

Spring 2026 Newsletter

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Welcome to our Spring Newsletter!

In this newsletter, we'll be sharing information about:

- Client Event at Manvers Lake
- 2025 End of Year get-togethers
- "You Said We Did"
- Our Recycling Project

Hello

This newsletter is about you – our clients. We want to listen to your ideas, inspire new activities and make sure everyone feels included because that's what we're all about at Aspire Personalised Care.

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Client Event at Manvers Lake



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Walking Wednesdays

Join us for our upcoming Walking Wednesday on Wednesday 13th May at 11am at Manvers Lake!

This relaxed and friendly session will run for around two hours and is open to all – whether you'd like to enjoy a gentle walk around the lake or simply come along for a chat.

There's no pressure to take part in the walk; you're very welcome to attend with or without your support worker and spend time in our hired room, where refreshments and light bites will be available to be purchased from the cafe. It's a great opportunity to socialise, unwind, and enjoy a change of scenery in a supportive environment.

If you would like to join us, please ask a support worker for more details.



Recycling Champion Spotlight

Hello! My name is Annette and I am a support worker.



I am a strong advocate for recycling, and try to encourage clients to recycle as much as possible.

Recycling is a easy daily action that directly supports environmental sustainability by conserving natural resources, saving energy, and reducing the need for mining and logging, which protects ecosystems and biodiversity.

Recycling reduces the need to extract, refine, and process raw materials like timber, water, and minerals. For example, recycling one ton of paper saves 17 trees!

I recently encouraged a client who struggles with OCD and hoarding to take unwanted items to the recycling plant as opposed to throwing it in the landfill. She was anxious about taking her possessions to recycle as she struggles with privacy and paranoia but after thoroughly checking each item for personal information she was satisfied and able to let go.

Another one of my clients struggles with general cleaning and did not see the advantages of recycling as he felt he would not make a difference, but also saw the benefit of recycling and helping the environment and the positives of reducing his own general waste.

I hope we can encourage more of our clients to recycle and give them a sense of purpose.

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End of Year Celebrations 2025

A heartfelt thank you to all our wonderful clients and employees who joined us across our end-of-year celebrations. It was fantastic to spend time together over a series of activities with different teams, and we hope you enjoyed them as much as we did. A lovely time was had all around, and we're already looking forward to the next one!

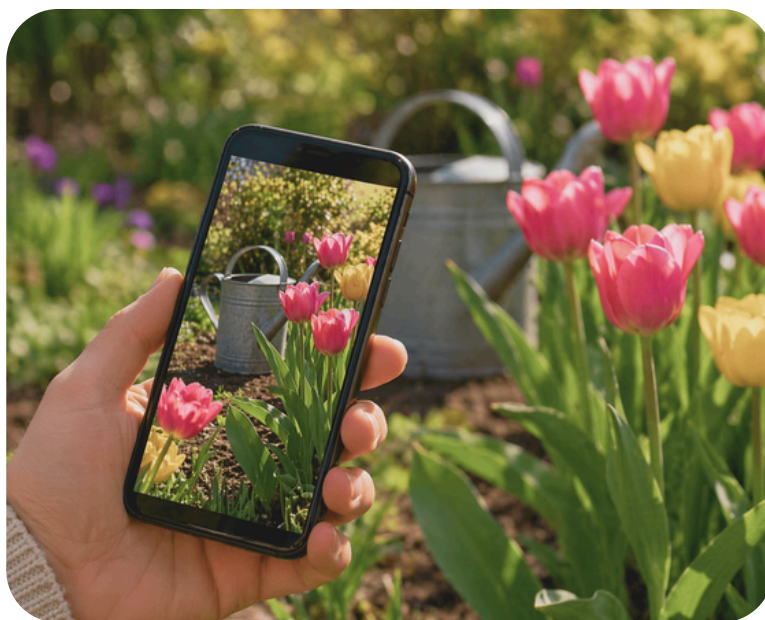


We'd love to see what you've been up to this spring!

