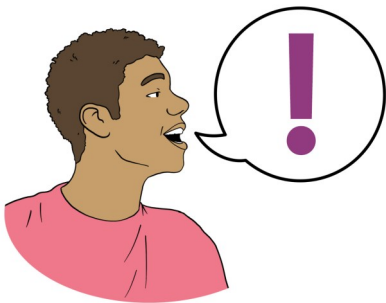




# Members and Carers Newsletter: June 2023

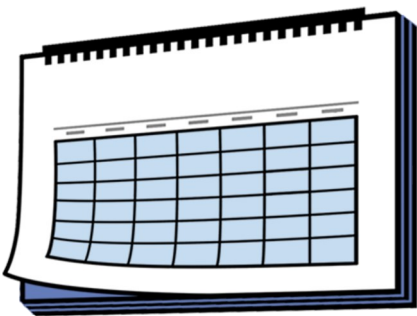


Hello,

Welcome to our first Leep1 Members, Café Leep Trainees and Carers monthly newsletter!

We are excited to share with you some exciting news and updates of what our members and trainees have been doing over the last month and what we are planning to do in June!

We hope you enjoy reading our new-look newsletter. If you have any feedback, please contact us.



# Marking the Coronation

At the beginning of May, all our members and trainees were excited to celebrate the Coronation of King Charles.

Leep1 members spent time making their own crowns and decorations to decorate the office and Café.

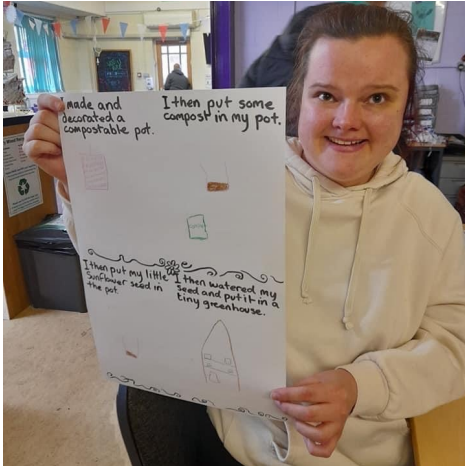
The Friendship group celebrated the King's Coronation by having a Coronation party.

Our Feel Good Friday group made a healthy afternoon tea for the event, which included making their own hummus and tortilla chips.

They also made their own healthy coronation chicken/egg mayonnaise wraps, feta and roasted red pepper crustless quiche and pink raspberry lemonade.



# Learning about sunflowers



Our members have been busy learning about sunflowers.

The members also decorated their own plant pots before filling them with compost and planting their sunflower seeds.

Here are some of the sunflower pictures from our members that will be displayed at the **Brodrick Hall at Leeds City Museum** during World Refugee Week between the **20th and 25th June**.



# Members' News



Here is a picture of one of our members enjoying a walk along the Leeds and Liverpool Canal.



Our Wednesday Drama Group have been busy rehearsing for their upcoming show with Bright Sparks and have already set a date for their next their show.



Here is a picture of some of our Friday members enjoying a game of Rounders at Roundhay Park in the sun.



Some of our members enjoyed an accessible walk around Cross Flatts Park with Royal Mencap's Matt, his Positive changes volunteers and 100% Digital Leeds.

After the walk, they had some lunch before having a look around the stalls and taking part in some digital activities.

# Member Spotlight: Colleen



This is **Colleen**. She attends Leep1 2 days per week on a Tuesday and Wednesday. Colleen enjoys coming to Leep1 because she enjoys seeing her friends and making new ones.

Colleen likes coming to Leep1 on a Tuesday because she likes going out with the Out and About group. Colleen also likes going to drama at Bright Sparks with the Wednesday Drama Group.

Colleen is also a People First Committee member and is the chairperson. This means that she opens and closes the meetings

Colleen has been coming to Leep1 for a long time and when she first started, she was also a trainee in the Café. When she left the Café as a trainee, she was employed as a paid member of staff at the Hilton Hotel.

# Member Spotlight: Ian



This is **Ian**. Ian is one of our Board of Directors and has recently been appointed Co-Chair after our previous Co-Chair Susan Hanley stepped down.

