



# SPRING

## NEWSLETTER



# LEEP1 NEWS

Welcome to our Spring 2022 newsletter.

As the country comes to the end of the pandemic restrictions our service has finally been able to offer more face to face group activities such as our Club Nights and Friendship Group.

Our service has also seen some very big changes to our staff team. We welcome a brand new interim manager and deputy manager: Helen and Annabell.

We look forward to starting a new chapter at Leep1 and seeing what developments our new team can lead us to.



Helen Whitelam  
Leep1 Manager



# WELCOME HELEN

Helen joined Leep1 as deputy manager in November 2021 and in February 2022 stepped up to become the new Leep1 Manager.

Before coming to Leep1 Helen worked for a leading national charity supporting people with disabilities to live and work independently.

She is passionate about self advocacy and looks forward to introducing new ways we can support our members. Another passion is working with volunteers to help support and enhance the service as well giving the volunteers skills and the valuable experience of working in the third sector

On a personal note, when Helen is not working her main role is being a mum to 3 children (Emma 10, Freya 8, and Isaac 6) Helen understands the challenges life brings as her oldest is autistic. She also loves cats and shares her home with three feline friends!



# WELCOME TO OUR NEW STAFF MEMBERS



ANNABELL  
DEPUTY MANAGER

Our new interim Deputy Manager Annabell joined the team in February.

“I’ve worked for Advonet for just over a year as an Independent Mental Advocate and a Health Complaints Advocate. In my spare time I co run an events/arts collective that put on fully accessible events and give newcomers a chance to perform for the first time in a safe space.

I’m known as “The Hungry Enby”, which is because I am nonbinary and I’m always thinking about food!”



Kayley joined our staff team as a sessional support worker. When she's not at Leep1 she is studying law at Leeds Beckett University and hopes to be a solicitor one day.

KAYLEY  
SUPPORT WORKER



OUAHIBA  
SUPPORT WORKER

Ouahiba has been a Leep1 volunteer for many years and it's amazing that we can finally welcome her to our staff team. Ouahiba supports Janine in all the daily activities we run.





## MANDY

Mandy left the Leep1 team in February after deciding to follow her lifelong passion to become an entrepreneur and help vulnerable women suffering domestic abuse.

Mandy has been at Leep1 since it began. Her hard work and dedication is what grew the service to be what it is today.

So many messages of thanks and goodbyes came in from all the members. She leaves a big hole especially for our members who have been on this amazing 12 year journey with her.



*"Mandy leaving her role as Leep1 manager is a big thing. Like storms Eunice, Franklin and Dudley rolled up into one. Mandy's been there almost since Leep1 began. With great energy, imagination, warmth."*

*Philip - Chief Executive Advonet*



Mandy with Alan

Close colleagues  
Susan and Mandy



On her last day we held a party and the room was filled with beautiful decorations made by the members. Some members gave speeches and everyone shared their happy memories and stories.

We hope Mandy will still be part of Leep1's future as she has offered to sit on our Board of Directors. It was amazing to see her at our Club Night in March and she has promised to pop in regularly and stay in touch.





*"I remember when Leep1 started - meeting in a small room at Unity with a will to change things but without a lot of direction to get there.*

*Mandys drive, determination, energy and inspirational approach has helped members to grow Leep into the fabulous service it is today.*

*It is so well known and valued across the city and has helped so many people with learning disabilities grow in connections and confidence.*

*I know it will continue to grow as Mandy has built these brilliant foundations. I am sure Mandys energy will grow equally fabulous services and continue to inspire others elsewhere as much as she has with Leep."*

*Wendy - Director of Inclusion Projects - Advonet*



A farewell film was made with photos and video messages.

Visit our Leep1 Leeds People First Youtube Channel to watch it.



# LEEP1 CHRISTMAS PLAY

One of the highlights of our week at Leep1 is Wednesdays Drama Group with Bright Sparks Theatre Arts.

