



Newsletter

Winter 2024 Edition

Supporting Aireborough Seniors

Front Page News

As we approach the end of 2024 it is wonderful to look back and remember all of the fabulous groups, events, trips and new developments we have had at AVSED.



partners, supporters, funders, volunteers, staff and to you, our members, for embracing the changes, helping make things perfect and enjoying every moment of what AVSED has to offer. You are the reason all of this happens, you are the ones who keep us going and you are the ones that will make next year even better for all seniors in Aireborough.



We continue to grow and build our membership - now over 800, but there are more people in Aireborough that still don't know about us - so we continue to raise awareness and publicise our great charity for the benefit of all.

We have opened new groups like our Lunch Club and taken on new staff (see pg. 3), but we are not stopping there - our brand new and very exciting project AVSED *plus* launches in the new year when our final phase of the restructure comes into action.

None of this could have been possible without the help of all who are connected to AVSED. As a charitable organisation we are immensely grateful to all our



Merry Christmas and a Happy & Healthy New Year

AVSED Plus Launch

We are thrilled to say that our long awaited dementia activity service will be opening its doors in January 2025. We are holding 2 open days on Tuesday 7th & Thursday 9th January between 10am - 2pm to see the service in action, get more information and sign up if interested. The service fully opens its doors on 28th January with a special guest.



Building work

We are having some building work done at Greenacre Hall to improve the heating, lights, accessible toilet and windows. The bathroom refit will start on the week beginning 16th December and the accessible toilet will be out of use until the new year.

To allow for all other work we are closing regular activities for the week commencing 13th January. We felt it better to see everyone after the Xmas closure but before the building work starts in the new year. The improvements will make the building better for us all in the future.

Contact the team Monday - Friday 9am - 4pm
on 0113 250 1702

AVSED News

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.



AGM

We held our annual general meeting in October. It was great to see over 100 members, volunteers and supporters come and join us and find out about plans for the future and celebrate the past year.

We distributed our annual report and financial statements, packed with all the details regarding AVSED. If you would like a copy, they are available online or by calling the office.

Transport assessment

We **know** how much transport can effect your ability to attend activities, however **there are** a limited amount of seats and we have far more requests for support that we can meet. We have started looking at the transport we offer and begun assessing needs when members request AVSED transport to groups.

Assessments are the fairest way to ascertain peoples needs. Please respect our decisions and understand why we need to do this to ensure those needing transport can access it.

Meet our new staff

Hi, I'm Amanda,
I'm the new
AVSED *Plus*
Dementia Project
Worker.



Starting in January, I will be running the new activity days twice a week on a Tuesday and Thursday 10am to 3pm in the front Hall. Offering a friendly, stimulating and safe environment for members living with mild to moderate levels of dementia whilst allowing their families and carers some respite and support too.

I am very excited to be starting this new project with AVSED. Having taken time to appreciate the regular activities and services on offer, and understanding the changes that have taken place to allow this much needed service to develop, I will proudly build the new service that will enhance AVSED's provision to ensure AVSED supports all seniors through their life journey.

Hi, I'm Lorraine,
I'm the new
AVSED cook.



I've been a chef for many years and I have lots of experience in various kitchen environments.

I am looking forward to meeting you and cooking some of your favourite home cooked meals and cakes. I love getting new ideas and recipes if you have any suggestions please let me know.

My role includes cooking a full meal for our new 'Let's do Lunch' group which is already proving very popular. I am supporting the Umbrella Club with their light lunch and some home baked desserts - allowing volunteers to fully concentrate on supporting our members - and in the new year I will be cooking for the new AVSED *plus* service and Super Socials. Additionally I will be on hand to offer some home baking in other groups and events.

AVSED Memory and Inclusion Corner

From October our AVSED monthly *Memory Café* moved to the new afternoon slot on the second Wednesday of each month from 2pm-4pm. Members still enjoy the lovely cakes and chat, sharing time together before trying to win games of HOY and the raffle. Our group welcomes any members living with memory issues to attend with their supporter. Please contact Judith, if you would like to be included.

Our *Memory Matters* group is a great way for members living with memory issues to independently meet up with other people living a similar experience. In our countdown to Christmas we will be having a entertaining visit from a magician!



