

AVSED Volunteer Newsletter

SUPPORTING AIREBOROUGH SENIORS

WWW.AVSED.ORG.UK
AUTUMN 2024



COMING SOON!!

We have some exciting plans coming up in the next few months with lots of new volunteer opportunities, and this also means some changes to our ever evolving activity calendar. Please see the new calendar enclosed which takes place from October onwards and read on to hear more...

Lunch Club

AVSED will be opening its first Lunch Club in the next few months. It will run on a Wednesday between 11 and 1. We will be offering a hearty lunch cooked by our new cook, along with a pop up stall, fundraising games, and a classic game of bingo. Volunteers will be needed to help run this activity between 10am and 2pm.



COMING SOON

Shopping

We are hoping to introduce a paid-for Shopping Assistance service to AVSED, providing members with a helping hand and a lift to the supermarket weekly. We are looking for volunteers willing to drive our vehicle, or their own, to take members shopping, help them round, have a cuppa in the café, and bring them home again. Get in touch to discuss further.



COMING SOON

Airport Boost!

We are so pleased to announce that the staff at Leeds Bradford Airport have chosen AVSED to be their charity of the year for 2024/2025.

This is a really wonderful partnership, and it started with a cheque presentation of £5000, which was happily received by representatives from our board, staff team and Cuppa & Company!

Throughout the next year, the airport will match any fundraising or donations that the airport staff contribute, as well as providing volunteering hours to support us in different ways.

A huge thank you goes to the airport staff team for choosing AVSED!!



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



Be an AVSED Ambassador!

We are looking to create some promotional photos and videos that we can use to share with the community, on social media and beyond, to help spread the word on the work that we do for seniors in Aireborough. We are looking for members, family, and volunteers who are willing to be photographed and/or filmed sharing your AVSED story – why you joined, what you enjoy about AVSED, or how it has made a difference in your life? etc.

If you do not wish to be photographed but are willing to share some thoughts with us, that is OK too! Get in touch with Michelle.



International Day of Older People



Come join AVSED at the Headingley Stadium at an International Day of Older People event.

There will be a Neighbourhood Network stall at the event promoting all the great work AVSED and the other organisations across Leeds do for local seniors.

The theme of this year's event is "The Part We Play" and there will be talks, entertainment, a café and other stalls to visit too.

The event is Tuesday 1st October, 11am – 2.30pm. Drop by the event and have a great day!

Words from our Chairman



My name is Ken Elliott and I became a volunteer with AVSED when I retired, and I am still here 23 years later and enjoying every moment and every experience of running a charity in the third sector.

I was in the printing trade all my working life. I moved to Leeds with my family in the early seventies and I concluded my working career as a Paper Merchant with a warehouse in Hunslet.

As a family we had many interests, including walking, swimming, wind surfing, amateur dramatics - and building and renovating old cars, which came in handy for AVSED because, as our fleet of vehicles increased and bits came loose or fell off, the call was,

“Take it to Ken, he will fix it”!!

I started my volunteer experience with AVSED as a minibus passenger assistant and progressed to be a minibus driver, picking up the members and taking them to their activities, which in those days were at different venues all over Aireborough, plus all the trips out which included Bridlington and York.

I was invited to join the Management Board as a Trustee and took on the role of Secretary and then Vice Chair to Brian Myers, then he retired and I was privileged to take on the role of the Chair of AVSED.

Along with the other trustees, we brought AVSED under one roof at Nunroyd Pavilion, which was our home for 7 years, and then to Greenacre Hall in November 2023, which has given us the space to improve our services to all our members.

None of this would have been possible without the backing and support of the Trustees, past and present, the members, the volunteers, the staff and the managers I have worked with: Tessa Holmes, Sarah Lunt and Debbie Fawthrop.

On this note, after many years I would like to advise you all that I am standing down as the Chair of AVSED at this year's AGM. We have selected a new Chair, who has extensive working knowledge of the third sector and will ensure AVSED will keep serving the community for many more years.

Many thanks to you all,

Ken Elliott

Annual General Meeting

AVSED's Annual General meeting will take place on Monday 4th November at Greenacre Hall - 2pm start. Join us to look back at our wonderful journey this past year. See highlights of our work and listen to our plans for the future, plus receive our Financial Statements and Annual Report.

Celebration includes : Pie n Peas, Parkin & Port. Free to attend, please book your place at the office.

If you would be willing to speak at the meeting for a minute on your reflections as a volunteer over the last 12 months, please get in touch with Michelle.



AVSED Plus

COMING SOON



We are very excited about the plans for our brand new dementia activity service, 'AVSED Plus'. We will be trialling the new service on Tuesdays and Thursdays, 10am – 3pm, and the day will include: physical exercise, refreshments, cognitive therapy, lunch and social activities, and cost £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 support their wellbeing, whilst promoting time apart from carers to allow some much needed respite.