Aspire and Leep1 members get together with Marc and John at Woodhouse Community Centre every week. They write and rehearse for big performances they put on every year.

Practising acting skills is one of the fun activities they do - like playing games such as Magic Mirror and Magic Box.

“ *My favourite thing about drama is the performance and production on stage - says Colleen.*

*My favourite thing is I'm constantly laughing! says Darren*

”





# BRIGHT SPARKS



Susan as Freddie Mercury  
and Bernadette as Auntie B





Colleen, Bhupesh, Tauseef,  
Kalwant and Bernadette



In December the group performed a fantastic Xmas Play. The play was written by the group members and included lots of famous characters like Del Boy, Freddie Mercury and even Her Majesty the Queen!

They performed at both The Stage at Leeds University and the West Yorkshire Playhouse.

There was a really big audience for both shows. The cast was nervous at first but all those rehearsals soon paid off and everyone's performances were absolutely flawless!



Alan as James Bond  
and Tauseef as Del Boy



“Bright Sparks love working with Leep1 Group. Thank you.  
YOU ARE ALL SUPERSTARS!!!”



“NICE TO SEE YOU”  
XMAS PLAY 2021





# PEOPLE FIRST MEETINGS

Our People First meetings happen every first Thursday of the month. In our meetings the members have been coming up with ideas to fundraise. They have also been planning fun events for 2022.

The group has been busy organising a big day trip for everybody this summer. After such a difficult couple of years we are so excited to be able to finally do this.

The members have also been taking part in a consultation about the new Leep1 Website.

Leep1's new website will be launched in the summer and will be more accessible and user friendly. The members have been helping to design it alongside Amanda, Luke and a professional Web Developer.



# SPRING HAS SPRUNG!!

Janine, Ouahiba and the members have been making the most of the lovely spring weather. We have enjoyed trips to the market and gone for local walks. The members love the new Leeds bowling alley!

On rainy days we still keep busy by doing art, playing quizzes and Bingo.



Susan goes bowling.  
Tony, Louise, Alan with Ouahiba  
lan and Tauseef enjoy the park





Inspired by all the colours of spring the members brought the sunshine into the office by making this amazing wall mural. Thanks to them it now looks so bright and cheerful!



Mandy and her amazing butterfly



# FRIENDSHIP GROUP

Our Friendship group have been meeting online throughout Covid, but this year they have finally been able to get together in person again.

So far, the group have enjoyed a pizza and movie night, a St Patricks Day Party, games night, baking with Angie and bowling trips

It still is one of the most popular groups we run and the members always come up with something fun and exciting they want to do.

The group is run by Angie and Sapphire who still loves her job as our support worker.

“

I love being a support worker, helping others and being myself. I enjoy making people laugh and smile and taking pictures - Sapphire Malcolm

”





“

I like the friendship group because of all the different activities we do such as bowling, baking and going out for a meal - Bethany

”



# WELCOME OUR NEW TRAINEES

Cafe Leep has been recruiting lots of new trainees this year. Some have been studying online with Darren doing their NVQ Food Safety during lockdown.

Jack has found that all his studies have paid off. He has already come top of the class several times in the daily Kahoot Quizzes at Cafe Leep!



Andrew and Jack with team mate Jamie



Jack



Olivia, Kian and Andrew are also doing fantastically well in the Cafe and will be ready to take their NVQs before we know it!



Kian



Olivia and her team



Andrew



# LEEP1 CLUB NIGHTS ARE BACK!

Our Club Nights have a brand new venue! Popworld on Millenium Square in Leeds.

