

October 2026 Newsletter

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Welcome to our Autumn Newsletter!

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

- End of Year Celebrations
- Our Macmillan coffee morning
- An Aspiring story
- Our work with Rawmarsh Food Bank

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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Macmillan Coffee Morning



On 29th September, we were delighted to host our Macmillan Coffee Morning, bringing together colleagues, service managers and clients from across Aspire. With tea, coffee, cakes, cookies, board games and a raffle, the day was filled with laughter, conversation and new connections. It was a wonderful opportunity for everyone to come together, catch up and enjoy each other's company, all while supporting a fantastic cause.

A heartfelt thank you to everyone who attended, donated, baked, bought raffle tickets and helped make the event so special. Thanks to your generosity, we raised an amazing £100 for Macmillan Cancer Support. Most importantly, we created a warm and welcoming day that truly reflected the caring spirit of Aspire.



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What have we been up to?



We're delighted to become referral partners with Rawmarsh Foodbank, part of the Trussell Trust.

We look forward to working with Nicki and the team to help ensure those facing hardship can access vital support when they need it most.

Together, we can make a positive difference in our community!

We're delighted to celebrate three fantastic award recognitions this year. Laura has been named a finalist in the Workforce Development Award, while Lynne has been named a finalist in the Putting People First Award at the Great British Care Awards 2026. Aspire Personalised Care has also been shortlisted for the Commitment to People Development Award at the Barnsley & Rotherham Business Awards.

These achievements reflect our commitment to developing our people, putting individuals at the heart of everything we do, and delivering outstanding person-centred support.



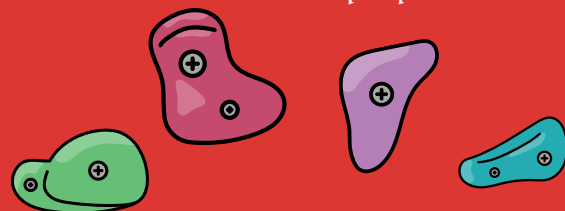
Our staff away day was full of teamwork, creativity and plenty of laughs! The teams took part in a scavenger hunt packed with fun challenges. One task was to recreate a well-known album cover using only what they had around them. We think the teams did a fantastic job.

Can you guess which album they're each recreating?



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Reaching Goals with the Right Support

One of the people we support recently set himself a personal challenge: to go rock climbing at The Foundry Climbing Centre. With determination, encouragement and the right support in place, that goal became a reality!

What started as a conversation about interests developed into a positive working relationship with a member of our support team who shares a passion for adventure and trying new things. Together, they explored the options available, found an activity that met his needs, and turned an aspiration into an achievement.

Recently, he successfully completed his rock-climbing session and couldn't have been happier. The experience not only helped him achieve a goal he had set for himself, but also reinforced the confidence that comes from stepping outside your comfort zone and discovering what you're capable of.

We're incredibly proud of how far he has come and look forward to supporting him as he continues to reach for new goals.

It's moments like these that remind us that with the right support, encouragement and opportunities, amazing things can happen.



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Helping Us Improve Together

At Aspire, we're always looking for ways to stay connected with the people we support and make sure we're providing the best possible service. Over the coming months, your Client Manager may occasionally give you a friendly check-in call during a support visit. These informal conversations will give us the opportunity to hear how things are going, what you've been up to, and whether you're happy with the support you're receiving.

Taking part is completely optional, and you are under no obligation to answer any questions if you would prefer not to. These calls are simply another way for us to keep in touch, listen to your feedback, and make sure we continue to provide safe, high-quality, person-centred support. We value your thoughts and look forward to hearing from those who choose to take part.

Radley's

Wellbeing Corner

True or False?

"Spending time with animals can help reduce stress and improve wellbeing"



Studies have shown that spending time with animals can help people feel calmer, reduce stress, and even lower blood pressure. Whether it's taking a dog for a walk, having a cuddle with a pet, or simply watching animals play, they can have a positive impact on our wellbeing.

As Aspire's four-legged wellbeing ambassador, Radley certainly brings plenty of smiles to the office and reminds us of the importance of taking time to relax, connect, and enjoy the little things.

Radley's Top Tip: *"Don't forget to take a break, get some fresh air, and enjoy a walk if you can. It's one of my favourite ways to stay happy and healthy!"*



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No-Bake Biscoff & Apple Cheesecake Cups



You'll Need...

-  8 Biscoff biscuits (plus extra to decorate if you like)
-  30g melted butter
-  150g cream cheese
-  100ml double cream
-  2tbsp icing sugar
-  2tbsp Biscoff spread
-  1 small apple (peeled & diced)
-  1tsp cinnamon
-  1 tbsp brown sugar

Method

1. Crush the Biscoff biscuits and mix with melted butter. Spoon into 4 glasses and press down.
2. Beat the cream cheese, icing sugar and Biscoff spread until smooth.
3. Whip the double cream until thick, then gently fold it through the cream cheese mixture.
4. Dice the apple and toss with cinnamon and brown sugar. Microwave for 1-2 minutes until just softened, then leave to cool.
5. Spoon the cheesecake mixture over the biscuit base and top with the cinnamon apple.
6. Chill for at least 30 minutes. Add a little crushed Biscoff on top before serving.

Makes 4

Chill Time: 30 Mins

Prep Time: 15 Mins

End of Year Celebration Meals

We're excited to share that planning is already underway for our client end of year celebration meals!

Rotherham

Week Commencing 23rd November 2026

Doncaster

Week Commencing 20th November 2026

Locations and times to be confirmed soon.

If you would like to attend, please let your support worker know.

We hope to see you there for an afternoon of celebrating everything we have achieved this year.



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