club with their light lunch and cooking for AVSED Plus in the new year.



Amanda is the new AVSED Plus Dementia Project Worker. Starting in January, she will be running the new activity days twice a week on a Tuesday and Thursday.

AVSED Plus – RECRUITING NOW

We are very excited about the plans for our brand new dementia activity service AVSED Plus. We will be running the new service on Tuesdays and Thursdays, 10am – 3pm, and the day will include: physical exercise, refreshments, cognitive therapy, lunch and social activities, and costs £50 for the whole day.

The idea behind this service is to offer people with mild to moderate dementia time to spend with others in a caring community setting that offers support and meaningful activity to for their wellbeing, whilst promoting time apart from carers to allow some much needed respite. We are looking for volunteers to support this service.

Skills/responsibilities of a volunteer:

- An understanding of dementia
- To follow the instructions of Project Lead Amanda
- To help set up the activity space before members arrive
- To provide a warm welcome and goodbye to all members
- To participate in all activities, supporting, encouraging and assisting members
- To be aware of and follow all AVSED Health and Safety and Safeguarding policies and procedures
- To lead conversations and follow members memories and stories
- To take team approach to tidying away activity space and kitchen at end of activity
- To share duties within the volunteer team



Please get in touch ASAP if you are interested in supporting this new and exciting service. The hours for volunteering are either all day 9.30 – 3.30 or a half day 9.30 – 1.00 or 12.00 – 3.30 either on a Tuesday or Thursday or both. The service starts with open days on Tuesday 7th and Thursday 9th of January with the full service opening at the end of the month.

URGENT Super Social Squad – RECRUITING NOW

Super Socials are our new monthly entertainment events for members. We want to make afternoons the new evenings out! We kick off in January with a big new year bash welcoming a live band called Time Warp to play hits of the 50's, 60's, and 70's, as well as there being food, drink and dancing.

We are looking for a team of volunteers who will support each months socials from setting up to tidying away, helping with food and drink, selling raffle tickets, providing a warm welcome, getting members involved in the event and making sure everyone has a good time. Michelle is looking for a team of 6-7 volunteers who are happy to work as a team to make each event a success!



The dates and events are as follows:

January 6th – New Year Party – Volunteering 1.00 – 5.15

February 3rd – 1st Annual Big Fab Quiz – Volunteering 1.00 – 5.15

March 3rd – Cream Tea Dance (Dementia Friendly Event) – Volunteering 1.00 – 5.15

and then the first Monday of every month ongoing.

Get in touch with Michelle ASAP to discuss further!



**VOLUNTEERS
NEEDED**

The year 10 Students of Priesthorpe High School in Pudsey are holding a coffee morning to chat with AVSED members and volunteers (aged 65+) over a cuppa and cake. As part of their coursework, they need to find out more about you and your experiences of being a senior.

If you would like to join the group, and support members on the day please get in touch with Ella to discuss further.

The session is on Tuesday 21st January 2025 between 10am and 12pm.



Digital Academy - RECRUITING NOW



2025 is the year that AVSED is going to encourage members to grow their digital skills. With doctors, banking, shopping, connections and pretty much everything else going online, we want to provide members with a space to gain skills and feel confident in everyday activities.

To do this we are launching the AVSED Digital Academy. 12 sessions of digital lessons run by our Digital Befriender Josephine. This will take members right from the start and cover topics such as:

- Equipment basics
- How to use search engines
- Keeping safe online
- Online Shopping
- Taking and sharing photographs
- Doctors and banking
- And much more

The group starts on Wednesday 22nd January with a drop in session for members to bring their equipment along to see if it is suitable, and classes start on the 2nd and 4th Wednesday of every month with graduation on 13th August.

Volunteering is 12.30 – 3.00

The group runs 1.00 – 2.00 lesson, 2.00 – 2.30 tea and chat.

We are looking for 2 volunteers to join the group and support Josephine in the running of the classes including setting up the room, preparing drinks, supporting members through the sessions, and tidying away at the end. Being comfortable with using smart phones, apps, laptops or tablets will be a bonus.

Kitchen Assistant- RECRUITING NOW



**VOLUNTEERS
NEEDED**

I am looking for a volunteer who is able to help every Friday in our kitchen with Cook Lorraine. Our Umbrella Club serves a light lunch each week and we need a volunteer who can help with preparing ingredients, serving meals, and supporting cleaning the kitchen and washing up after service too. Food hygiene level 1 will be required which we can assist you with (and we will pay for this of course). This would be a weekly commitment, starting ASAP. Let me know if you are interested and we will discuss the role further.