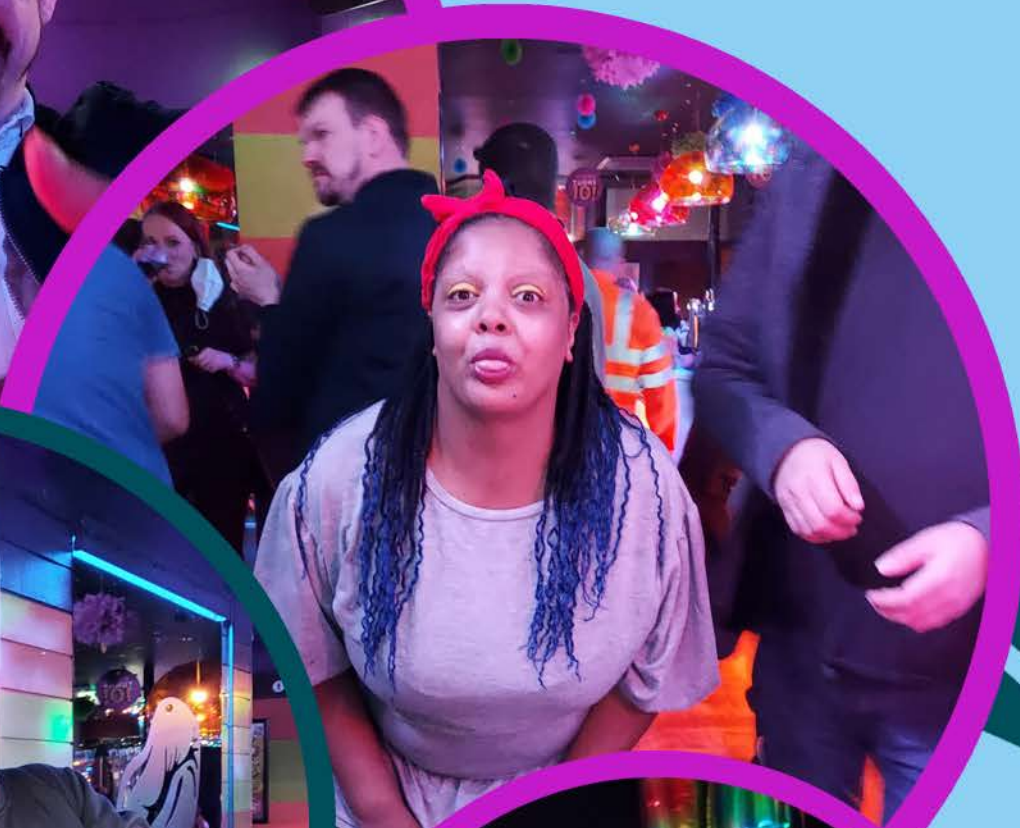
Our last club event was back in October at Halloween but we had to stop them due to the rise in Covid numbers over the winter.

At last they are back as a regular fixture! We had our first one this year at the end of March. Around 100 people came along to the event to dance, socialise, laugh and have lots of fun.

It was a brilliant evening and everyone had a great time!







## A BIG THANKYOU

to Sapphire and Ollie for DJing on the night. They certainly got everyone on the dancefloor movin and groovin!



“

The best thing about Club Night is meeting new people. I have made new friends here  
- Bren O Connor

”

## NEXT CLUB NIGHT DATES:

21 APRIL

16 JUNE

21 JULY

Doors open at 6.30pm

Finishes - 9.30pm

£10 entrance - carers go free

“

I love all of us in a big group, full of staff and friends together as a Leep1 family  
- Colleen

”





Party People:  
Andrew, George  
Joe, Annette,  
Jamie and Robert



# AND MARKET DAYS

The AND Project is now in its second year. At Christmas the team tried some market stalls at Leeds Kirkgate Market which were a big success. This year the AND team will be having regular monthly market days on the last Thursday of every month. You can find them in the food hall at Leeds Market from 10am - 3pm.

## SPRING / SUMMER MARKET DATES:

April 28, May 26

June 30, July 28







## **STRIKE A POSE!**

Jan Wells a Leeds photographer has been working with the team taking professional photos of all the designs and the AND models.

