



## WITH LOVE FROM THE TEAM

Hello there!

Well, how lovely it has been to be able to meet new friends, catch up with old ones and reacquaint ourselves with some of our lovely tutors face to face over the last couple of months. All of us here at Aspire have loved welcoming everyone back to our sessions. And for those of you who haven't quite made it yet, we look forward to seeing you whenever you are ready. We'd be happy to hear from you if you think we can help you get back to a group.

We have managed to get some funding and been able to restart six of our previous groups and added a new one on a Monday morning in Dalton. We've worked hard to cram in lots of different activities, and we even had a visit from the Mayor! We have some lovely Christmas sessions planned over the next few weeks too.

We hope you have had the opportunity to have your booster as well as your flu jab. Let's all stay safe over the next few months as it gets a bit colder and darker. You know there will always be a warm and cheery welcome at an Aspire group!

See you soon! *Susanna and the Aspire team*

## Student News



Most of you will already have met Mehreen and Rianne at one of the Aspire sessions. We're really lucky to have them join us. They are second year Occupational Therapy students at the University of Huddersfield.

They will be attending lots of sessions to get a sense of what we do here at Aspire and they are already loving it. They have said that this placement is not very typical of the types of places they are offered.

As well as this being a great experience for them – it keeps Susanna on her toes! Having students with us means she can demonstrate her OT skills and knowledge and it gives us all the opportunity to learn from them!

Aspire Creating Communities  
Unit 18, Ray Street Enterprise Centre  
Huddersfield, HD1 6BL

email: [enquiries@aspirecreatingcommunities.org.uk](mailto:enquiries@aspirecreatingcommunities.org.uk)  
Charity Number 1186846

# What We've Been Up To



Just a few photos of the many things we have been up to in the last couple of months. We had the Gledholt male voice choir serenading us, we made poppy wreaths, glass, book hedgehogs and had a fabulous time hula-ing our way around the room. Lots more to come

## THANK YOU TO OUR SUPPORTERS

the Joseph Rank trust



WEvolve funding and support provided by the Ward Councillors from Huddersfield Central and North Place Partnerships



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## VOLUNTEER VOICES



Tony Metcalfe

On retiring as the principal of a motor dealership, I trained as a counsellor and volunteered with other charities such as Yorkshire Mentors. Hearing about the work that Aspire does - providing enriching experiences at the same time as helping others over 55, I offered to help.

I started with Aspire in January 2019 on the opening of the Sandy Mount group in Crosland Moor. I've never been one to watch someone struggling; I've always offered to help. Helping others, trying to make a difference and brighten someone's day is something I enjoy doing and find it very rewarding.

As a Sessional Volunteer and Volunteer Driver for those who don't have access to transport, I soon felt part of the group and I enjoyed the weekly meetings. Just making the tea, remembering how each person likes it can make them feel that little bit special. Listening to their stories and achievements is so interesting. Loneliness is a debilitating thing but when you take time to make friends with an older person that friendship is really appreciated. It's rewarding to know they're looking forward to seeing you again next week.

I feel that my background has given me the ability to see people differently, beyond their circumstances, but utilizing the life experience that many of us go through helps me to empathise with the Aspire members and volunteer more effectively.

In the last newsletter Lucy Garside was our "Volunteer Voice". We are very happy to say that Lucy has now completed all of her studies and will very soon become a fully fledged Occupational Therapist and....she has joined the team as Session Leader for the Almondbury session on Monday afternoons.

## 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](mailto:volunteers@aspirecreatingcommunities.org.uk) or call 07411 879609.