We would like to take this opportunity to thank Susan for all the fabulous work she has done for Leep1 over the years, and we wish her all the best for the future.

Ian has been attending Leep1 since it first opened and has been on the Board of Directors for a while.

Ian has also been a member of the People First Committee and was elected as the Treasurer.

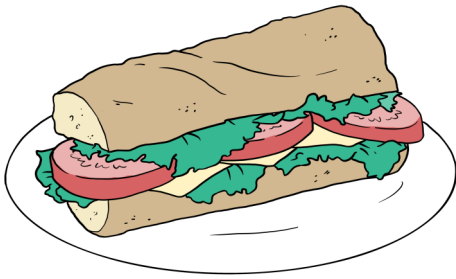
Ian attends Leep1 on a Tuesday and enjoys going out and accessing the community. Outside of Leep1, Ian also chairs the Being Well Task Group.

# 2023 Annual General Meeting



Leep1 will be having their Annual General Meeting on **Tuesday 27th June** at All Hallows Church. It is from **10am to 2:30pm**.

Everyone is welcome and a free lunch will be provided.



If you would like to come and stay for lunch, please let either Angie, Hazel or Helen know by **Wednesday 21st June**.

Please could you also let us know if you have any dietary requirements.



At the AGM, we will also be electing our new People First Committee and have the following roles available:

- Chairperson
- Vice Chair
- Secretary
- Treasurer

If you would like to find out how to apply for these roles, please contact Hazel for further information and a chat about the role.

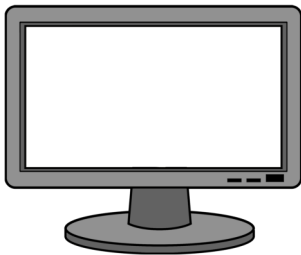
# Directors needed for our Board



We are also looking for people with learning disabilities to become Directors on the Leep1 Board.



This is different to the People First group, as they will have responsibility to make sure Leep1 is working well, sticking to plans and values and helping set these.



If you are interested in being a Leep1 Director, please contact Leep1 Manager Helen.

She will give you a role description and talk you through the ways you can apply.

The role will be on the Leep1 website by **Friday 23rd June**.

There is a closing date of **Friday 7th July** to apply to join the Board.





# Partnership Working



We joined our friends at **Asking You!** at their and Connect in the North's What's On Your Mind meeting at Virgin Money in Leeds.

At the meeting, we learnt about budgeting and saving our money.



We also learned about some Apps we can use to help manage our money.



Some of our members joined CHANGE by taking part in some research with Warwick University. It was about planning for the future, in case they become unwell.

As a thank you for taking part in the research workshops, our members were given a £20 voucher each!



Some of our members and trainees attended the Leeds Learning Disability People's Parliament in April.

At the meeting, they were talking about employment.



100%  
Digital  
Leeds



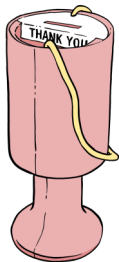
Thank you to **100% Digital Leeds** for funding and all the help and support from **Nicky Lines at Pyramid** for helping us get funding for digital equipment.



Café Leep are now a digital health hub, so why not come use our Free Wi-Fi and have a coffee and a bite to eat!



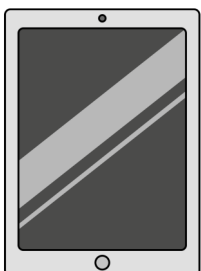
# Thank you!



We would like to say a massive thank you to **Sam Blackett-Jones's** parents for their generosity and kind donation to help keep the Friendship Group running for another couple of months.



We would also like to say a massive thank you to **Matt** and the **Positive Changes Volunteers** for awarding us with funding to be able to purchase a Nintendo Switch for our members.



Thank you to **Multiply** and to **Jake from Three** for supporting our members with getting either a new phone or tablet.



# Feel Good Fridays

**Leeds**  
Community  
Foundation

At the end of September 2022, we were awarded funding from **Anchor**. It was to run 18 weekly “Feel Good Friday sessions for our members who came on a Friday.