The team love modelling and posing for the camera and have been enjoying days out at various locations like: Kirkstall Abbey, the waterfront and Leeds Town Hall.

In December Jan and the team made a fantastic promo film of the models doing a catwalk wearing the new AND Winter Collection.



# NEW TEAM FOR 2022

This year we welcomed 3 new members to the AND team. Andrew, George and Jamie. All three of them have been amazing! They have now all completed their first photoshoot and despite being nervous they really enjoyed it. After trying lots of different techniques in art they are now getting ready to work on their own hoodie designs.

“ AND has given me structure and improved my mental health and love been part of an amazing team  
George



George



Andrew and Jamie  
(Photos by Jan Wells)



ebay

## EBAY STORE OPEN!

AND Clothing was one of the few small businesses in the UK to be accepted onto Ebay for Change last year.

Part of the programme includes training and business advice which has been really helpful. We are excited to say our new online clothes store opened in January!



# BIG CONGRATULATIONS!!

Here are some amazing achievements by our members:

## COLLEEN

Colleen has started her new job at The Hilton Hotel. DS Workfit has been supporting her and she is doing fantastic in her new role. "I am making special coffees, making friends already. I am a food and beverage assistant with a name tag. They do a lovely cooked breakfast at the Hilton"



## KLAUDIA

Klaudia from Café Leep started her new job at Dunelm Mills Café just before xmas. She is loving her new job and is working hard with her new team at Dunelm.







## **ANNETTE**

Annette's dream job has always been to work with children.

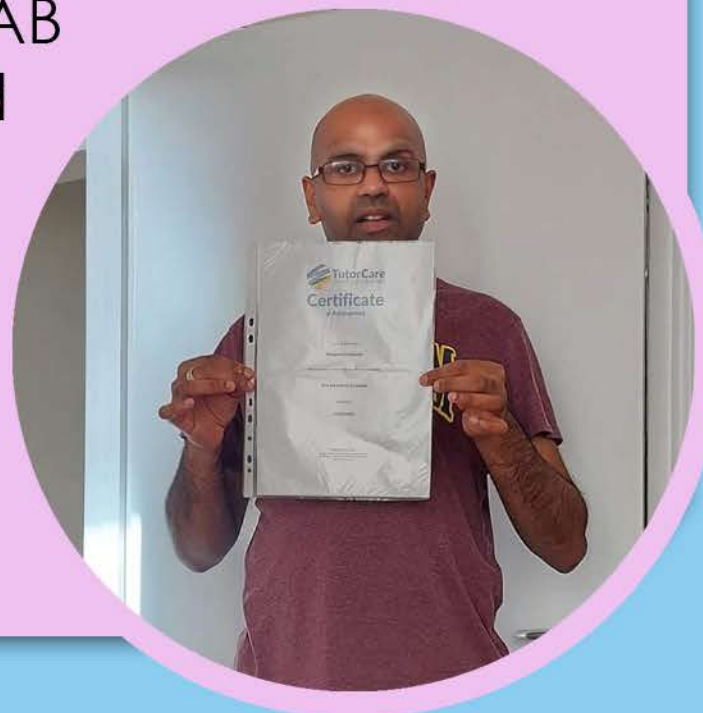
Last week she started as a Nursery Assistant at a Nursery in Horsforth. We are all so proud and know she will be amazing at it.

"I was very nervous but am excited too!"

## **BHUPESH**

Bhups has passed his First Aid Training with St John's Ambulance Service. He will now be able to support the PHAB Group as a fully trained First Aid Volunteer.

