



# SUMMER

NEWSLETTER  
MAY - JUL 2021





# SUMMER AT LEEP1

This summer we are pleased to say our offices at Leep1 and Cafe Leep have been open and full of activity! It's been lovely seeing and supporting more of our members face to face. Things feel like they are slowly returning to normal and the Leep1 Family feels reunited! Some members have still not returned since we closed over a year ago and we can't wait to see them again.

Our centre is now open 4 days a week with the Cafe now open Monday to Friday too.

The pandemic has not quite gone away and we still follow social distancing rules, sanitise thoroughly and wear masks to keep everyone safe. Some of our members cannot have the vaccine so we decided this was an important policy to keep for the safety of everyone who attends.

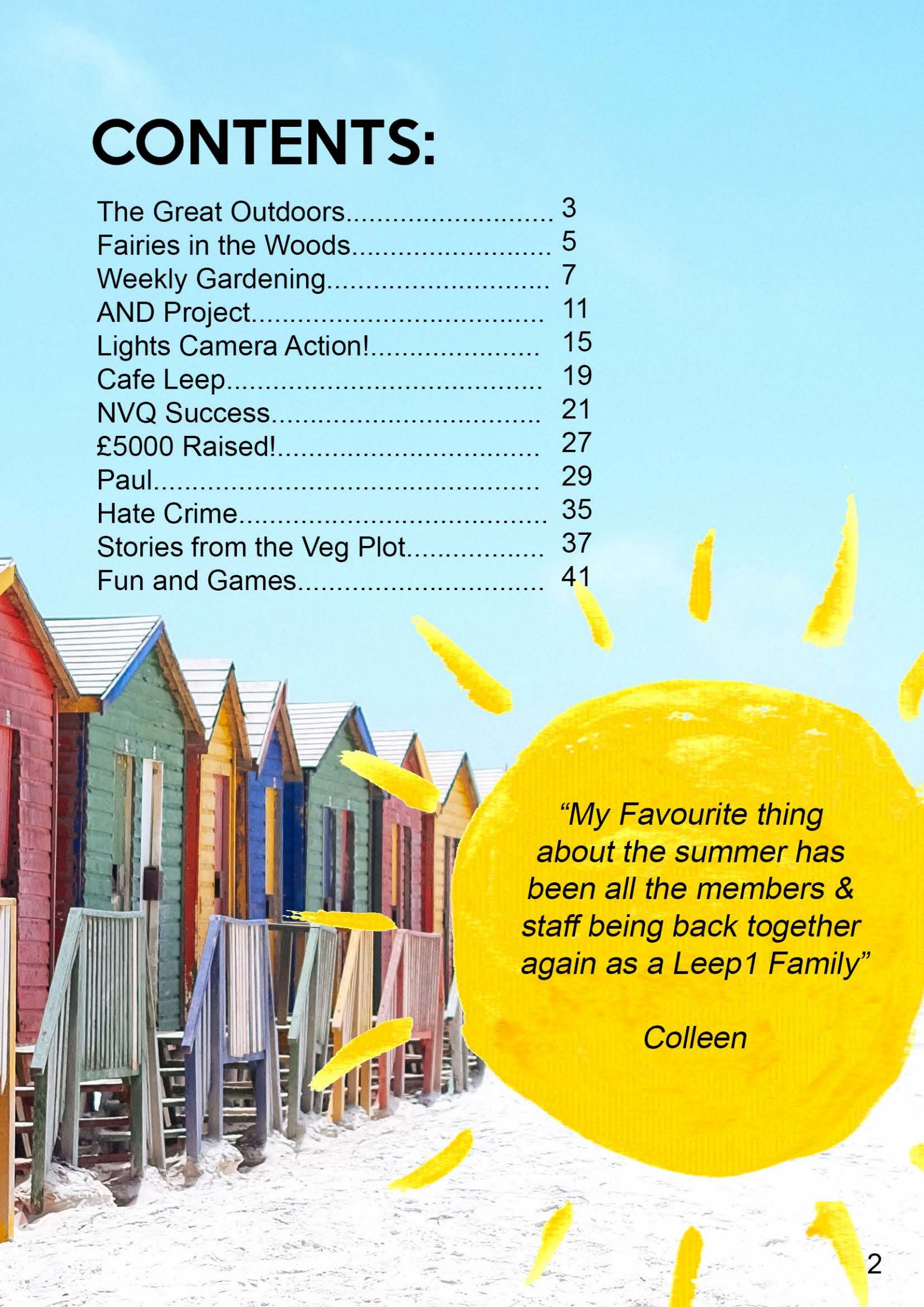
Our online activities such as our daily zoom chats, Friendship Group Socials, DJ Club Nights and People First meetings are still very popular online and continue to be enjoyed by everyone who joins in. Our Facebook Group is still a fantastic social hub for everything and now has over 400 members! Over 1350 posts and 3300 comments have been recorded just in the last three months!

We hope you enjoy reading our favourite news stories this summer. You will see it's been a fun filled few months at Leep1.



