



**Welcome to AVSED News** – In this edition we have very exciting news about our move to the new premises. Our office and all of our activities will be in one space creating a 'hub' for AVSED members. Our move will also benefit the community as we will be maximising the potential of an existing community resource with the ANSA club House. We realise there will be a period of adjustment and change for members and volunteers, but please bear with us and if anyone would like to have a chat about the move please contact the office on 0113 2501 702  
So, we can now announce we have some dates for the big move to the 'Hub'!

**The AVSED office will be starting to move Friday 29<sup>th</sup> July 2016. The new address will be: ANSA Clubhouse, Nunroyd Park, Yeadon LS19 7HR. We will be keeping the same telephone number and email. Activities will be moving into The Hub as detailed below:**

Activity	First Session at Hub	Time
Monday Chair Based Exercise Class	5 September	Monday 10 -11.30am
Tuesday Tai Chi	13 September	Tuesday 10.30-11.30am, <b>with refreshments available afterwards</b>
Tuesday Social Centre	6 September	Tuesday 1.30 – 3.30pm
Cuppa And Company	21 September	Wednesday 9.45 – 11.45am <b>NEW DAY AND TIME</b>
Wednesday Social Centre	14 September	Wednesday 1.30-3.30pm <b>New Time</b>
Thursday Social Centre	1 September	Thursday 1.30 – 3.30pm
Friday Tai Chi	9 September	Friday 10-11am, <b>with refreshments afterwards. New Time</b>
Friday Chair Based Exercise Class	16 September	Friday 11.30am – 1pm <b>New Time</b>

**A MASSIVE THANK YOU** to all our members, volunteers and their family members who have made very generous donations towards our move. We even had an anonymous donation of a £10 Argos Gift Card – thank you!

Thank you also to the following –

**Morrisons store in Guiseley** for donating 20 bowls for the new premises.

**Manor Coating Systems** donated 20 litres of matt paint so we could decorate our new office and the activity hall downstairs (thanks to Graeme Forster and volunteers from **Aireborough Rugby Club** for their help with this too) Our volunteer Alan Sheath also very kindly donated

some paint.

**Yorkshire Building Society Charitable Foundation** for a very generous donation of £1000! We received the cheque from their branch on Yeadon High Street. We will be using it to purchase items for the Clubhouse.

We were also lucky enough to be successful in gaining a grant from **Zurich Community Trust** for a new photocopier and carpet tiles for the office. £1000 in total!

We would also like to thank Ken Elliott, our Chairman, for the HOURS UPON HOURS he has spent down at the Clubhouse coordinating the builders, painting and clearing up and also our volunteer Andy Walker, who has been our IT and Telephone guru. THANK YOU!!

**Everything is really coming together now for the move and we will be sure to thank you all on our 'You helped to make this happen board' at the new premises**



## Monday Trips Out

Sept 5 <sup>th</sup>	Marks & Spencers Archives - A chance to look around the M&S archives near Headingley. We will be providing sandwiches, cakes & tea/coffee. <b>*Please note the first pick up will be 12:15pm.</b>	<b>£10.00 Transport + Refreshments</b>
Sept 19 <sup>th</sup> & 26 <sup>th</sup>	Caring for Life, Cookridge – This is not a set meal and you can choose on the day. Also, there is the Farm shop & nurseries to look around.	<b>£4.00 Transport + Lunch</b>
Oct 3 <sup>rd</sup> & 10 <sup>th</sup>	The Oddfellows Arms, Greengates – This is a set 2 course meal. You will need to make your meal choice, when you book.	<b>£10.00 Transport &amp; Lunch</b>
Oct 17 <sup>th</sup> & 24 <sup>th</sup>	The Wetherby Whaler, Guiseley – This is not a set menu, choose on the day.	<b>£3.00 Transport +Lunch</b>

Pick up is **FROM 12:30 unless stated** – this means that the minibus will pick up the **first** person at 12:30 and get to the **last** person around 1:15pm. So please be ready at 12:30 but remember you might not be first to get on.

**Important :** Where an entry fee is payable (such as into a museum or the cinema) you will need to pay for this. The trip details will always say the cost of the actual trip PLUS any additional charges such as 'lunch or 'entry'.

Please ring the office **0113 250 1702** to reserve your place on any of the trips out. **Start booking day for trips is Monday 22<sup>nd</sup> August**

### We need YOU!

Can you give an hour or so a week to support older people in your community? Do you want to do something fulfilling and rewarding? Want to be part of a great team and go home smiling? Then one of our volunteer roles could be for you!

We are currently recruiting volunteer

- **Befrienders** – Visiting members who are unable to access our activities due to ill health or mobility
- **Minibus escorts** – Assisting our minibus drivers to pick up and drop off members for our activities.
- **Fish and chip deliverers** – Fish and chips are delivered weekly on Friday lunchtime to members who are unable to get to the shop themselves

Please get in touch for more information -**Sarah Rogers, info@avsed.org.uk or 0113 2501702**

### Challenge 2017



As you know here at AVSED we like a challenge. The 'office girls' are getting out their walking boots and gearing up for the Yorkshire Three Peaks challenge which we will attempt in May 2017. The challenge takes in the peaks of Pen-y-Ghent, Wharfedale and Ingleborough, usually in this order, is 24 miles long and is completed in less than 12 hours. We will of course be out and about with sponsorship forms nearer the time!

If any volunteers would like to join us on this challenge please get in touch with Sarah Rogers, volunteer coordinator in the office. We will have a support car on the day and you don't have to attempt the entire route. We will be organising training walks throughout the year leading

up to the challenge. Wish us luck!

### Councillor's half-marathon fundraiser for defibrillators

Councillor Ryk Downes (Lib Dem, Otley and Yeadon) successfully ran the Leeds Half Marathon on Sunday 8<sup>th</sup> May, just 14 weeks after undergoing a triple heart bypass. After suffering a near-fatal heart attack while out running near his home in Pool-in-Wharfedale, Cllr Downes was saved by a community defibrillator installed at the local post office thanks to a project run by Brian Firth of the Global CPAD group (Community Public Access Defibrillators). This project has seen Brian working with local businesses, councils and charities to install community defibrillators across north-west Leeds. Congratulations Ryk!



Your local Neighbourhood Network Scheme supported by



The Frank Parkinson  
Yorkshire Trust

**Aireborough Voluntary Services to the Elderly**

ANSA Clubhouse, Nunroyd Park, Yeadon, Leeds, LS19 7HR

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