"It's made me feel confident and proud"





**WHAT'S  
COMING  
UP....**

**LEEP1  
MASQUERADE  
BALL**

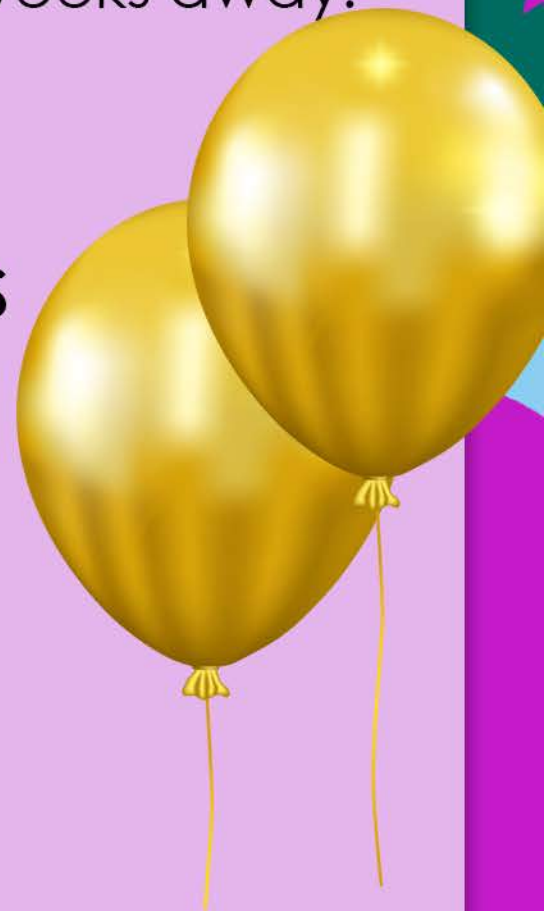


Our special 12 year anniversary celebration the Masquerade Ball is just 6 weeks away!

**FRIDAY 20 MAY  
7PM - LATE  
THE MARRIOTT HOTEL IN LEEDS**

The event includes:  
Red Carpet  
Cocktail Reception  
Award Ceremony  
Three Course Meal  
Music DJs and Dancing

**Event enquiries:  
Please phone Annabell on 07961524814**





# TICKETS NOW ON SALE!



SCAN THE QR CODE  
TO BUY TICKETS ONLINE

TICKETS: £30 Per Person  
On sale at Cafe Leep  
Mon - Fri: 9am- 3.30pm  
Cash or card payments  
accepted.

ONLINE TICKETS AVAILABLE AT:  
[https://www.wegotickets.com/  
event/495856](https://www.wegotickets.com/event/495856)

## JUBILEEDS VARIETY SHOW

50 YEAR  
*Golden Jubilee*

People in Action, Leep1 and Yorkshire Dance  
will be putting on a special variety show on  
JUNE 24th as part of The Queen's Jubilee.

Can you dance, sing, juggle, do comedy?  
Come and audition for the show!  
Deadline for auditions: 30th April  
Please call: 0113 2443729 if you want to  
take part.



# VOLUNTEERING AT LEEP

Leep1 is currently developing lots of new volunteer roles. We are looking for volunteers to join our small team so we would love to hear from you. Please get in touch with Helen: [manager@leep1.co.uk](mailto:manager@leep1.co.uk) for more information.

## VACANCIES INCLUDE:

- One to one support volunteers
- Research Volunteers
- Marketing Volunteers
- Art volunteers

It's always great to see Beckie who volunteers at Club Night




Weronika our student placement with Tauseef





# NEED A GIGGLE?

There's always plenty of laughter and fun at Leep1 so we are sharing some of our favourite jokes from our members....



Someone was throwing Stephen King books at everyone. I wondered why they were doing that?

The IT hit me.

BY JOE BOOTH

Do u want me to tell u a joke about butter?

I can't I'm afraid U might spread it!

BY JACOB HUGIL



Why did the orange roll down the hill?

Because it ran out of juice!

BY BETHANY VERSLET





Thanks to all the Leep1 members  
for their contributions to  
this newsletter

Our Summer issue will be out:  
AUGUST 2022

**The  
Advonet  
Group**  
Providing Independent Advocacy