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*“My Favourite thing about the summer has been all the members & staff being back together again as a Leep1 Family”*

*Colleen*



# THE GREAT OUTDOORS

Being all back together again and with the freedom to travel locally meant the members could enjoy many outdoor activities and days out.

We took our members on day trips all around West and North Yorkshire. We visited Otley, Roundhay Park, Golden Acre Park and Harrogate to name just a few. In May the members went on the Dinosaur Hunt and Owl Trail around Leeds City Centre. We were all surprised to find so many owl statues hidden amongst the buildings and roof tops. Some of the Dinosaurs we saw were huge too!

On our days out we enjoyed a picnic lunch together after a busy morning of exploring the shops and local attractions. To get some exercise and keep fit, some days we took the Frisbees and played sports in the local parks. Poor Paul used to get completely exhausted chasing all the Frisbees round all day!

*“Since the last lockdown at Leep1 we have started to go out to lots of places. We go in small groups to stay safe and we sometimes go on the bus. I was nervous at first because of Covid, but now I feel a bit safer.”*

*Susan Hanley*









# FAIRIES IN THE WOODS

Our members particularly love going to Roundhay Park and we are lucky that it's just a short bus journey away. We visited the park several times over the summer to make the most of the lovely weather we were having.

We always enjoy exploring the woods, gardens and lakes at Roundhay. We couldn't believe our luck when one day we came across the secret fairy houses hidden in the woods! No one really knows who made these magical tree houses but we know many have been decorated by local children.

This year Mental Health Awareness Week encouraged us to connect with nature. That week we took long walks along the canal and enjoyed the local parks and wildlife Leeds has to offer. It was really special to see the swans and their cygnets nesting on the water's edge. The fresh air, exercise and sunshine did everyone the world of good!









# WEEKLY GARDENING

Groundwork Yorkshire is a Charitable organisation that has been working in Yorkshire for 30 years and Leep 1 are very happily taking part in one of their Projects.

After a slow start due to Covid and bad weather we were at last able to go to Groundworks allotment on Lady Pit Lane Beeston.

We are lucky enough to have a bus that takes us straight there, so no waiting around and having to change busses. We are met at the allotment by Lou and we also got to meet Christianne, these are two of the people involved in the project.

Luckily we are out in the open and don't need masks, but on arrival Lou sprays everyone's hands with antibacterial spray so that we can use gardening gloves and tools.







Some members have been digging with spades and others using small trowels. They have dug up tons of weeds (Paul loves digging up weeds!) then we dig little holes to place plants and bulbs into.

Ouhiba our volunteer absolutely loves it there, she works so hard, we nearly left her behind one day as she was so engrossed in digging and clearing!



# WEEKLY GARDENING

All of our members have had a go at digging and planting and going to the water butt, filling up their watering cans, it's so lovely to see everyone enjoying themselves gardening and learning about how vegetables grow. Also learning that it's not the end of the world to get mucky and that their clothes will always wash!

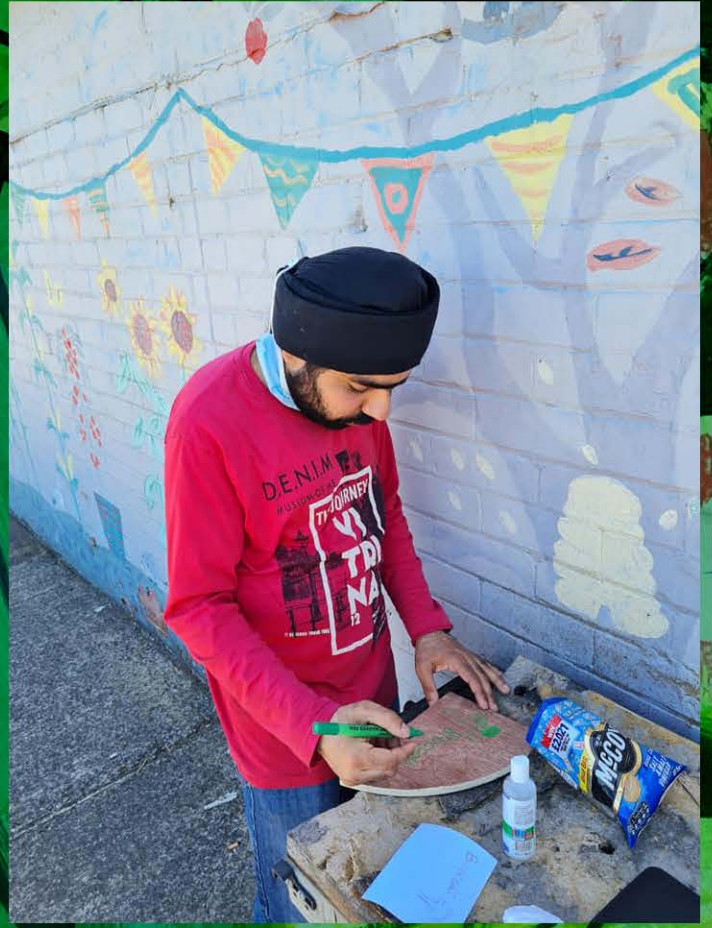
We break for our packed lunches and are kindly offered coffee from Lou. The other great part of the day there involves craft projects. On one of the weeks members were cutting up magazines looking for pictures that they liked and then decorating plant pots with them, Bernadette found some fabulous tiger pictures that she liked and Kalwant found an interesting article about an Albatross that he loved. Signs were also made by painting vegetable names onto pieces of wood and decorating them then hammering nails through posts into the signs, very nerve wracking for some.