The service is an added (Plus) to regular AVSED groups and will follow our usual routines, be supported by professional staff and trained volunteers right here at Greenacre Hall.

AVSED+ is not intended to replace any care. We will do a full assessment of needs to ensure we can support each participant. AVSED+ does not offer personal care or medication support and is not a secure unit. We are a friendly, welcoming, caring, activity-focused community service that supports living well with memory and dementia.

We are in the planning stages at this time for AVSED Plus, but if you would like your name to go on the volunteer interest list for contact when we progress further, please contact Michelle and let her know.

On Monday 11th November our Manager, Debbie, and the team will be paying their respects by laying a wreath at Nunroyd Park remembrance garden. Join us at 10.45am.



Changes

Since our move to Greenacre, we have been reviewing our groups and activities. To ensure we are offering the best we can to our members, we have made a few changes to days and times. Check your group from October:

- !!!Prize Bingo!!!
- !!!Memory Café!!!
- !!!Community Café.!!!

Please speak to Michelle if you can no longer support your group due to the change of day/time.

Prize Bingo – NEW DAY

NOW – 3rd Monday 1.30 – 4.30
Activity – 2.30 – 4.00

Memory Café – NEW TIME

NOW – 2nd Wednesday 1.00 – 4.45
Activity – 2.00 – 4.00

Community Café – NEW TIME

NOW – 4th Monday 1.30 – 4.30
Activity – 2.30 – 4.00

CHRISTMAS!

Yes it's September, and Yes, I'm talking about Christmas! You know the drill at AVSED, we start talking about Christmas on the 3rd of January (the 4th if we are lucky!).

Activities that need supporting - please contact Michelle to discuss



Christmas Fayre
Saturday 16th November



Christmas
Hamper Making



Cook/Deliver
Christmas Day Dinner



Christmas
Deliveries



Santa Appearances



Members' Christmas Party
Monday 9th December



White Swan Christmas
Lunch
Date TBC



Winter Phone
a Friend

We will be setting up the Christmas Fayre on the evening of the 15th November, so any strong and willing hands will be most gratefully received.

We are also looking for volunteers who can store and sort donations as our space here at Greenacre is limited.

Can you donate?

We are looking for donations of the following. Check your drawers, under the bed or ask friends, family, neighbours, etc., if they could/would like to donate towards the AVSED Christmas Fayre.

Unopened and unused gifts

In-date bottles of any kind - champagne to shampoo or ketchup to Courvoisier

Chocolate - bags, boxes, individually wrapped treats

Handmade items



DRIVER TRAINING



Our Wheelchair Accessible Vehicle (WAV) can seem like an imposing vehicle to drive, however, when we were lucky enough to succeed with the Motability grant we could not wait to get it out on the road.

It is a manual gearbox car that you can drive on a standard UK Driving licence. No extra tests or exams needed. It seats 4 passengers in total, however we usually suggest 3 as the

back seat can be a little awkward if you sit in the middle.

We are looking for volunteers willing to learn to drive the car as an extra vehicle in our transport fleet AND learn to use the Wheelchair equipment in the back too. I already have groups that need a WAV driver to help support wheelchair-bound members, and the key benefit of the WAV is that it provides secure and safe transport for someone who is unable to transfer out of a wheelchair on our minibus, and this means we can open our services to even more of the community.

The WAV is also available for Community Hire to allow people to go to hospital appointments, funerals, visit family - or really anywhere they wish (if they are paying). The hire offer does include the option of a volunteer driver and, as such, we need to have more volunteers comfortable with using the vehicle that we can approach if we get a booking.

Please get in touch with Michelle, Perry or Jon to discuss having a look around the WAV and taking it for a test drive.

Over the next month or so, Michelle will be taking out a new recruitment poster and leaflet into ours and the wider community.

Think hairdressers, pubs, workplaces, churches, supermarkets, butchers, fish and chip shops and absolutely anywhere that will take a poster or some leaflets.

If you work in, or visit, anywhere that may put up a poster, please let Michelle know. Please also share with friends, family, neighbours, strangers...

As our services grow, recruitment is important, not only to help with more activities, but to make sure that there is adequate cover for you to take your well deserved personal time too.

SUPPORTING AIREBOROUGH SENIORS FOR OVER 30 YEARS

VOLUNTEERS Needed

VARIED ROLES
FLEXIBLE HOURS
AGE 18+

We are looking for community-minded people who want to support Aireborough Seniors

APPLY NOW

- www.avsed.org.uk
- 0113 250 1702
- michelle@avsed.org.uk

GREENACRE HALL, RAWDON, LS19 6AS

AVSEDES1992 ON SOCIAL MEDIA



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.

