



WITH LOVE FROM THE TEAM

Hi there!

Well Spring is here, though it's still a bit chilly. The bluebells are showing their colour and the trees are coming into bloom. You may have noticed that our sessions are blossoming too with quite a few new faces joining us which is lovely.

We have some exciting new developments at Aspire to add to our usual activities. As you probably know we largely depend on getting grants to keep Aspire going and this year have been lucky enough to receive funding for a project that we have called "Aspire Voices". This will allow us to join in some of the activities taking place as part of the Kirklees Year of Music. We're aiming to have a big celebration event on 8th July in the afternoon, much like the Jubilee celebration we had last year. Please put this date in your diaries! We will provide more information in the coming weeks and we'd like to hear your ideas.

Of course, we will continue with our usual set of activities for regular sessions with our lovely tutors who we know and love.

We do need to congratulate George on reaching his 100 birthday – what an achievement! Many of you will know George, he has been coming to our Greenhead sessions for many years.

FUNDRAISING

Grant funding is the mainstay of Aspire financial support for our seven groups, volunteers and outreach services. Applying for grants from many different organisations, both big and small, takes a lot of time and effort. The cost of living crisis and the current climate of getting grant funding is very competitive and often disappointing as so many charities are looking for the same grants.

So, to diversify our income streams we are hoping to put a new fundraising strategy in place over time. This may take the form of fund-raising events like coffee mornings, quizzes or sponsored events etc. We will also be canvassing local businesses and companies to see how we can collaborate with them to get them to support us.

It is possible to make a personal donation through our website by hitting the "Donate Now" button on the website.

Or, our bank details are Name: Aspire Creating Communities; Account Number: 48593942; Sort Code: 09-01-29

Any and all money raised goes directly to the delivery and development of our services, as we currently are involved with nearly 200 people across our groups and outreach work! If you need support to make a difference with a donation give Susanna a call on 07542771518.

Our weekly programmes of activities are available on the website:
<https://www.aspirecreatingcommunities.org.uk/groups>

Aspire Creating Communities
Unit 3, 16 New North Parade
Huddersfield, HD1 5JP

email: enquiries@aspirecreatingcommunities.org.uk
Charity Number 1186846

What We've Been Up To



What have we been doing recently?

We kept active mindfulness and movement, had a plethora of bunnies, made some bowls and beaded keyrings. Spring flowers brightened up our days with painted pots and an Easter egg tree. All accompanied by suitable refreshments!



WHAT WE DO - Come and join us!

Aspire Creating Communities delivers a weekly network of creative community groups across Huddersfield, to promote social inclusion and mental well-being. Aspire works in partnership with other local community services with people over the age of 55 who may be experiencing isolation, bereavement, loss of role or mental health difficulties through an Occupational Therapist lead programme of creative activities.

EVERYONE IS WELCOME AT OUR MEETINGS WHICH ARE HELD:

Monday 10.00 – 12.00 pm	Moldgreen United Reform Church, Dalton HD5 8AA
Monday 1.30 – 3.30 pm	St Michael and St Helen's Church Almondbury, HD 5 8DU
Tuesday 10.00 – 12.00 pm	Chestnut Centre, Deighton, HD2 1HJ
Wednesday 10.00 – 12.00 pm	Crosland Moor Community Centre, HD 4 5RX
Thursday 10.00 – 12.00 pm	St John's the Evangelist Church, Birkby HD1 5EA
Thursday 1.30 – 3.30 pm	Berry Brow Church, Newsome HD4 7LP
Friday 10.00 – 12.0 pm	Birkby Croft, HD2 2UG

VOLUNTEER VOICES

Lucy Gray

My volunteering experience with Aspire began in April 2022. I'd been looking online for local community groups that my grandma could attend; she's happy to try new things. Everything I read was positive and everyone seemed to enjoy what was offered.

I was anxious after the covid lockdowns, a period of ill health and a stay in hospital, so I wanted to begin to rebuild confidence in being around people again. It's been a slow process, but I now volunteer twice a week at 2 of the Aspire groups.



My role at the groups involves the usual setting up and welcoming people. Every week is varied as we form bonds with the members, guiding them through the different activities, getting stuck in and chatting about the good things and not so good things of life. Hearing the stories of the Aspire members is very humbling and I find that I learn so much.

As an Aspire Volunteer I feel that I'm supported to be the best version of myself. It feels like a family. I love that Aspire is such an accepting environment, we're all learning and growing together. Everyone's worth is celebrated! In a society where there are so many exacting standards, all our peculiarities are valued.

My advice for anyone wishing to find a volunteering role with people is to give it a go. Every group is slightly different, so there will be one that will be a good fit for you.

The future for me beyond Aspire looks very hopeful as eventually I look to working within the health and social care sector - it will need to be a person-centred role where I'm giving to and helping others.

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.



Sessions news

Aspire Voices is our exciting Singing project, supported by Funding from Kirklees Year of Music and Creative Minds. The Project is across all our Aspire Groups working with a singing tutor Jackie Craig. Jackie has a lot of experience working with older adult groups, and runs regular sessions for lung health and wellbeing.

The Aspire sessions have been fun and light hearted in approach so far. They involve a warm up, and relaxation at the end, but the main body of the session will be singing together, often songs suggested by the group themselves (we have sung Elvis and Abba to name a few). You do not have to be able to sing, and this is not a choir!!!!!!

We are looking forward to coming together in a sharing event on the **8th July 2023** with all the project participants across the groups. This will be one of the highlights of the Aspire calendar, and we will enjoy Singing together as one 'massed choir'. We are sure this will make some fantastic memories for all our members.

CONGRATULATIONS GEORGE – 100!!!!



A HUGE THANK YOU TO OUR SUPPORTERS

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