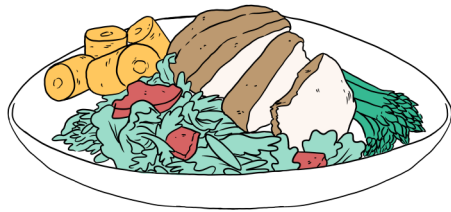
The “Feel Good Friday Sessions that ran between September 2022 and February 2023 were put in place because Leep1 members had said that they had felt that they had become less healthy, put on weight and had suffered low mood during Covid.

They wanted to learn how to cook healthy meals, eat healthy, get fitter and improve their mood.

In February, the funding came to an end, but we were able to bring back the “Feel Good Friday” sessions.

Feedback from the members was positive, as they all said they enjoyed the sessions and that the part they enjoyed the most was the cooking sessions.

In March, we were awarded funding from **People Matters** as part of their NHS Health Inequalities Project. This allowed us to continue our “Feel Good Friday” sessions and continue cooking healthy meals.





# Dates for your Diary

## Our weekly online sessions

**YOGA**  
With Helen On Zoom  
9:30am to 10:00am  
Monday

**YOGA**  
With Helen On Zoom  
10:00am - 10:30am  
Tuesday

**EXERCISE DISCO!**  
Sunday on Zoom  
7-8pm with Michelle & Bernie

We do two weekly online Yoga sessions. These are on Monday and Tuesday.

On Sunday evenings, Michelle and Bernie do weekly Exercise Disco sessions!



# Monthly Club Night!

**80's Theme: Thursday 22nd June**  
**From 6:30pm to 9:30pm**



**Popworld Leeds, 43 Cookridge  
Street, Leeds LS2 3AW**

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**Tickets are £10 on the door**

**Carers/support go for free!**

**Email [manager@leep1.co.uk](mailto:manager@leep1.co.uk) or call  
[0113 243 9477](tel:01132439477) for more information**

Event!

# Upcoming Events



Bright Sparks Theatre Arts will be running their performances of *Where The Magic Happens* on the **8th** and **9th of June**.

They also have another performance coming up in July.

Reserve a seat for the July performance on their website at [brightsparkstheatre.com](http://brightsparkstheatre.com).

Leep1 will be having a stall at Picnic in the Park. This is an event from Aspire CBS, as part of **Leeds Learning Disability Week**.

We will have games and some homemade brownies at our stall.

The event is on **Friday 23rd June** from **11am to 2pm** at Temple Newsam.

Learning Disability Awareness Week | FRIDAY

**Learning disability in Leeds?**

\*\*\*\*\* Join us at our LD Week event! \*\*\*\*\*

**Picnic in the Park!**  
23rd June

\*\*\*\*\* 11am - 2pm \*\*\*\*\*

See you at Temple Newsam in the Wedding Garden!

Join us with your picnic in the beautiful grounds of Temple Newsam  
Enjoy stalls from Aspire CBS and partners  
Take part in the LIVE vote as winners of Aspire's Got Talent is announced!

Please bring your own food, drinks, chairs, tables, blankets and safe footwear  
\* We would only cancel this event if the weather was really awful! Check the weather and bring raincoats, umbrellas and/or sunscreen!

PART OF: **LD WEEK | 2023**  
19-23 June | #leedsldweek

www.aspirecbs.org.uk



Hazel and Angie will be at the SEND Next Choices event on **Thursday 29th June** at First Direct Arena.

After the very successful 8th Birthday Celebration this month, Café Leep are running Leep Fest this July!

There will be burgers, hot dogs, pittas and live festival music.

Entry costs **£5** on the door. It includes the food and live music.

Leep Fest is on **Thursday 13th July** from **11am to 2pm** at Café Leep.

A vibrant yellow poster for 'LEEP FEST'. The title 'LEEP FEST' is in large, bold, red letters with a double arrow pointing right. Below it, the date 'Thursday 13th JULY 2023' and time '11am to 2pm' are written in a black, typewriter-style font. The poster lists 'Burgers, HotDogs, Pittas &amp; Live Festival Music!' and '£5 Entry (includes food and live music)'. It also includes a booking notice: 'Please book in advance as space is limited. 0113 2436791 or angie@leep1.co.uk'. At the bottom, there is a photograph of a festival scene with a carousel and a large crowd. The footer contains the address 'Cafe Leep | 26 Roundhay Road | Leeds LS7 1AB', the phone number '0113 2436791', and social media icons for Facebook, Twitter, and Instagram, along with a red double arrow icon.