After our appetites are worked up with seated exercise, the *Umbrella Club* have been enjoying some lovely nostalgic homemade food, made by our new cook Lorraine. This has certainly increased the chat at the dinner tables with lots of reminiscence! Over the last few months we still made time to listen to Miles' music, coloured our poppies and played dominoes. In December we are looking forward to visits from local school children who will be carol singing around the AVSED Christmas tree.

Dates for your Diary

Some activities run on different weeks of the month.
We hope this helps you to keep track.

	<i>Mondays</i>	<i>Wednesdays</i>
<i>Wk1</i>	6/1 - 3/2 - 3/3 Super Social	5/2 - 5/3 Memory Matters & Shared Tables
<i>Wk 2</i>	13/1 - 10/2 - 10/3 - 8/4 Trips (28/3 extra)	8/1 - 12/2 - 12/3 Memory Café & Men's Matters & Digital Academy
<i>Wk 3</i>	20/1 - 17/2 - 17/3 Prize Bingo	19/2 - 19/3 Memory Matters
<i>Wk 4</i>	27/1 - 24/2 - 24/3 Community Café	22/1 - 26/2 - 26/3 Men's Matters & Digital Academy

Thank you Volunteers!!

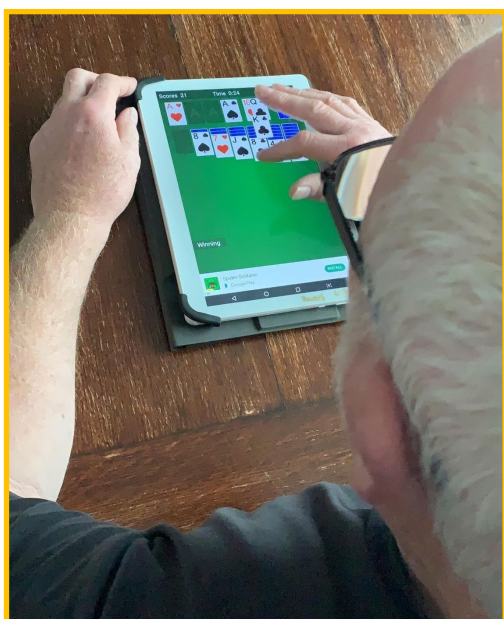
Our Volunteers are the beating heart of everything we do here at AVSED. This year they have helped in so many ways and have donated over 9000 hours of their own precious time to help you - our members have a fabulous time in groups and services and helped the staff team make AVSED a success.



2025 – The year of Digital

The world is becoming more and more reliant on digital technology. From shopping to prescriptions, phone calls to banking. Digital technology is becoming a huge part of everything that we do.

AVSED is making 2025 the year that we include digital technology in more of what we do, bringing digital into groups and having support at Community Cafés. To do this we are introducing a brilliant new class to our calendar.



AVSED Digital Academy

Join our Digital Befriender Josephine for in-house classes to learn everything digital with your own equipment. Whether you have a tablet, mobile phone, or laptop, or need to borrow a piece of equipment, join the class to learn everything right from the start. Over 12 sessions learn things 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 course runs on the 2nd and 4th Wednesday of every month starting with an open session to meet Josephine and talk about the course and your equipment on January 22nd at 1pm – 2.30pm.

Following sessions start on February 12th and will run until July 23rd with graduation celebrations on Wednesday 13th August.

To find out more and book your place, please call the office.

