

ASPIRE



Welcome to our September newsletter!

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

- What we've been achieving in the last few months
- News about upcoming get-togethers
- Our recent coffee morning
- Giving back to our chosen charities

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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What has Aspire been up to?

Walking Wednesdays

Every Wednesday, we're encouraging everyone to get moving. You don't have to run a marathon; just a short walk can make a big difference. Maybe it's a stroll to the shop, a walk in the park or even just steps around the garden.

If you'd like to take part in Walking Wednesday or have any other ideas that we can all do, please write your thoughts on the feedback form on the back of this newsletter.

P.S. Here are some of our team and office dog, Radley, getting in their steps:



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Coffee and Chats

Thank you to everyone who joined our Macmillan Coffee Morning and helped us raise £127.26! We had a fantastic time eating some delicious cake, drinking coffee and chatting with everyone.



At Aspire Personalised Care, we want to do more things together. Whether you couldn't make it to our Coffee Morning or you loved it so much that you want to do it again, we want to hear your thoughts.

Fill out the activities form on the next page to let us know what events/activities you'd like to take part in and what days work best for you.

To fill out the grid:

- Tick the days you are available
- Write in the events/activities box what you would like to take part in
- Cut it off and pass it to your support worker.

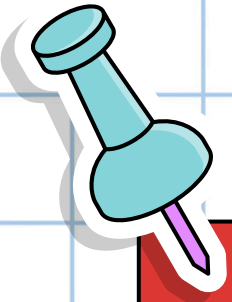
Here are some ideas of events/activities we could do together:








- Coffee Morning
- A group walk
- Pantomime
- Knitting and chatting
- Art sessions.

Don't forget to send us your pictures from the coffee morning!



ACTIVITIES FORM



| DAY | EVENTS/ACTIVITIES |
|------------------------------------|---|
| MONDAY <input type="checkbox"/> |  |
| TUESDAY <input type="checkbox"/> |  |
| WEDNESDAY <input type="checkbox"/> |  |
| THURSDAY <input type="checkbox"/> |  |
| FRIDAY <input type="checkbox"/> |  |
| SATURDAY <input type="checkbox"/> |  |
| SUNDAY <input type="checkbox"/> |  |

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Time For a Bit of Fun!

As we're getting closer to the end of the year, it's a good time to prepare for the festivities and start planning. So, see if you can find these festive words in the grid below.



E Q A D E C W X S L K O X A T S
Y M Z H M K J G T M O P Z S Y F
U P G U L X V R L N P H B F B V
I L N O H C Z E K Z I F N H V W
F H H R W N E W Y E A R Z P H N
T D O D I G O E J F T R A K D Y
Y Q L F N S H J A G U U Q B F F
B N I G T D J K S N P O R V G G
D G D A E L L C E L E B R A T E
W M A H R O K V L E H G V E U L
L B Y P H U D O X O K K U W I K
C A R D S Z V U T P Z L K A O W
P I N R E S O L U T I O N S P E
X G P W S C M X P R E S E N T S
T P G A H O Q B K I O D U R A Q

Festive words to find:

- Holiday
- Winter
- Presents
- Cards
- New Year
- Resolutions
- Celebrate

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Volunteering and Giving Back

This year, we're focusing on giving back and supporting local charities. Earlier this year at our staff seminar, we asked colleagues to nominate two local charities for us to support. Everyone was then given a £5 voucher to vote for their chosen cause. The charities selected were Bluebell Wood and Rotherham Hospice.

We're also proud to launch our new initiative: this year Aspire is giving each of our office team a paid volunteer day in the local community. This dedicated day allows them to support a charity or community project and see the difference we help make beyond our day-to-day roles in the office. The first volunteer day took place in September (details below), with more days planned with Rotherham Hospital and Hospice for those who couldn't attend.

Now, we'd love to get our clients involved too! We want to hear what you think about volunteering, so please share your thoughts on the feedback form at the back of this newsletter. In particular, let us know:

- What volunteering events should we do together?
- What do you think makes a good volunteer?
- Would you like to help plan activities?

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We Want to Hear from You!

This newsletter is about you. We want to listen to what you think and what you want from us. So, please use the feedback form to write down your comments, thoughts and feelings.

Then pop it in the envelope and send it back to us.

Thank you for being a part of Aspire Personalised Care!



For staff attention

We've been thinking about introducing some volunteer staff to lead on client group activities and client meetings, etc. But we want to know what you think:

- Is this proposed idea worthwhile?
- Will our clients and staff benefit from this?
- Will your clients benefit from it?
- What type of activities, social gatherings, regular calendar events/groups would your clients be interested in?
- Do your clients want to attend regular events/group activities?
- Would any client be interested in being on an interview panel for a volunteer role or in setting up a client committee?

So, discuss with your clients and see what they also think, and then let us know your thoughts on recruiting and introducing volunteer staff.



End of Year Celebration

The year is almost over, and we want to celebrate together in a way that includes everyone. That's why we want to know what type of event you would enjoy most.

We're planning a client and staff end of year celebration, but we don't know what to do. So far, people have suggested these options:

- A meal out
- A party with music
- A quiz or games night.

What would you like us to do to celebrate the end of 2025 together? Write your ideas on the feedback page and based on your ideas and what people most want to do, we will choose an exciting activity we can all do to celebrate together.

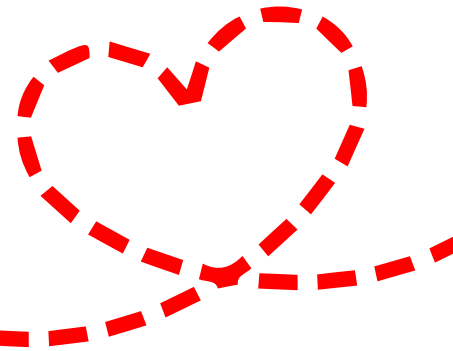
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Share Your Thoughts with Us

Feel free to share your comments,
thoughts and feelings with us below.



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