

# YOUR NEWS



# March

# 03 2025



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## Cultural Awareness Day

Many of you came to join us for our Cultural Awareness Day, which took the **Leeds Irish Centre** by storm!

We enjoyed a day of celebrating our diversity, enjoying delicious food and some of the best entertainment in Leeds. The event was opened by **Lord Mayor Abigail Marshall Katung**, who spoke about embracing different cultures. We enjoyed musical performances by **Sky Fallers**, **Clare Brooke** and **Roots Rock Reggie**,

who did an impromptu duet with Des, sharing their love of reggae music. We also saw performances from Dramarama, The 3 D's, Tak, Kieron & Harjit, Lewis and Alice who all got everyone dancing.

Thanks to the Leeds Irish Centre, our Food Vendors and our talented performers! Thanks to all who attended and thank you to our incredible event organisers who ran a day packed of entertainment for all.

## Carol's Cafes



**We recently bid a fond farewell to Carol Benson, who retired after 46 years working with learning disabilities in Leeds.** Carol was instrumental in a number of influential projects across Leeds over the years, impacting people with learning disabilities across the city, as well as being on the forefront of Aspire's spin out.

To say goodbye to the staff and people within Aspire and beyond that she's come to know so well, Carol hosted pop-up

cafes across the city. There were seas of smiles and familiar faces from the past and present, as we said goodbye and enjoy a slice of cake (or two)!

Thanks to Bramley, Potternewton and Rothwell Fulfilling Lives Services for hosting the sessions; the bake sales and raffles raised almost £380 for the **Miscarriage Association** which was Carol's chosen charity.

## Don't Ignore Us!



**Lippy People continue to spread awareness of the inequality of Dying Matters in learning disabilities.** Their inspiring screening event "Don't Ignore Us"

at **Leeds City Museum** showcased Luke and two fellow storytellers sharing their experience and answering questions. It was a truly moving experience.

# Sensory Corner

Our March Sensory Award goes to Leo!

Leo has recently been enjoying the Potternewton Sensory Room to the fullest. He loves engaging in all the different games and textures, and is extremely focussed and happy throughout his sessions.

Well done Leo!



## Across the City

**The Crossgates team have been hitting the arcades and bowling lanes.** Whether they're hitting strikes or top scores, they're doing it all with a smile on their faces! What a fun way to spend an afternoon. **ENE**

**Rothwell Sports Community Base have been stretching their limbs and working up a sweat with their accessible Zumba classes!** The Zumba sessions get the heart pumping and muscles working in people of all abilities, as the exercises can be done standing or seated. The group not only have fun, but support a healthy lifestyle too! **SSE**

**The group at BFL are renowned for their arts and crafts skills.** As we've felt the first warmth of Spring, the team took to celebrating with their new Seasons Board! Using simple painting techniques allowing everyone to be involved, they've created stunning tree designs preparing the team for the year ahead. What a beautiful display! **WNW**





**This year is the 70th birthday of the dutch icon Miffy!** Andrew and JuiJuinn took a trip to **Leeds City Museum** to see the new exhibit, celebrating the famous white rabbit, before taking in some of the culture and history the museum have to offer. The duo were all smiles after such a lovely fulfilling day. **SUPPORTED LIVING**

**Kirkstall recently undertook Health and Safety training.**

The group learnt about keeping their homes and bases safe, by checking electrical outlets and equipment and what to do if something looks dangerous. The group can now proudly wear their hi-vis vests knowing they are official Safety Champions!

If you would like to arrange Safety Champion training in your base, contact Paul Houghton (Health & Safety Manager). **DAY SERVICES**



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This edition has been dedicated in fond memory of Mary Winterlich.



**Aspire CBS**

Aspire Community Benefit Society supports people with learning disabilities to have better lives through the provision of high-quality, person-centred, care and support services.