# Congratulations!



Well done to **Jack** for scoring 80% on his food safety practice test!



Well done to **Olivia** for making her first Cappuccino!



Congratulations to **Elly** from the Asking You! team, who won our free coffee draw!



Congratulations to **Adam** for scoring the highest on his Kahoot food safety quiz!



# Farewell, Chris



**Chris Hattrell**, our Development Coordinator, has left us. He has a new job as Deputy Manager for Leeds Autism AIM.

Best of luck in your new job and thanks for all your hard work, Chris!

## Meet our new Trainees



Welcome to our new trainee this month, **Malcolm**. Malcolm has worked in the café before, but took a break and has now returned to join the Friday team.

**Join us!**

If you would like to join Café Leep as a trainee, we have spaces available on a Monday and Tuesday.

Please contact Angie for a chat if you are interested in being a trainee.

## Cooking Group



Café Leep will also be starting a cooking group on **1st September**.

Spaces are limited, but if you would like to find out more about how to join, please contact Angie

# Happy 50th, Darren!



We would like to wish all our staff and trainees who celebrated a birthday this month a very happy birthday.

Special Happy Returns go to our NVQ assessor **Darren**, who celebrated his 50th birthday.

Darren got a cake and a handmade card from our staff and members.

# Happy 25th, Jacob!

We also say Happy Birthday to **Jacob**, who is one of our Trainees in Café Leep.

Jacob celebrated his 25th Birthday earlier this month with a special cake, in front of everyone at the café.



# Trainees' amazing food



Here are some pictures of the amazing food that our trainees have made over the last month!

The Café is open **Monday-Friday, from 9am–3pm.**

We have a great menu and have daily specials.

We also cater for events and parties too.

For more information, go to [leep1.co.uk/cafe-leep](http://leep1.co.uk/cafe-leep)





# Recipe of the Month: Pink Raspberry Lemonade

## What you need

- 3 lemons
- 300g raspberries
- 1 litre sugar-free lemonade

## Equipment

- Food processor
- Sieve
- Jug
- Chopping board
- Knife

## Step 1

Roughly chop your lemons

## Step 2

Put your lemons in a food processor with the raspberries and with 500ml of the sugar-free lemonade

## Step 3

Whizz for a few minutes until the lemons are finely chopped

## Step 4

Pour the mixture through a sieve into a large jug

## Step 5

Top up with 500ml of sugar-free lemonade



# Contact Leep1 and Café Leep

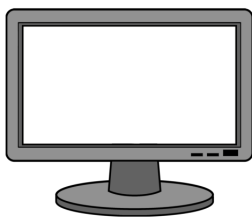


Our address is:

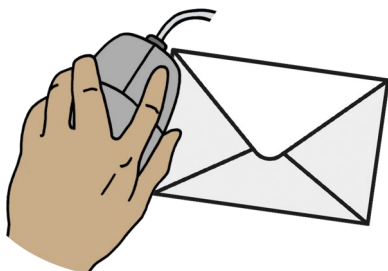
Leep1

Unity Business Centre

26 Roundhay Road, Leeds LS7 1AB



Visit our website at [leep1.co.uk](http://leep1.co.uk)



Email Leep1 at [manager@leep1.co.uk](mailto:manager@leep1.co.uk)

Email Café Leep at [angie@leep1.co.uk](mailto:angie@leep1.co.uk)



Call Leep1's office on **0113 243 9477**

Call Café Leep on **0113 243 6791**



**The  
Advonet  
Group**

Providing Independent Advocacy

Leep1 and Café Leep are part of **The Advonet Group**. They are an independent advocacy charity based in Leeds.

Registered Charity No. 1126132 | Company Limited by Guarantee No. 04229975

Leep1 are a Community Interest Company (CIC). Our CIC number is 07252221