A lot of fun has been had making a scarecrow! He now has a lovely face but the best part was making his body out of tights and shredded paper, Lou has a structure in mind but it just looks like a wobbly bottom and snake legs, just wonderful fun.

The project continues to be a great day out, not only for building teamwork but beneficial for Health, mental health and wellbeing.

With thanks to Lou at Groundwork Yorkshire.







# AND PROJECT

With the easing of restrictions many events and fairs have reopened again this summer. Amanda and the AND #AbilitiesNotDisabilities entrepreneurs have been busy running stalls at various festivals and events all around West Yorkshire.

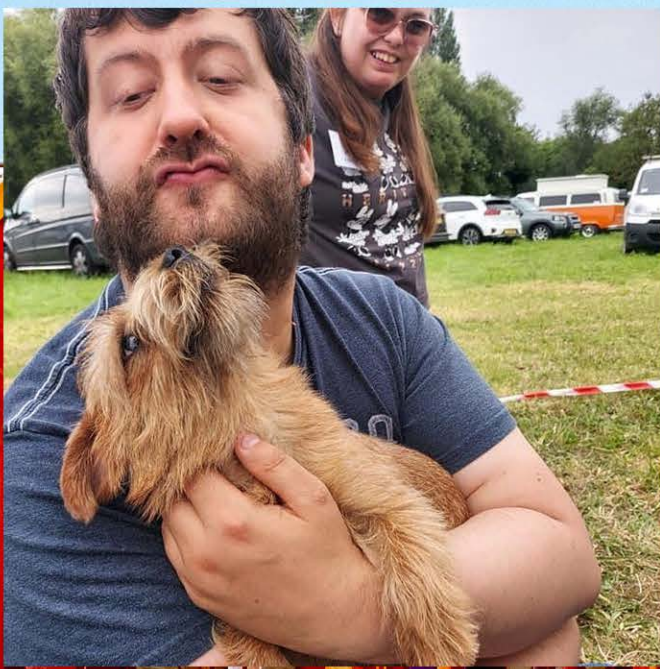
These events are a great way for members to learn customer service skills, money skills, display skills and show off all the amazing new designs and artwork they have made. It's such an amazing confidence boost for the artists when people buy our clothes and prints too! Everyone has really enjoyed the events so far and we hope to do many more over the winter and festive season.





Our first stall was at a dog show near Selby where Joe, Susan and Annette sold T-shirts, hoodies, artwork and some delicious cakes made by Cafe Leep. Angie made some special pupcakes for the dogs which were a big hit. They sold out and were gobbled down in no time!

It was a really fun day all round - we sold lots of clothes and met lots of lovely people. Of course the team couldn't resist cuddling all the gorgeous puppies aswell!





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#Abilities





At the beginning of August lots of members came down to the Brackenwood Community Centre to help run the AND stall at the Family Fun Day. There was lots of activities, live music and a lovely BBQ too. Annette decided it would be fun to volunteer for the stocks and have a wet sponge thrown at her by Chris! The members also enjoyed visiting the police van that was on site and won lots of prizes on the Tombola. It was an absolutely brilliant day (despite the rain) and the team made lots of sales too.

The following weekend we were at the Waterfront Festival at the Royal Armouries. Cafe Leep also had a stall selling cakes and the Friday Group came down with Beckie and Janine to visit the event and have a look around.

It's been fantastic showcasing all our work and promoting the project to the public and other organisations.

Well done to the AND team for getting their message out there!





# LIGHTS CAMERA ACTION! AND CLOTHES PHOTOSHOOT

The summer started off with a fantastic photoshoot with all of the AND team. We worked with photographer and film maker Jan Wells and spent the day at Leeds Docks by the canal posing for the camera and showing off our new Eco Friendly clothing range. We found some amazing Grafitti walls that made great backdrops for the photos.

Everyone did a brilliant job modelling the clothes and it was so great to have the whole team together. The day was filled with fun and laughter, it was a big confidence boost for everyone especially after spending so much time apart and seeing each other mainly on zoom.

The team also worked with Jan to make a film about the project. The finished film was used to help promote a Crowdfunding campaign that was set up to raise money so that we could develop and grow the business further. We raised an amazing £710 from donations which will be used to get lots more designs printed - helping to spread our #AbilitiesNotDisabilities message far and wide.