Meet Josephine our digital befriender on page 7

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Stepping up (£3.50) Aerobic style exercise 10.30 - 12.00 (Transport available)</p>	<p>Foundation Tai Chi 10.00 - 11.00 Tai Chi Refreshments 11.00 - 11.30 Intermediate Tai Chi 11.30 - 12.30 (£5.50 per session paid monthly in advance)</p>	<p>Let's do Lunch (£5.00) Social Lunch Club 11.00 - 1.00 (Assessed transport available) 1st Wednesday : Memory Matters (£3.00) Dementia & Memory activity 2.00 - 4.00 (Transport available) Shared Tables Meet at 12.30 for lunch Book with the office 2nd Wednesday : AVSED Memory Café (£3.00) Dementia & Memory café 2.00 - 4.00 Men's Matters @the 12th Man All male social club 1.30 - 3.00pm (Transport available) Digital Academy 1.00- 2.30 3rd Wednesday : Memory Matters (£3.00) Dementia & Memory activity 2.00 - 4.00 (Transport available) 4th Wednesday : Men's Matters @the 12th Man All male social club 1.30 - 3.00pm (Transport available) Digital Academy 1.00- 2.30</p>	<p>Back to Basics (£3.50) Chair based exercise 10.30 - 12.00 (Transport available)</p>	<p>Fish N Chips Delivery (£6.00)</p>
<p>1st Monday : Super Socials (Tickets £10) See itinerary for details 2.30 - 4.30 (Transport available)</p>	<p>AVSED Plus Dementia Activity Service 10.00 - 3.00</p>	<p>AVSED Plus Dementia Activity Service 10.00 - 3.00</p>	<p>AVSED Plus Dementia Activity Service 10.00 - 3.00</p>	<p>The Umbrella Club (£6.00) Let us support you in our inclusive social and lunch group that has a little bit of all that AVSED offers rolled into one with a lot of care, good fun and laughter 12.00 - 2.00 (Transport available)</p>
<p>2nd Monday : Trips Variable cost</p>	<p>Variety Club (£2.50) Let us entertain you at our social group that has a little something for everyone and a few extras on top ! 2.00 - 4.00 (Transport available)</p>	<p>Cuppa & Company (£2.50) Let us keep you company whilst you join in hobbies, interests., games and chatter. 2.00 - 4.00 (Transport available)</p>	<p>Cuppa & Company (£2.50) Let us keep you company whilst you join in hobbies, interests., games and chatter. 2.00 - 4.00 (Transport available)</p>	<p>The Umbrella Club (£6.00) Let us support you in our inclusive social and lunch group that has a little bit of all that AVSED offers rolled into one with a lot of care, good fun and laughter 12.00 - 2.00 (Transport available)</p>
<p>3rd Monday : Prize Bingo (Pay-as-you-go) 2.30 - 4.00 (Transport available)</p>	<p>Variety Club (£2.50) Let us entertain you at our social group that has a little something for everyone and a few extras on top ! 2.00 - 4.00 (Transport available)</p>	<p>Cuppa & Company (£2.50) Let us keep you company whilst you join in hobbies, interests., games and chatter. 2.00 - 4.00 (Transport available)</p>	<p>Cuppa & Company (£2.50) Let us keep you company whilst you join in hobbies, interests., games and chatter. 2.00 - 4.00 (Transport available)</p>	<p>The Umbrella Club (£6.00) Let us support you in our inclusive social and lunch group that has a little bit of all that AVSED offers rolled into one with a lot of care, good fun and laughter 12.00 - 2.00 (Transport available)</p>
<p>4th Monday : Community Café (£2 donation) Everyone Welcome 2.30 - 4.00 (Transport available)</p>	<p>Variety Club (£2.50) Let us entertain you at our social group that has a little something for everyone and a few extras on top ! 2.00 - 4.00 (Transport available)</p>	<p>Cuppa & Company (£2.50) Let us keep you company whilst you join in hobbies, interests., games and chatter. 2.00 - 4.00 (Transport available)</p>	<p>Cuppa & Company (£2.50) Let us keep you company whilst you join in hobbies, interests., games and chatter. 2.00 - 4.00 (Transport available)</p>	<p>The Umbrella Club (£6.00) Let us support you in our inclusive social and lunch group that has a little bit of all that AVSED offers rolled into one with a lot of care, good fun and laughter 12.00 - 2.00 (Transport available)</p>

Afternoons are the new evenings Super Social are almost here!!

Launching Super Socials - Come and celebrate the start of 2025 at AVSED.

Tickets are £10.00 and available from the AVSED office.

Spaces are already filling up, book early to avoid disappointment

January

Our first ever Super Social on Monday 6th January
2.30 - 4.30pm!

Live music from 'TIME WARP' playing classic hits from 50s, 60s & 70s.

