



## Happy New Year and some good news to share

A very happy New Year to everyone. Wishing you all the best for 2019. We have some AMAZING news to share with you. After nearly 2 years of applications and lots of gnashing of teeth and tearing out of hair, we can finally tell you that we have secured a 3 year grant from the Big Lottery, which will start from April 2019! This project, entitled 'Connecting Aireborough,' will build on our learning from the previous Big Lottery project and also our learning since we moved to Nunroyd Pavilion 2 years ago: now we are within Nunroyd Park our local presence has risen dramatically and we really have become a hub of knowledge and support for not only older people, but for the wider community in Aireborough also. We see this as a key role for AVSED moving forward as we want to ensure our local older people have access to as many community resources as possible, and this funding will allow us to utilise them, which includes local volunteer knowledge and skills as well. It will pay for 2 x 30 hours staff posts here at AVSED, and we have some exciting plans around expanding some of our current activities and ensuring that our Pavilion has full access to the surrounding park area so our members can have access to the green space available to us.

## Shared tables 2019



We are pleased to announce further dates for shared tables, meals out for members living alone who are independently mobile. Below are the dates and venues. You will need to be able to arrange your own transport to and from the venue. You will be guaranteed to get a warm welcome from a table host who will ensure you have a lovely meal in good company!

We are also looking for volunteer table hosts. The role of the host is to meet and greet and ensure everyone is involved and feels welcome. Please call 0113 2501 702 to book or for further information on being a table host.

<b>Sunday 13<sup>th</sup> January</b>	2pm	Wetherby Whaler
<b>Tuesday 22<sup>nd</sup> January</b>	2pm	Everybody's
<b>Sunday 10<sup>th</sup> February</b>	2pm	Clothiers Arms
<b>Thursday 21<sup>st</sup> February</b>	2pm	Yeadon Stoops
<b>Sunday 10<sup>th</sup> March</b>	2pm	White Swan Yeadon
<b>Tuesday 19<sup>th</sup> March</b>	2pm	TBC

## Health and Wellbeing in 2019

We have **ALSO** been lucky enough to receive some funding to run a series of Health and Wellbeing events over 2019 through 4 of our local surgeries: Rawdon, Yeadon Health Centre, Park Road and Menston Surgery, and Yeadon Tarn. The focus of this project is to give local older people the skills, knowledge and confidence to manage and prevent various health conditions. These Health and Wellbeing sessions will start with a **6 week LifeSPA course**, details of which are below:

### LifeSPA

6 week Mindfulness Course for people over 60



**Mondays, 1.30-3pm, starting 4<sup>th</sup>  
February 2019**

Nunroyd Pavilion, Nunroyd Park,

BOOKING IS ESSENTIAL - Contact AVSED on 0113  
250 1702 or [info@avsed.org.uk](mailto:info@avsed.org.uk)

Transport available. Participants must be registered  
patients at one of the GP surgeries named below.

Organised by AVSED, in conjunction with your local GP  
practices: Rawdon Surgery, The Menston & Guiseley  
(Park Road) Practice, Guiseley and Yeadon Medical  
Practice, and Yeadon Tarn Surgery

LifeSPA is a new 6 week mindfulness-based course to help us live well and stay healthy as we age. This free course offers practical tools to help you manage stress and anxiety get motivated and take care of your health. We focus on: how we can *respond* (not *react*) to stressful situations; taking pleasure in everyday life; eating with awareness; being active; understanding and changing habits; sleeping better; and doing more of what nurtures us.

There's lots of evidence that mindfulness - the practice of paying attention to our present moment experience - can help us sleep better, manage pain and illness and be happier and less stressed. LifeSPA is tailored to meet older people's needs. No previous experience is required and the course is accessible for anyone with physical mobility issues. Everything you need - guidance, notes, practice CD and course equipment is provided.

LifeSPA is written and delivered by mindfulness teacher and counsellor, Kate McIver. Kate's lived and worked in Yorkshire for thirty years and has extensive experience in counselling and mindfulness work with groups. She runs mindfulness training at Cancer Support Yorkshire and with councils, businesses and community health organisations. If you have any questions about LifeSPA please contact Kate at [kate@insighted.co.uk](mailto:kate@insighted.co.uk) .