If you've taken any photos of your gardening, flowers, or time spent in your local community spaces, please feel free to send them to us.

It's always wonderful to see your hard work and the beautiful places you enjoy.

With your permission, we may share some of your photos on our social media to celebrate the season together



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Behind The Scenes

Please join us in giving a warm welcome to our newest Aspire team members, Jackie and Abi!

Jackie is our Receptionist Administrator and will often be the friendly voice you hear when you call Aspire.

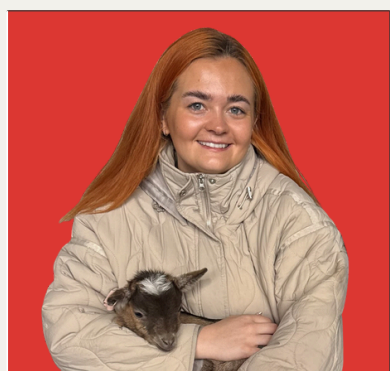
Abigail is our new HR Advisor and will be supporting both staff and clients across the organisation.

We're delighted to have them both on board and hope you'll enjoy getting to know them. Below, you can find a photo of Jackie and Abi, along with some fun facts about each of them!



Jackie

Hi! I'm Jackie and I am the Receptionist Administrator at Aspire. I enjoy walking/hiking especially near Ladybower. I enjoy reading thriller and suspense books. My favourite films are Harry Potter I also love re-watching Friends.



Abi

Hello, I'm Abi and I am the HR Advisor at Aspire. I have worked in HR for the past 5 years. But outside of work, you will usually find me, swimming, walking or doing something outdoorsy. I'm a big lover of music, animals and a games night.



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A Client That Has Been Aspired!

At Aspire, we're incredibly proud of the achievements our clients continue to reach every day. With the support and encouragement of our dedicated support workers like Dawn, individuals are building confidence, gaining independence, and reaching personal goals that matter to them. The following story, shared by our Service Manager, Sharon, highlights just some of these successes. They are a reminder of what can be achieved with the right support, determination, and belief.

LC's journey is a great example of person-centred care and the impact of building meaningful relationships.

When Dawn began working with LC, she took time to understand his interests and what mattered to him. Through this, she learned about his passion for football and that he had not been able to attend matches for some time due to anxiety and difficulties with trust.

Dawn made it a priority to support LC in reconnecting with this important part of his life. She showed commitment and flexibility, even offering to use her own time to make this happen. Recognising LC's anxiety, Dawn focused on building a strong, trusting relationship, working at his pace and providing consistent encouragement.

Over time, this approach helped LC feel safe and supported enough to attend his first football match. Since then, his confidence has grown significantly, and he now regularly attends home games and enjoys the experience.



Myth vs Fact: Wellbeing

Sometimes the things we tell ourselves aren't always true. Here are a few common myths about wellbeing—and the facts that can help us see things more clearly.

Myth



Fact

"I should always be okay."	Everyone has good days and difficult days. It's okay if you're not feeling your best.
"Asking for help means I'm not strong."	Reaching out is a strong and positive step. Support is there for everyone.
"I have to deal with things on my own."	You don't have to go through things alone. Talking to someone you trust can really help.
"Things won't get better."	Feelings can change, and support can make a difference—even small steps can help over time.



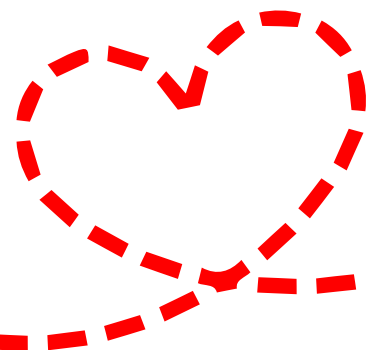
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Share Your Thoughts with Us

Feel free to share your comments,
thoughts and feelings with us below.
Listening to you makes us be better.



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