

# CAN YOU DO THE AVSED 22?



Aireborough Voluntary Services to the Elderly (AVSED) is a Charity based in Yeadon and works with people over 60 who are lonely or isolated.

The boundary of our coverage is 22 miles, from Hawksworth Moor to Rawdon Billing, and the top of Yeadon to the bottom of Guiseley.

We need the support of our community to help us keep our services going, and to help us adapt and change what we can offer now the COVID-19 outbreak has suspended our normal social gatherings.

We are looking for local heroes to take on different challenges.

You can raise anything from 22p to £22 to £222 or as much as you think you can. Every penny helps!!!

## Some Ideas to get you started

- \* Run or walk 22 miles
- \* Run/walk/cycle/skip for 22 minutes/hours
- \* Sponsored silence for 22 hours
- \* Give up your favourite treat for 22 days
- \* Knit/crochet 22 items and sell them
- \* Paint/draw 22 pictures and sell them
- \* Walk 2.2 miles in your garden

or whatever you can imagine!!!

For more information and to download sponsor forms, please visit our facebook page



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