Ticket includes:

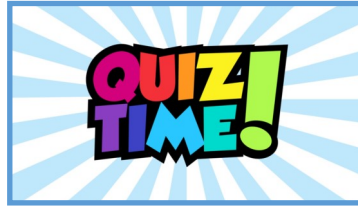
- Bucks Fizz or orange juice arrival drink
- Buffet-style food
- Live entertainment not to be missed.



A fabulous party style event that will start our new year with a bang and bring everyone together for fun, dancing and great company.

February

The 1st Annual
Big Fab Quiz



On Monday 3rd February AVSED is the place to be for you to show off your knowledge and skills.

Ticket includes:

- Entry to the quiz
- A fabulous early supper chilli or curry
- A chance to win the £100 champions prize with your team!!

The day will include individual prizes too such as a raffle, lucky spin the wheel, and other chances to take home cash or prizes!

The quiz is open to the whole community aged 18 plus, so bring friends, family or the brainiest person you know!

March

Our March Super Social is on Monday 3rd March and is suitable for all with a relaxed atmosphere - supportive for anyone living with dementia and inclusion needs.

There will be singing entertainment from Jane, 'Lancashire Belle' let's give her a warm Yorkshire welcome.

We will be serving a special, cream tea in a lovely vintage style setting fit for all our ladies and gents.

Everyone is welcome to come and sing and dance the afternoon away.

One carer ticket at half price for anyone needing additional support. Staff and volunteers will also be on hand to ensure everyone can enjoy the party.



Coffee & Cake morning with Co-Op Academy Priesthorpe School

21st January 2025, 10am -12pm

Year 10 Students are looking to chat with AVSED members (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 support these students, please contact Ella Baxter (Activity Coordinator) on 0113 2501702.

Transport will be provided to venue.

Launch of Let's Do Lunch with AVSED

In November 2024 we saw the launch of AVSED's very first lunch club. We even made it into the local newspapers! With our new cook Lorraine in situ cooking up some of our members favourites, a wonderful team of volunteers providing a warm welcome, new fun games to play and the fabulous company of our members, how could it not be a great success! If you have expressed an interest in the lunch club, we are continuing to work through the waiting list. See you there very soon.



AVSED Handyman Service

Meet Paul

Paul is our Volunteer Handyman. He has many years of experience helping with those jobs that need an extra helping hand.



This service is free of charge, but you do pay for the items Paul may need to purchase to complete the task. Paul can help with jobs such as:

- Hanging Curtains
- Hanging Pictures/Mirrors
- Leaking Taps
- Building Flat Pack Furniture
- Changing Lightbulbs and more

We cannot support electrical, plumbing or decorating work. To book in a visit from Paul, please call AVSED on 0113 250 1702. You must be an AVSED member to use this service.

AVSED Digital Befriender

Meet Josephine

Josephine is our Digital Befriender. A friendly face with great knowledge to help you navigate this Digital World! Visits can be in the comfort of your home or at Greenacre Hall.



This service is free of charge and AVSED may be able to help you with digital equipment.

Josephine can help with or show you how to use:

- Mobile Phones
- Tablets Laptops
- Computers
- Digital TV's
- Apps and more

To book in a visit from Josephine, please call AVSED on 0113 250 1702. You must be an AVSED member to use this service.

Transport

Do you know that you can hire the AVSED wheelchair accessible car to get to hospital or health appointments or to social & family events . Call the office for more details.

STOP LOAN SHARKS

Intervention . Support . Education

Don't let a loan shark ruin your Christmas, a time of parties, presents, good food and family celebrations. But it can also bring stress, worry and financial pressure. You are not alone in feeling the strain - but help is available.

Loan sharks recognise this, and it can be a time of year when they take advantage of the most vulnerable by pretending that they are helping out in a time of need.

However tempting that offer of a loan might be and however friendly someone might seem, be aware that there could be a loan shark lurking beneath the surface.

The England Illegal Money Lending Team (IMLT) is a national organisation, which investigates and prosecute illegal lenders and supports borrowers. It is better known in communities as Stop Loan Sharks.

Illegal money lenders are not always easy to spot. They could be a neighbour who always stops to chat, a parent who you know from the school gate, even a long-standing family friend.

