

YOUR NEWS

An Amazing AGM



It was a privilege to once again gather with the people we support, staff and partners for the Aspire AGM. We welcomed Sam, our new chair of the board, as well as our new volunteer board members. We received updates from finance and from our Chief Exec Zoe, as well as enjoying a knockout performance from our drama groups- an energetic Mamma Mia medley!

We also celebrated the achievements of our staff with the STAR Awards!

Congratulations to our winners:

Newcomer- Kii

Learner- Kala

Unsung Hero- Sean

Colleague- Catia

Inspirational Person- Neil

Team- West Community Bases

Partner- Ben of the NHS

Thanks to everyone who joined us, making the day truly special for us all.



Sept-Oct
09
10
2025



Watch on
YouTube

Aspire's Ageing Well



Our Fulfilling Lives services have been becoming more inclusive than ever, as Leeds Rhinos Foundation have been hosting their “Ageing Well Cafes”.

The sessions begin with relaxed social time, before we begin a sensory activity designed to evoke memories and conversation. Recently we spent the day hand-making soap. We enjoyed using different coloured dyes and smelling different scents- taking a trip down memory lane as we talk about the smells of our pasts.

Not only have we been learning new skills and chatting with friends, we left with a personalised hand made soap, so we can remember every time we wash our hands!

Thanks to Leeds Rhinos Foundation for offering these opportunities and to everyone who has joined us during these meaningful and inspiring sessions.

Autumn Art Competition

Celebrating the turning of the seasons- you all channelled your creativity in our Autumn Art Competition! We received so many stunning entries with all the rich colours of nature.

A huge congratulations to our winners:

East- Richmond Hill

South- Hillside

West- Margaret (Holt Park)



Sensory Corner

This month's Sensory Award we give to our friend Mikey, who we sadly said goodbye to recently.

Mikey enjoyed watching drama sessions and listening to stories- so his friends each contributed a line to a Halloween story in his memory- so we can all share Michael's love of stories.

www.aspirecbs.org.uk/news/poem



Across the City

Our Audby team rounded up the summer with their annual Audby-Fest. The long-awaited celebration saw people playing games and taking part in activities, eating more delicious food than you can imagine, and dancing to music that kept toes tapping all day. A huge well done to the staff involved in organising the event and a thank you to everyone who took part! **ENE**

Chris headed the Bright Sparks team at the Leeds Festival of Gothica Alternative Market. The team spent the day fundraising and promoting their Christmas show **Emporium Curioso 2!** The group had a great day socialising with the alternative community, proving that gothic lifestyles are for everyone! Catch Emporium Curioso 17th-18th December at Leeds Playhouse. See the Bright Sparks website for tickets. **SSE**



YOUR NEWS: Across the City

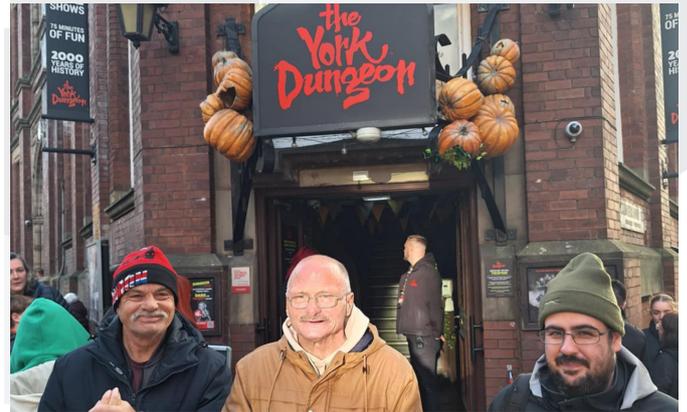
Across the City

We've all been cheering Debbie on as she was named Player of the Year by the Leeds Rhinos for her hard work on the Learning Disability Super League!

Debbie's dedication, teamwork and positive spirit have inspired everyone involved. Her passion for inclusion and sport have been clear for all to see. Well done Debbie on this well deserved recognition! **WNW**

SUPPORTED LIVING - The Moresdale lads embraced spooky season to it's fullest with a trip to the historical city of York. The group spent the day enjoying all the city has to offer before delving into the deep dark **York Dungeons**. There they learned about the frightening history of York, with a lot of fun along the way. What a fantastic way to spend an Autumn day!

DAY SERVICES - It was a bittersweet day, as our Strawberry Lane group said goodbye to our friends at Armley Helping Hands with the closure of Strawberry Lane Community Centre. The group saw this as an opportunity to go out with a bang however, with a farewell party to remember! With karaoke, sweet treats and games, the group said "See you soon" but not "goodbye", as everyone is now settling in to their new bases, with friends old and new. We can't wait to see what adventures everyone gets up to next!



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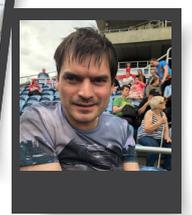
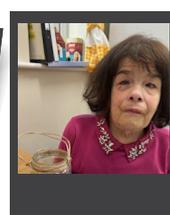
This edition has been dedicated in fond memory of...

Alan Young, Lindsey Taylor, Elaine O'Reilly and Michael Rhodes



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.



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