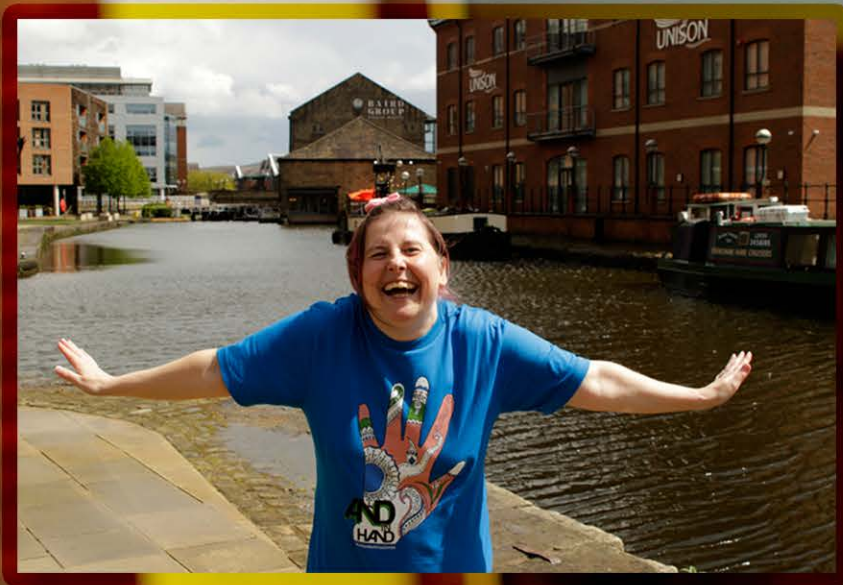












*“AND Clothes helps people with self confidence, self belief and strength. Thankyou.”  
Sally*



Photos by Jan Wells





Restaurant Guru 2021

RECOMMENDED

## CAFE LEEP: STRENGTH TO STRENGTH

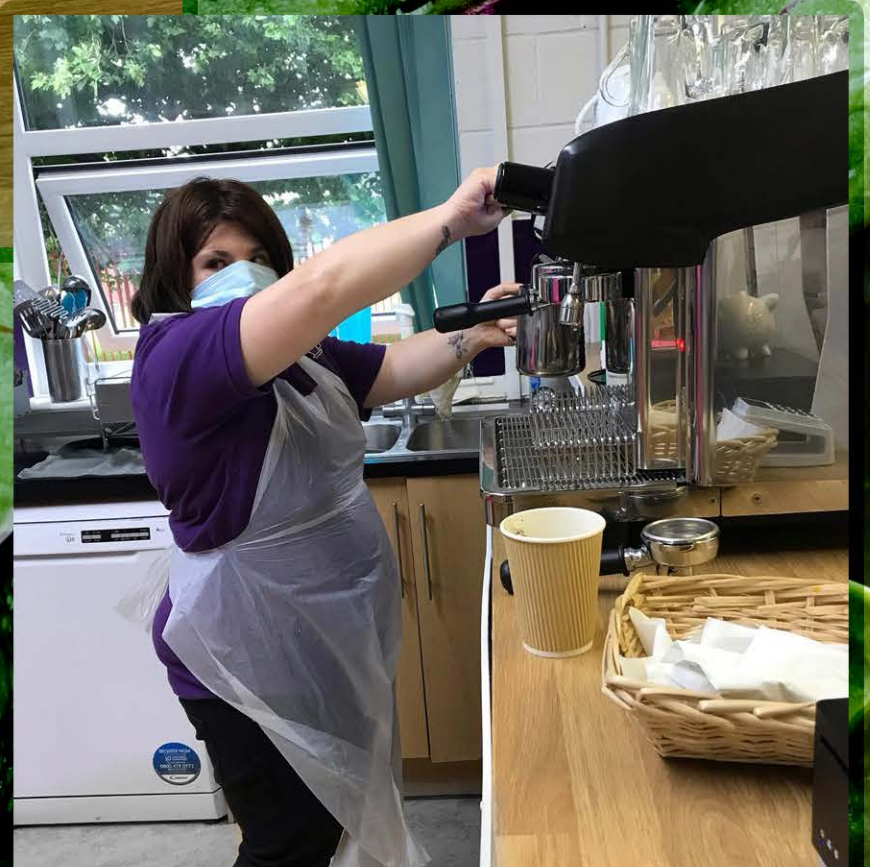
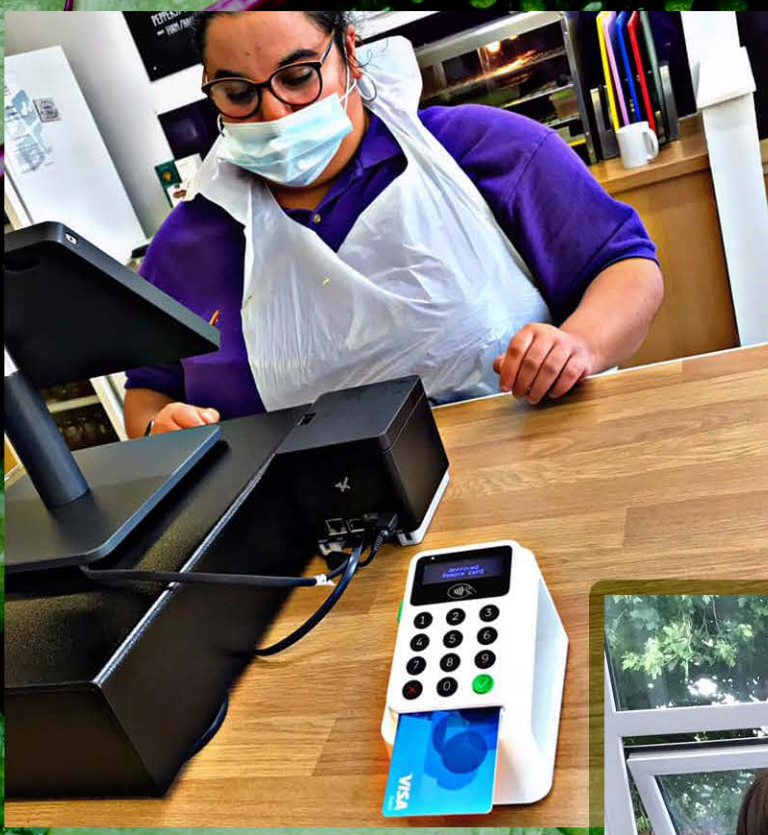
Over the last few months we have seen Cafe Leep go from strength to strength. Originally just open three days a week for takeaway service the cafe is now back to a full five day week service with full menu. Our customers have been enjoying sitting indoors and the smell of fresh coffee made in the new barista machine too.