**NB If you are a patient at Aireborough Family Practice we can put your name on a waiting list - priority will be given to patients at the 4 participating GP practices.**



## Charity Night Buffet 5<sup>th</sup> February

Come and Join us on the 5<sup>th</sup> February for fabulous food and a fun evening at Deeva Restaurant, Farsley to raise funds for AVSED. All welcome, bring along your family and friends. Tickets are priced at £15 to include a buffet meal. £5 from each ticket and any other funds raised on the evening go to AVSED. For further information and book tickets please contact the office. Please note we are unable to provide transport or volunteer support for members on the evening.



## Charity Beer Festival 15<sup>th</sup> & 16<sup>th</sup> March

Guisley AFC will be holding their annual Charity Beer Festival on Friday 15<sup>th</sup> and Saturday 16<sup>th</sup> March at Coopers Bar, Guiseley.

We are pleased to be one of the beneficiaries, along with a number of other local charities and organisations and will receive a contribution from

funds raised, what better excuse to get down there and try out some beers! If you are able to help out on the day or know a business or individual who would like to sponsor a barrel get in touch.

### Mind How You Go! Mens Football and Chat



**#itsOkNotToBeOk**  
**FREE SESSIONS**

Nethermoor Park Otley Rd LS20 8BT

Taster session 14th January 2019

4pm-5pm

Then Wednesdays 16th January 2019

4pm-6pm for 6 weeks.

To Book email [steve.taylor@gafccommunity.co.uk](mailto:steve.taylor@gafccommunity.co.uk)

OR

[d.kilvington@aireboroughec.org.uk](mailto:d.kilvington@aireboroughec.org.uk)

Airedale Children's Centre & Guiseley Community Foundation

Funded by #MagicLittle Grants



### Guisley Senior Citizens Coffee Mornings 2019 – Guiseley Guide Hut 10am

SATURDAY 26<sup>TH</sup> JAN

SATURDAY 23<sup>RD</sup> FEB

SATURDAY 23<sup>RD</sup> MAR

SATURDAY 20<sup>TH</sup> APR

SATURDAY 18<sup>TH</sup> MAY

SATURDAY 15<sup>TH</sup> JUN

SATURDAY 13<sup>TH</sup> JUL

SATURDAY 17<sup>TH</sup> AUG

SATURDAY 14<sup>TH</sup> SEPT

SATURDAY 12<sup>TH</sup> OCT

SATURDAY 9<sup>TH</sup> NOV

SATURDAY 7<sup>TH</sup> DECEMBER – CHRISTMAS DINNER

GUISELEY CARNIVAL 30<sup>TH</sup> JUNE

ANNUAL TRIP 28<sup>TH</sup> JULY

Bingo every  
Weds and Fri at  
The New Inn,  
Town Gate,  
Guiseley  
2.30 -4.30  
Tea and Coffee  
Available. All  
proceeds go  
towards  
Guiseley Senior  
Citizens  
Association

## Christmas 2018

Christmas came and went and a good time was had by all. A huge thank you to our volunteers for making Christmas extra special at all of our groups and activities.

Christmas fundraising activities helped to raise the total of our fundraising thermometer at the end of November to a whopping **£15,934.07**.

### Christmas Fayre

Our Christmas Fayre raised a grand total of **£2109.73** WOW! We wouldn't have been able to achieve this without the help from our lovely volunteers and the support on the day from everyone who attended. **Thank you.**



Elsie Maud won name the bear- she is called Josephine



Diana Jenkins won guess the weight of the cake



Santa's Grotto



AVSED bear on the homemade chutney stall

### Christmas Raffle

The amount raised by the Raffle was **£987**! Thank you to everyone who bought tickets and sold them on behalf of AVSED. All winners have now been notified and prizes collected. Thank you to our AVSED supporter for baking the fab Christmas cake and businesses and individuals for generous donations

### Guiseley AFC Boxing Day Collection



The crowds turned out and braved the weather for Guiseley AFC v Bradford Park Avenue on Boxing Day. A **huge** thank you to the generosity of everyone, we raised just over **£180** for AVSED in our collection buckets! Thank you to Guiseley AFC, Guiseley Community Foundation and Guiseley Supporters Club for your continued support. Wishing Guiseley AFC success throughout the season.

Your local Neighbourhood Network Scheme supported by



The Frank Parkinson  
Yorkshire Trust