Volunteer / Member

Any volunteer that is aged 60 and above is invited to join AVSED as a member.

Membership costs nothing, and opens you up to joining groups, trips and any other benefit a member has access to.

To become a member, ask Michelle or Deborah to refer you to Stacey for a membership chat.



Recommend a Volunteer

Recommend a Volunteer and if they sign up you will BOTH be entered into a draw to win a prize at our annual

Volunteer week celebration in June. Just make sure they mention your name when applying. We have 6 entries so far - will you recommend someone before next year?

Christmas Closure

We close our activities for 2024 with the Umbrella Club on Friday 20th December. The office stays open on Monday 23rd December and shuts at 12pm on Tuesday 24th and we do not open the office again until Thursday 2nd January.

All activities return on Monday 6th January with Stepping Up and our new Super Social.



Volunteer Drinks

Join Michelle for a Christmas get-together, reflect on and celebrate an amazing year, and meet up with other volunteers. The 1st volunteer drink is on me!! Partners and spouses welcome.

**The Woolpack
New Road, Yeadon**

**Wednesday 18th December 2024
6pm onwards**



AVSED's Regular Activity Programme From January 2025

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Stepping up</p> <p>Volunteering - 10.00 - 12.30</p> <p>Activity - 10.30 - 12.00</p>	<p>Foundation Tai Chi</p> <p>Volunteering - 9.40 - 10.10</p> <p>Activity - 10.00 - 11.00</p> <p>.....</p> <p>Tai Chi Refreshments</p> <p>Volunteering - 10.50 - 11.30</p> <p>Activity - 11.00 - 11.30</p> <p>.....</p> <p>Intermediate Tai Chi</p> <p>Volunteering - 11.20 - 11.35</p> <p>Activity - 11.30 - 12.30</p>	<p>Let's do Lunch</p> <p>Volunteering - 10.00 - 1.20</p> <p>Activity - 11.00 - 1.00</p>	<p>Back to Basics</p> <p>Volunteering - 10.00 - 12.30</p> <p>Activity - 10.30 - 12.00</p>	
<p>1st Monday :</p> <p>Super Socials</p> <p>Volunteering - 1.30 - 5.00</p> <p>Activity - 2.30 - 4.30</p>	<p>AVSED Plus</p> <p>Dementia Activity Service</p> <p>Volunteering - 9.30 - 3.30</p> <p>Or 9.30 - 12.30 / 12.30 - 3.30</p> <p>Activity - 10.00 - 3.00</p>	<p>2nd Wednesday :</p> <p>AVSED Memory Café</p> <p>Volunteering - 1.00 - 4.30</p> <p>Activity - 2.00 - 4.00</p> <p>.....</p> <p>Men's Matters @the 12th Man</p> <p>Volunteering - 1.00 - 3.15</p> <p>Activity - 1.30 - 3.00</p> <p>.....</p> <p>Digital Academy</p> <p>Volunteering - 12.30 - 2.50</p> <p>Activity - 1.00- 2.30</p>	<p>AVSED Plus</p> <p>Dementia Activity Service</p> <p>Volunteering - 9.30 - 3.30</p> <p>Or 9.30 - 12.30 / 12.30 - 3.30</p> <p>Activity - 10.00 - 3.00</p>	<p>Fish N Chips Delivery</p> <p>Volunteering - 11.25 - 12.15</p>
<p>2nd Monday :</p> <p>Trips</p> <p>Times Vary</p>		<p>3rd Wednesday :</p> <p>Memory Matters</p> <p>Volunteering - 1.30 - 4.30</p> <p>Activity - 2.00 - 4.00</p>		
<p>3rd Monday :</p> <p>Prize Bingo</p> <p>Volunteering - 1.30 - 4.30</p> <p>Activity- 2.30 - 4.00</p>	<p>Variety Club</p> <p>Volunteering - 1.00 - 4.20</p> <p>Activity - 2.00 - 4.00</p>	<p>4th Wednesday :</p> <p>Men's Matters @the 12th Man</p> <p>Volunteering - 1.00 - 3.15</p> <p>Activity - 1.30 - 3.00</p> <p>.....</p> <p>Digital Academy</p> <p>Volunteering - 12.30 - 2.50</p> <p>Activity - 1.00- 2.30</p>	<p>Cuppa & Company</p> <p>Volunteering - 1.15 - 4.30</p> <p>Activity - 2.00 - 4.00</p>	<p>The Umbrella Club</p> <p>Kitchen - 10.00 - 1.00</p> <p>Volunteering - 11.00 - 2.00</p> <p>Activity - 12.00 - 2.00</p>
<p>4th Monday :</p> <p>Community Café</p> <p>Volunteering - 1.30 - 4.30</p> <p>Activity - 2.30 - 4.00</p>				