The cafe now accepts card payments and the trainees and members have already mastered the new till and payment system.



The Trainees now start work at 9am which has been a great way to extend their training with us but is also good practice for them being ready for work during normal office hours.

It's been fantastic to see the cafe slowly rebuild after Covid and we are so proud that it is now officially recommended by The Restaurant Guru Guide 2021!





# NVQ SUCCESS!

Finally after months of training online during lockdown, office and café closures, COVID rule changes, and staff isolating we finally booked the first Food Safety in Catering Level 2 NVQ exam session!

There is a bit of a backstory for everyone taking these exams and I am truly proud of everyone who had to sit the exam under strict COVID conditions.

Firstly, Joe was about to resit his exam before lockdown as his initial certificate he gained with Café Leep back in 2016 had expired. He attended some of our online food safety sessions during lockdown to keep his knowledge fresh.

Once January 2021 rolled round, we were ready to open the café and get Joe in for his exam. However, lockdown struck again and we were back at home. However, once we were finally allowed to reopen in April with our trainees, Joe was by this time a paid member of staff. This is something that we're very proud of! During his time back in café, he's shown just how much of an asset he is; not just in the café but also in the classroom. Joe has shown how much he knows and has even run some sessions with the trainees. This being said, I had absolutely no doubt that Joe would pass his exam with flying colours and do you know what? He did! He's in fact the first person we have trained with a learning disability to get 100%  
Go Joe!



Another member of our staff with a learning disability who started with us in April 2021 was Maisie. As she now works in the café, it was sensible for her to have a certificate and food safety knowledge to help her work with us. Maisie came with previous experience of working in a café environment and is really looking forward to us getting our new barista coffee machine! However, her NVQ certificate had lapsed so with a few online sessions and some revision at home Maisie was ready. We're so happy to say that she passed too! Well done Maisie!









# CONGRATULATIONS...

The next candidate with a learning disability was Sapphire. We got to know Sapphire through the Leep1 Facebook Group page that we set up in March 2020. During lockdown, Sapphire attended practically all of the food safety sessions, even when she moved house! She also did some e-learning and even bought the Highfield guide books to help her! Due to lockdown we found it hard to arrange the exam. Like Joe, we were planning on a January 2021 exam; however lockdown halted that idea! Despite the frustrations of COVID, Sapphire finally got to take her exam in June 2021 wearing her mask on a hot day and completing it on her own without the help of a permitted reader. This is a success story in its own right as Sapphire gained all her knowledge with online teaching via Facebook and Zoom. Oh, and did we say that she passed? Yes she did and we are ever so proud! We hope Sapphire can take her knowledge to one of her many jobs and volunteer roles around Leeds!

Our 4th candidate was the super volunteer for Leep1, Ouahiba. She is a valued member of the team and the members enjoy having her help with all the groups that Leep1 run. As you may have guessed Ouahiba's first language is not English. So... having to listen to me rant on about contamination and anaphylaxis in broad Yorkshire may not have been the easiest lesson in the world. However, I'm so pleased to say that Ouahiba did an amazing job using her allotted time well to score very highly and pass her exam! Very well done Ouahiba!



Next up was our brilliant Leep1 staff member Paul who due to his million and one jobs didn't get much time to prepare. He was naturally worried because of this but I had every faith in him and our training. Needless to say he smashed it – he must've also picked up something along the way during the past 6 years whilst listening to me bang on about it! Great job Paul!





Last but by no means least, Leep1's newest staff member, Janine took her revision pretty seriously and it was reflected in the tremendous score that she got on her exam that took her all of 10 minutes! Janine must've also benefited from attending some of our online fun quiz sessions too! That said, there's one one thing she and everyone definitely knows... and it's that Ali Campbell has no business running a café with a rat in his kitchen!

