



WITH LOVE FROM THE TEAM

Hello again!

Last time I wrote in our newsletter I think we all thought that COVID restrictions were coming to an end, but we have had to be patient for a bit longer than we hoped. For this reason, among others, we have decided that it would be better for our face-to-face sessions to be delayed a little bit and we are aiming now to start at the beginning of September. We are all very keen to get back and our volunteers are ready to help with the transition. If anyone would like some assistance to get back to groups, please let us know.

We have been very lucky to have been awarded a lot of funding throughout the pandemic which has allowed us to be able to provide the craft bags, tablets and the telephone support over the last 18 months. The craft bag project has now come to an end, and we are looking for further support from some of the bigger funders to sustain our operations. This is why we have been contacting you and asking you some questions about how Aspire has helped you. We are using this information to add to our funding applications.

Also, we are planning to launch our [Aspire Reconnect](#) campaign and we are looking at many different and novel ways of fundraising. Apart from appealing for donations we would like to work within the community with events and challenges. If you have any suggestions, they would be very welcome.

Have a great summer and looking forward to seeing you all very soon.

Love, Susanna, CEO & Occupational Therapist



ON THE MOVE

Kirklees Council have decided that the Ingfield Enterprise Centre is no longer a safe place for us to be so we are moving our operations from Deighton. They have offered us space in the Ray Street Enterprise Centre. We will be packing up our goods and chattels in the third week of August and hopefully move the last week in August. We will be looking for some help with the move so if you know anyone with a van who could help please let us know.

Aspire Creating Communities
Unit 3, Ingfield Enterprise Centre, Deighton, Huddersfield, HD2 1JD
email: enquiries@aspirecreatingcommunities.org.uk

Charity Number 1186846

GOODBYE AND HELLO

None of us have ever been through anything like the last 18 months. At Aspire we thought about how we could keep our friends connected and busy and came up with the idea of providing craft and wellbeing bags. Luke has been the brains and creativity behind the bags. We spent a lot of time thinking about what people might like to keep themselves busy during lockdown so that there was something to look forward to in a bit of a bleak time. He had the ideas for the bags, sourced all the contents, filled hundreds of bags, created the examples and wrote the instructions.

Luke has also recently updated the website which is now looking absolutely fabulous – have a look -

<https://www.aspirecreatingcommunities.org.uk>.

Luke is going on to pastures new but he will come back to visit us as a tutor in some of the sessions and will be working behind the scenes maintaining the website and our media presence. We are not letting him get away that easily!

Luke will be contacting his Aspire friends over the next week to introduce either Stella or Rebekah who will be taking over from him.



Thank you & good luck Luke



Rebekah



Stella

THANK YOU TO OUR SUPPORTERS



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VOLUNTEER VOICES



Lucy Garside – Final Year Occupational Therapy Student

Hi everyone, my name is Lucy and I am a final year Occupational Therapy (OT) student at Salford University. I started working with Aspire as a volunteer in March 2020 and have now returned for an eight week Clinical Placement in 2021 – they can't keep me away!

The Clinical Placement is when students are encouraged to study new areas of non-traditional OT; areas that have recently been acknowledged for their focus on mental health and wellbeing.

As a volunteer I would ring up individuals and provide telephone support. Since returning for my placement, I have completed telephone support, home visits and assist with the smooth running of the charity in preparation of the groups being allowed to hopefully start towards the end of summer.

OT principles are based around recovery through meaningful activities. Its origins are over 100 years old, when OTs would use creative activities, such as weaving and printing to enable physical and mental rehabilitation for injured soldiers returning home from World War I. In the way that OT's enabled soldiers' recovery through activity, Aspire considers the people we serve as individuals with their own values, life experiences and goals and uses meaningful activity therapeutically to make our groups a fun, creative and supportive environment. This enables meaningful connection, engagement and a sense of community spirit.

My favourite part about Aspire is that we are encouraged to do our best – not be the best, whilst making connections along the way. People don't need to be professionals to be able to empower and enable wellbeing. Aspire has had three students working with the charity so far and we can use the time to really further our experience and quality of care by volunteering in this way.

COULD YOU BE AN ASPIRE VOLUNTEER?

Volunteers are crucial to the work of Aspire. If you are interested in joining the team contact our Volunteer Co-Ordinator: volunteers@aspirecreatingcommunities.org.uk or call 07411 879609.