AVSED's Regular Activity Programme October 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Stepping up Volunteering - 9.45 - 12.30 Activity - 10.30 - 12.00</p>	<p>Foundation Tai Chi Volunteering - 9.40 - 10.10 Activity - 10.00 - 11.00 Tai Chi Refreshments Volunteering - 10.50 - 11.30 Activity - 11.00 - 11.30 Foundation Tai Chi Volunteering - 11.20 - 11.30 Activity - 11.30 - 12.30</p>	<p>Lunch Club - (Coming Soon) Volunteering - 10.00 - 2.00 Activity - 11.00 - 1.00</p> <p>1st Wednesday : Memory Matters Volunteering - 1.30 - 4.30 Activity - 2.00 - 4.00</p> <p>Shared Tables : No Volunteer Support</p>	<p>Back to Basics (£3.50) Volunteering - 9.45 - 12.30 Activity - 10.30 - 12.00</p>	<p>Fish N Chips Delivery Volunteering - 11.25 - 12.15</p>
<p>Falls Prevention Volunteering - 12.30 - 3.00 Activity - 1.00 - 2.30</p>				
<p>1st Monday : Super Socials (Coming Soon) Times Vary</p>		<p>2nd Wednesday : AVSED Memory Café Dementia & Memory café Volunteering 1.00 - 4.45 Activity - 2.00 - 4.00</p> <p>Men's Matters @the 12th Man Volunteering - 1.00 - 3.15 Activity - 1.30 - 3.00</p>		
<p>2nd Monday : Trips Variable times</p>				
<p>3rd Monday : Prize Bingo Volunteering - 1.30 - 4.30 Activity - 2.30 - 4.00</p>	<p>Variety Club Volunteering - 1.00 - 4.20 Activity - 2.00 - 4.00</p>	<p>3rd Wednesday : Memory Matters Volunteering - 1.30 - 4.30 Activity - 2.00 - 4.00</p>	<p>Cuppa & Company (£2.50) Volunteering - 1.15 - 4.30 Activity - 2.00 - 4.00</p>	<p>The Umbrella Club (£6.00) Volunteering - 11.00 - 2.30 Activity - 12.00 - 2.00</p>
<p>4th Monday : Community Café Volunteering - 1.30 - 4.30 Activity - 2.30 - 4.00</p>		<p>4th Wednesday : Men's Matters @the 12th Man Volunteering - 1.00 - 3.15 Activity - 1.30 - 3.00</p>		

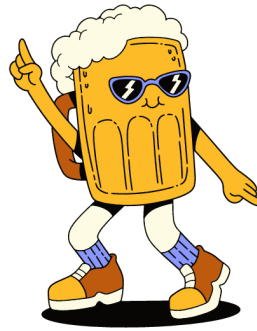
Volunteer Christmas Drinks

Every year we like to get together towards the end of the Christmas period for drinks and mingling and to say thank you for all the hard work you have put in this year! I'm even so generous as to buy you a drink too!

You are cordially invited to an AVSED
Volunteer Gathering:

**The Woolpack, 18 New Road,
Yeadon, LS19 7SE**

Wednesday 18th December from 6pm



Partners welcome

**RSVP by 1st December
0113 250 1702**

**michelle@avsed.org.uk
or inform the AVSED office**

Recruitment

These roles are currently vacant. 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.

Befrienders

Befriending a person in their home is one of the most requested services at AVSED, however demand outweighs supply. If you are available for 1 hour a week and would be willing to visit a member in their home to listen, talk, share, support, laugh and provide company to someone, please get in touch. This is an ever growing and ever needed volunteer role.

Minibus Driver

Volunteer minibus drivers help to pickup members for different activities throughout the week, with a general time commitment being a morning or afternoon per activity. We are looking to recruit volunteers with a friendly, happy demeanor and a confident driving style, or someone who is willing to learn how to drive our adapted minibus. Ad-hoc and regular weekly hours are available.

Passenger Assistant

Volunteer Passenger Assistants support our minibus drivers and help to pick up members for different activities throughout the week, with a general time commitment being a morning or afternoon per activity. We are looking to recruit volunteers with a friendly, happy demeanor who can support our members from door to door and provide company, companionship and guidance on and off our transport

Car Driver and Wheelchair Accessible Vehicle Driver

Our door to door transport service is key to providing some of our members the independence they need to access our services and activities and avoid remaining isolated and lonely at home. Using your own vehicle or driving our Wheelchair Accessible Vehicle (WAV) you would meet members at their own homes, helping them into the vehicle and driving them to the AVSED building or activity. At the end of the activity, you would return to pick them up and take them home ensuring they are safely back within their home again.

AVSED

SUPPORTING AIREBOROUGH SENIORS
0113 250 1702 info@avsed.org.uk



@AVSEDEST1992
avsed.org.uk/volhub

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