All in all, it took us forever to get this exam arranged for one reason or another! However, it was totally worth waiting for as the results speak for themselves! Congratulations everyone. I'm very proud of you all!

Darren





# £5000 RAISED!!

Cafe Leep's old coffee machine had been broken for a while and now that the trainees were back after lockdown it was time we bought a new one. Coming back after last year felt like a new start for everyone.

Having a coffee machine to teach our trainees barista skills is an important part of their placement with us. We also missed the lovely smell of proper coffee in the place too!

Angie set up a GoFundme campaign on a Friday and within just a few hours they had raised nearly £1000! The donations kept flooding in over the weekend and within a week a staggering £5000 had been donated! We are all blown away by the kindness and generosity of all our supporters.

The campaign also got a lot of attention from the media who came to Cafe Leep for the day to film and interview the cafe staff and trainees.







Cafe Leep

AbilitiesNotDisabilities



Thanks to all your generous donations we are proud to say Cafe Leep now have a shiny new coffee machine! The left over funds were used to buy other important kitchen equipment so this year really has felt like a fresh start for the cafe.

The GoFundme campaign has definitely been one of the main highlights of the year. Thank you so much to everyone who donated and supported us. What an incredible response!

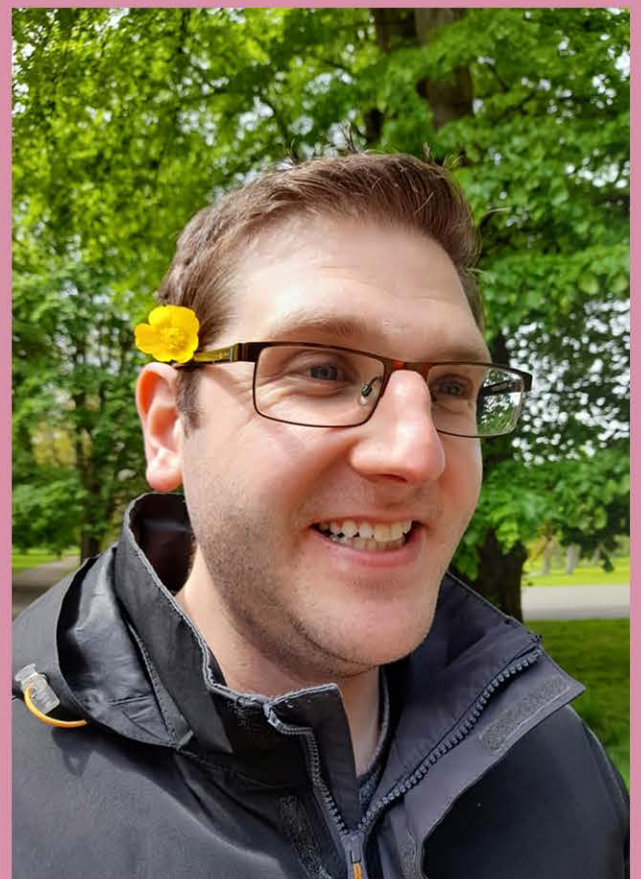


# PAUL WADE

At the end of July we received some sad news. Our longest serving and much loved support worker and volunteer coordinator Paul had decided to move onto pastures new.

Messages of support, sadness and stories of funny and fond memories came pouring in from every member, staff and volunteer who had the pleasure to know him. He has left a big big hole at Leep1 and we all miss his amazing sense of fun and his incredible expertise. We wish him all the best for the future and a very successful career ahead.

On his last day we held a big party for him. Angie made a giant Lego cake and there were gifts galore! He absolutely loved the made-to-measure running shoes and his custom printed Leeds United Shirt. There were many individual gifts from the members too. We all enjoyed Karaoke, food and lots of laughter together (but there were many tears too).









# PAUL, PAUL, PAUL, WHERE DO WE START?

You certainly are a larger than life presence, full to the brim of enthusiasm, compassion, hard work and always joking about! And this is why the members and your teammates love you! The last few years have been really challenging during Covid, but you and your teammates have done everything you could to keep Leep 1 up and running at top speed. Because of digital skills sessions your team were able to stay in contact with members throughout the pandemic and offer a large variety of fun and informative teaching online. Be there for those struggling emotionally and with mental health issues, bringing members closer into more of a family, The Leep 1 Family!

Besides the support there needs to be fun, and you have always brought that to Leep 1. Since having members returning at the end of 2020, your team have worked with both members at home and in the workplace. Pauls 10 min workout has been a big hit and the Healthy living sessions and Kahoots galore. He puts so much fun and laughter into them, awful singing, joking about, dancing and falling over, I know the members can't get enough. It's learning through fun and it is a comfort.

2021 has brought us a little more freedom and following Health and Safety covid procedures we have been able to have our members back at Leep1 HQ. Seeing our members isolating at home, many unable to get out at all was very upsetting.

So Paul decided that when we got back, we were going to make the most of it and get out every day possible. We have done just that, visiting towns and attractions all over West Yorkshire.