Borrowers often aren't aware that they have borrowed from a loan shark until it's too late. Things can quickly turn nasty as they demand repayments and issue threats of violence when you can't pay.

Warning signs include:

- ◆ Being given no paperwork or details about the loan
- ◆ The lender demanding repayments that add up to much more than you initially borrowed
- ◆ Being intimidated or threatened by the lender if you struggle to pay
- ◆ The lender demanding you hand over items like bank cards or a passport until you can pay

If you do need to borrow, contact the Leeds Credit Union, which offer an alternative, ethical and safe way of borrowing for people who may have been refused credit elsewhere.
Call: 0113 242 3343

If you think you have been targeted by a loan shark, get in touch with the IMLT as soon as possible in complete confidence. Their specialist officers can offer advice and support and investigate the illegal lender.
Confidential hotline
0300 555 2222

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AVSED are here to help and listen, if you are experiencing any kind of financial troubles including debts, rising bills, buying food or you are worried about anything else, please speak to one of the team for confidential advice and support.

AVSED Merchandise

We have a limited stock of thermal clothing, hats, gloves and socks still available.

We have our brand new and exclusive AVSED pens on sale - at just £2 each they are a treat, a great writer and very stylish - have you got yours?

Available from the office.

Remote groups

Do you know about our Shared Tables? They meet for lunch on the 1st Wednesday of every month out in the community. Ask the team for a leaflet.

Also our Men's Matters group meet at the 12th Man in Yeadon on the 2nd & 4th Wednesday of the month. Speak to the office

Christmas Closures

AVSED will close its activities and services for 2 weeks over Christmas.

Last activity of 2024 - Umbrella Club on 20th Dec.

First activity of 2025 - Stepping Up on 6th Jan.

The team will be taking a break and the office will be closed from 1pm on 24th Dec. and will reopen at 9am on 2nd Jan.

Christmas Fundraising - grand total

Thank you to everyone who supported our Christmas fayre this year - whether it was donating goods, manning the stalls or taking part in the games & festivities.

We raised a fabulous £3177

Winter & welfare Support

See the enclosed leaflet packed with information on staying safe this winter and more details on welfare payments you may be entitled to - including Pension credits.

Our AVSED Newsletter is Proudly sponsored by Morrish Solicitors



What is a will trust, and when would you need one?

A will trust is any type of trust that has been created by your will and comes into effect on death. The assets that are placed into trust are then looked after by your trustees for the benefit of your chosen beneficiaries.

Some of the reasons for using a will trust are:

- So funds can be looked after by trustees for beneficiaries who are unable to manage their own money or risk squandering an inheritance
- To provide for both a new spouse or partner and children from a previous marriage
- Tax mitigation
- To set the age you want beneficiaries to inherit

There are different types of will trust that can be included in a will:

Life Interest Trust

Your beneficiary has the right to income from assets, or the right to live in a property for their lifetime or for a fixed period of time. The assets in the trust then pass to other beneficiaries at the end of the life interest. It is also possible to include provision for capital payments to be made to the beneficiary with the right to receive income.

Discretionary Trust

Your trustees manage the assets placed into trust and they decide how and when to distribute them to your chosen beneficiaries. Some advantages of this are:

- Beneficiaries can get their inheritance over a period of time rather than as one lump sum;
- It will not affect the amount a person on means-tested benefits receives;
- Money can be given to beneficiaries most in need;
- It provides protection for vulnerable beneficiaries;
- Beneficiaries can be added to the trust after your death.

Bereaved Minors Trust

These are set up for children to receive the assets when they turn 18. An 18-25 trust can also be created to delay your children receiving the inheritance to a later age.

Disabled Person's Trust



This provides tax advantages for trusts where the beneficiary is a disabled person.

Talk to us about will trusts. Our wills and estates team is based on Yeadon High Street. Call 033 3344 9609 or email info@morrishsolicitors.com.