January
Happy New year

- ♦ Mon 6th - Stepping Up
Super Social
- ♦ Tue 7th - Tai Chi
Variety Club
- ♦ Wed 8th - Let's do Lunch
Men's Matters
Memory Café
- ♦ Thurs 9th - Back to Basics
Cuppa & Company
- ♦ Fri 10th - Umbrella Club

***Mon 13th - Friday 17th
Regular activities closed due to
Building Work***

- ♦ Trip on Mon 13th going
ahead
- ♦ Wed 15th Skippko Event
-
- ♦ Mon 20th - Stepping Up
Prize Bingo
- ♦ Tue 21st - Tai Chi
Variety Club
- ♦ Wed 22nd - Let's do Lunch
Men's Matters
Skippko
Digital Academy
- ♦ Thurs 23rd - Back to Basics
Cuppa & Company
- ♦ Fri 24th - Umbrella Club
- ♦ Mon 27th - - Stepping Up
Community Café
- ♦ Tue 28nd - Tai Chi
Variety Club
- ♦ Wed 29th - Let's do Lunch
Memory Matters
Skippko
- ♦ Thurs 30th - Back to Basics
Cuppa & Company
- ♦ Fri 31st - Umbrella Club

February

- ♦ Mon 3rd - Stepping Up
Super Social
- ♦ Tue 4th - Tai Chi
Variety Club
- ♦ Wed 5th - Let's do Lunch
Memory Matters
Shared Tables
- ♦ Thurs 6th - Back to Basics
Cuppa & Company
- ♦ Fri 7th - Umbrella Club
- ♦ Mon 10th - Stepping Up
Trip
- ♦ Tue 11th - Tai Chi
Variety Club
- ♦ Wed 12th - Let's do Lunch
Memory Café
Men's Matters
Digital Academy
- ♦ Thurs 13th - Back to Basics
Cuppa & Company
- ♦ Fri 14th - Umbrella Club
- ♦ Mon 17th - Stepping Up
Prize Bingo
- ♦ Tue 18th - Tai Chi
Variety Club
- ♦ Wed 19th - Let's do Lunch
Memory Matters
- ♦ Thurs 20th - Back to Basics
Cuppa & Company
- ♦ Fri 21st - Umbrella Club
- ♦ Mon 24th - Stepping Up
Community Café
- ♦ Tue 25th - Tai Chi
Variety Club
- ♦ Wed 26th - Let's do Lunch
Men's Matters
Digital Academy
- ♦ Thurs 27th - Back to Basics
Cuppa & Company
- ♦ Fri 28th - Umbrella Club

March

- ♦ Mon 3rd - Stepping Up
Super Social
- ♦ Tue 4th - Tai Chi
Variety Club
- ♦ Wed 5th - Let's do Lunch
Memory Matters
Shared Tables
- ♦ Thurs 6th - Back to Basics
Cuppa & Company
- ♦ Fri 7th - Umbrella Club
- ♦ Mon 10th - Stepping Up
Trip
- ♦ Tue 11th - Tai Chi
Variety Club
- ♦ Wed 12th - Let's do Lunch
Memory Café
Men's Matters
Digital Academy
- ♦ Thurs 13th - Back to Basics
Cuppa & Company
- ♦ Fri 14th - Umbrella Club
- ♦ Mon 17th - Stepping Up
Prize Bingo
- ♦ Tue 18th - Tai Chi
Variety Club
- ♦ Wed 19th - Let's do Lunch
Memory Matters
- ♦ Thurs 20th - Back to Basics
Cuppa & Company
- ♦ Fri 21st - Umbrella Club
- ♦ Mon 24th - Stepping Up
Community Café
- ♦ Tue 25th - Tai Chi
Variety Club
- ♦ Wed 26th - Let's do Lunch
Men's Matters
Digital Academy
- ♦ Thurs 27th - Back to Basics
Cuppa & Company
- ♦ Fri 28th - Umbrella Club
Trip
- ♦ Mon 31st - Stepping Up