Taking packed lunches along with us, we walk and talk and smile and laugh, getting Vit-D, exercise, everyone so excited to see how many steps they have done.

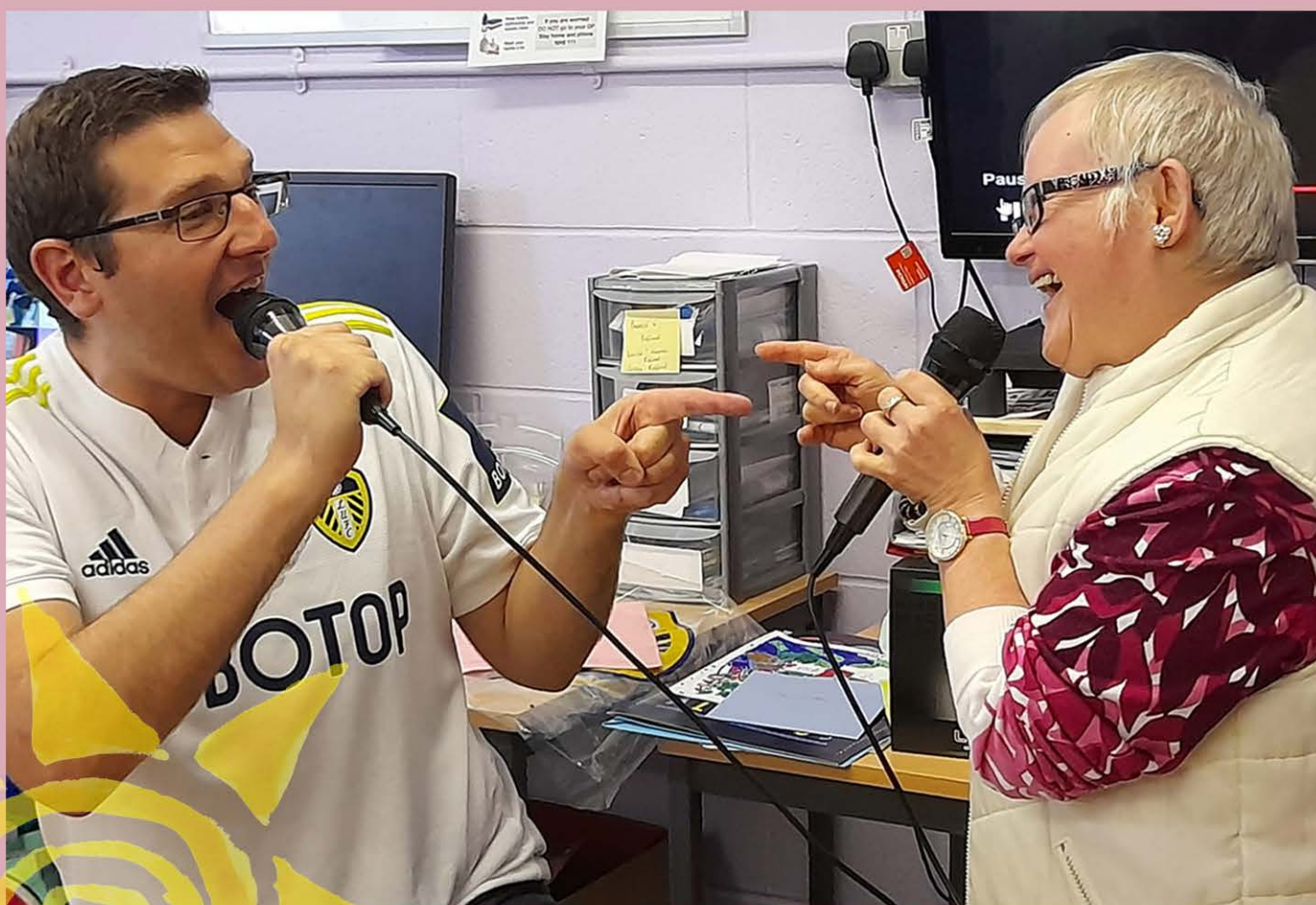
Paul has given so much of himself to Leep 1, made so many fun memories for all who know him, he's going to be greatly missed.

With Love from your Leep1 family xxx





# UPLIFTING, DEDICATED & SINCERE





# GOODBYE PAUL



Paul Wade has been working at Leep1 for the past 9 years. He has been a big part of Leep1 and has helped and supported people over the years in giving them a voice. He has supported us to learn our way around Leeds and taken members to other areas outside of Leeds making us feel confident on public transport and keeping us safe.

But also Paul has supported me personally with lots of things. We worked on 'Disability Awareness training' together and travelled to lots of places to promote the work we do at Leep 1. You make me so happy Paul, giving me jokes to make me laugh when I felt down. So I would like to say a big THANKYOU for being a huge part of our staff team and a great person to work with, you have a great future ahead of you and we will miss you very much.