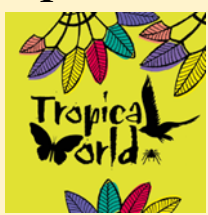








033 3344 9609
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51a High Street | Yeadon

AVSED - Trips

	<p><u>Independent Trip</u></p> <p>These trips are for members who are fully independent, meaning you do not need any support. The venue may not be suitable for those with mobility issues: uneven surface, stairs & access issues. You can bring a carer to provide you with the support needed.</p> <p>Members will meet at a pick-up point and trips are full days out.</p>
	<p><u>Supported Trips</u></p> <p>These trips are aimed at members requiring a shorter day, with accessible venues. May need light touch support, e.g. wheelchair pusher, companionship, friendship group, etc.</p> <p>Members are picked up and dropped off at home and trips are approx. 30 minutes radius journey, once everyone is collected.</p>

Come at speak to the team about trips at our Community Café and book your places.

<p><u>Hawthorne Farm</u> Monday 13th Jan</p>		<p>Pick-ups from 10.45</p>	<p>£4.00 Transport</p>	<p>FULL - Waiting List Only</p>
<p><u>Tropical World</u></p>  <p>Monday 10th February</p>		<p>Pick-ups from 9.30 am</p>	<p>£16.50 Entry Ticket & transport Pay to book</p>	<p>Tropical World has a menagerie of new animals and tropical plants from all corners of the globe, presenting the wonders of the natural world. Finish with a visit to the café and shop.</p>
<p><u>Dick Hudson</u></p>  <p>Monday 10th March</p>		<p>Pick-ups from 10.30 am</p>	<p>£8 Transport only</p>	<p>A members favourite to visit. The menu of country pub classics, as well as seasonal dishes, and a well-stocked bar, including cask ales, fine wines and British gin to suit very taste - which will taste all the better when enjoyed by crackling log fires.</p>
<p>Members Suggestion <u>Boundary Mills</u> Friday 28th March</p>		<p>Coach leaves at 9.30am</p>	<p>£14 Transport</p>	<p>See Opposite</p>
<p><u>Otley Garden Centre</u></p>  <p>Monday 14th April</p>		<p>Pick-ups from 9.30 am</p>	<p>Cost £8 Transport only (pay meal at venue)</p>	<p>Otley Garden Centre, formerly known as Stephen H. Smith's has a large selection of tempting goods including Hatties restaurant, Pavers shoe shop, The Edinburgh Woollen Mill clothing store, homeware, gifts and much more.</p>

Call the office to request your space - Booking opens 16th December

Boundary Mills Shopping Day



A great day out shopping

If you are looking for a great day you have found the perfect destination with Boundary Outlet. Boundary Outlet offers huge savings of up to 60% off the RRP on big-name labels and must-have fashion, sport, beauty and home brands.

Make a day of it and enjoy a spot of lunch in BB's café, followed by a day of retail therapy. With top brands including Radley, Skopes, Klass, Edinburgh Woollen Mill, Regatta, Roman and Pavers, you will find everything you're looking for under one roof at Boundary Outlet.

This is an independent trip



Transport: Coach leaves AVSED at 9:30am

Cost: Pay in advance. £14 transport only.

That holiday feeling?



Here at AVSED we are always listening to our members and trying to make things happen that you have suggested. We are thrilled with our trip programme and delighted you are all excited about the various destinations we travel to - but do you want more?

Some members have suggested a short holiday would be really special, appreciated, and needed. We are in the process of developing some ideas around this and want to know what you think - this holiday would need to be fully independent, or you can bring someone with you for support. Preferably to the seaside - where are your top places to visit? We are thinking of 2 nights away, what region of costs would you find reasonable and what should be included?

AVSED Member Focus Group

Following on from a listening project, we really appreciate and value what our members have to say and are looking to start a members focus group. If you are interested in being involved with this, please contact Ella Baxter on 0113 2501702 or email ella@avsed.org.uk

New Skippko Project - Camera Connections

SKIPPKO are exploring a **FREE** project called Camera Connections.

They are offering 3 sessions here at AVSED.

Dates: 15th, 22nd and 29th January 2025

Time: 2 - 4pm

In these sessions we are going to explore identity through portraiture - but not as you know it! No photography skills are needed, we will help you with handy hints and tips for when you get behind the lens.

You can use your phones or other devices or we will bring cameras to use.

The 3 sessions will be fun, creative and will bring your story into the light!

If you would like to be part of this exciting project, or for more information contact Ella Baxter.



Activity & Events Calendar

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 10th 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