Susan Hanley  
Senior Chair of Leep1

*"I loved working with Paul. On days where I was down he would always lift me up. He has that wonderful spirit that keeps everyone going"*

*The thing about Paul is that he always puts the members first. He has that knack to get everyone motivated. He never hesitated once when I asked him to put a Christmas tree on his head. He's going to leave big shoes to fill. I'm really going to miss him.*

*Darren*



# UEFA EURO 2020

The summer was a nail biting time for England fans as the UEFA EURO 2020 Tournament kicked off in June. But the tournament was spoilt by the terrible actions of a few after England lost the final match against Italy.....

## HATE CRIME BY JAMIE MARSHALL

I watched the Euro 2020 final between England v Italy with my family. I felt upset and angry we lost on penalties. But I was proud we made it to the final.

Some nasty people posted hurtful racist comments on social media. They attacked Marcus Rashford, Jadon Sancho and Bukayo Saka. These had all missed penalties in the penalty shoot-out .

I am upset what has happened to Marcus Rashford. He is a good person that made sure that thousands of children were fed in the lockdown. The mural of him painted in Manchester was graffitied by racists. But lots of people came out and respected him by sticking messages of love and anti-racism over the graffiti. A big crowd gathered in Manchester last night, some took the knee to respect him. Some people waved #BlackLivesMatters banners.







A photograph of a clear plastic tray containing six small, cylindrical pots made of brown cardboard. Each pot is filled with dark, rich soil and contains a young green seedling with two leaves. The seedlings are at various stages of growth, with some showing more developed leaves than others. The tray is set against a light background, possibly a window or a bright wall.

# STORIES FROM THE VEG PATCH

Janine our new support worker has really brought her love of nature and the outdoors to Leep1 since she joined us. From Nature Walks to Nature inspired art sessions.

She will be keeping us up to date with her allotment stories in this and future newsletter editions.....





# JANINE NEARLY LOST THE PLOT!

## EAGER BEAVER:

One thing I love is being outdoors (see my leep1 FB lockdown walks) and also growing veg, flowers and plants. I was very excited to get on with planting out my veg this spring, buying seeds, planning where things would go, getting all of my plant pots and trays together. I decided on courgettes, potatoes, shallots, beetroots, tomatoes and French beans.

I eagerly planted courgette seeds into small pots in the sunny spot in the house then potted them on, boom! They punched their way through the compost and grew at speed. All of a sudden I had huge plants in the house, so I hardened them off (put them outside to acclimatise) then planted them out. Hmmmm, this was my downfall and my courgettes demise, the rotten frost got them all, they were like limp lettuce. Oh dear, I thought, but all is not lost as I had my back up soldier courgettes! Sigh, these went out carefully covered against the frost but we then had two weeks of torrential downpour and cold weather and my courgettes were no more!





## **ALL IS NOT LOST**

Luckily I had also chitted and planted out some Apache potatoes, they really enjoyed the rain and were nice and warm under the earth waiting for a bit of sunshine. I also like to grow wild flowers at the front of my veg patch so that they not only look beautiful but they attract the bees and insects (there haven't been many butterflies about this year I noticed) the flowers also cover up my view of holes as I dig up the veg. so as the weather got nicer I was able to plant out beetroot, tomatoes and French beans ooh la la!

## **HALLELUJAH**

A lovely friend heard about my courgette troubles and took pity, she gave me two courgette plants and two aubergine plants (very exotic eh!) I am very pleased to say they are doing very well as is everything else!

Janine







# FUN AND GAMES

As you can see the summer this year has been about having as much fun as possible. Everyone needed to have a great time after the hard year we've all had. With lots of fresh air, nature, exercise, fun and games all filled with laughter! And importantly just being together again was simply brilliant!

There have been some big achievements this year and some challenges too. We look forward to the next three months and can't wait to share our news with you in the Autumn.

## Summer Word Scramble

HEBCA

KBCTEU

DSAPE

KAPR

NCVIAOTA

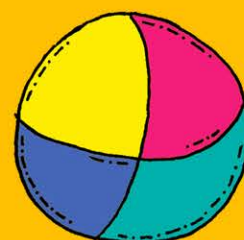
NIPCCI

KIBNII

PNICMAG

MUMERS

HSRTOS





# Decode A Message

Use the key code to find a message with some sunny advice!

A=5

N=4

C=3

T=10

I=2

R=8

E=6

S=9

O=7

W=13

H=1

U=11

Y=12



3   8   6   5   10   6

12   7   11   8      7   13   4

9   11   4   9   1   2   4   6   **!**



# SPOT THE DIFFERENCE



CAN YOU SPOT 6 DIFFERENCES IN THESE TWO PICTURES?







# ANSWERS

## SUMMER WORD SCRAMBLE:

BEACH  
BUCKET  
SPADE  
PARK  
VACATION  
PICNIC  
BIKINI  
CAMPING  
SUMMER  
SHORTS

## DECODE A MESSAGE:

CREATE YOUR OWN SUNSHINE



# SPOT THE DIFFERENCE







THANKYOU TO ALL THE LEEP1 MEMBERS,  
VOLUNTEERS AND STAFF WHO  
CONTRIBUTED TO THIS NEWSLETTER

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