



Members and Carers Newsletter: July 2023

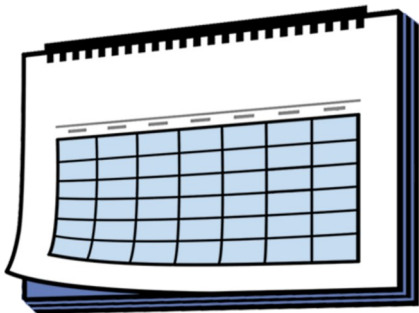


Hello and welcome to our newsletter for **July 2023!**

This month, our members have been out and about enjoying the lovely sunshine and keeping cool wherever possible.

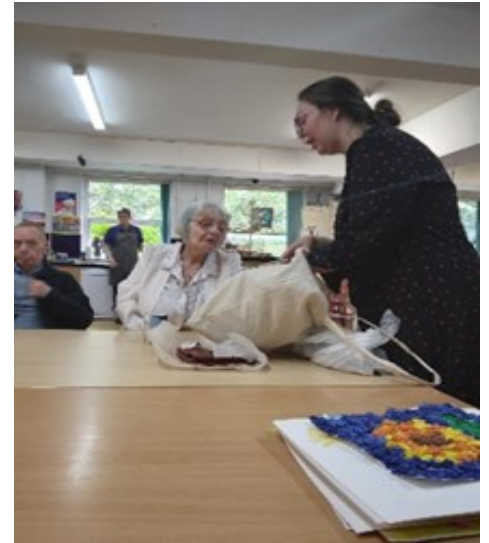
We have also been busy with theme days at Café Leep and have been out and about for Leeds Learning Disability Week.

Read on to find out what we've been up to!

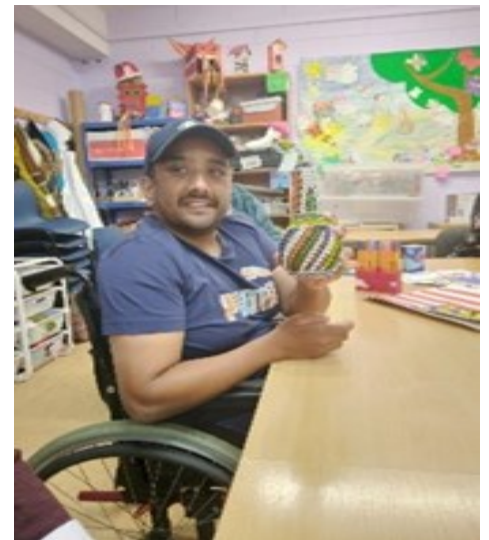


Visit from Sapphia from Leeds City Museum

Sapphia from Leeds City Museum came in to talk to us about Refugee Week. She also brought some objects in for us to look at.



Sapphia also came and took our sunflower pictures that we've been making over the last few months for the exhibition at the museum.



Here are some of our members visiting the sunflower exhibition at Leeds City Museum and looking at their artwork being displayed.



Happy Birthdays!



Happy birthday to all our members who celebrated their birthdays this month.

Here are pictures of Klaudia and Jamie celebrating theirs.

Bright Sparks performance



Our Wednesday drama group joined Bright Sparks Theatre Arts and performed their show, *Where The Magic Happens*, at Stage@Leeds, at the University of Leeds.

What a fantastic show! Well done to everyone that took part. It's so lovely to see how much you've all grown in confidence.

Rehearsals are also in full swing for their next show coming up in July for their show, *Sheets Across The Streets*, which is on at Leeds Playhouse. For more information and to book your ticket, please visit <https://brightsparkstheatre.com>.

Happy 8th Birthday, Café Leep!



On Thursday 15th June, Café Leep celebrated its 8th birthday. To celebrate Café Leep's birthday, we had an Elvis theme day with live music, karaoke and food.

We also had a theme day on Thursday 13th July - LEEP Fest! It had food and live festival music and was well-attended. Thank you to everyone who came to the theme days.

LOVE IS LOVE Café LEEP

PRIDE DAY

THURSDAY
3RD AUGUST 2023
11:00AM - 2:00PM

£5 ENTRY INCLUDES:
LIVE MUSIC • KARAOKE • FOOD
Beef Chilli • Veggie Chilli • Burgers • Hotdogs

PLEASE CALL 0113 2436791 or EMAIL angie@leep1.co.uk
TO BOOK IN ADVANCE AS SPACE IS LIMITED

Cafe Leep | 26 Roundhay Road | Leeds LS7 1AB | ☎ 0113 2436791

Our next theme day will celebrate Leeds Pride. Pride Day is on **Thursday 3rd August** from **11am to 2pm**.

We will have live music, karaoke and food, including beef chilli, veggie chilli, burgers and hot dogs.

Tickets cost **£5**; food and karaoke are included in the price.

To book, please call **0113 243 6791** or email **angie@leep1.co.uk** in advance as space is limited.

Learning Disability Week



We celebrated Leeds Learning Disability Week by joining our friends at Asking You! and Connect in the North at the Council Chambers Takeover on **Tuesday 20th June**.

We also marched from the Civic Hall to Kirkgate Market to join the Being Social event on the same day. Leep1 had an information stall at the Being Social event.



Learning Disability Week



On Thursday 22nd June, we joined our friends at Aspire CBS for a morning of dance on Zoom.

Some of our members showed off some of their dance moves!



On **Friday 23rd June**, we joined our friends at Aspire CBS at Temple Newsam for Picnic in the Park, where we had a stall along with Asking You! and CHANGE.

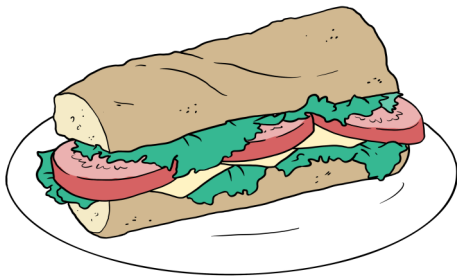
Our members also enjoyed looking round all the stalls, listening to the Aspire's Got Talent finalists and making their own smoothies!



2023 Annual General Meeting



On Tuesday 27th June, Leep1 had their annual general meeting (AGM). At the AGM, we looked back at the last 12 months and made plans for what we would like to do over the next 12 months.



We then had a delicious lunch cooked by Café Leep before electing our People First Committee members for 2023.

Congratulations to our new People First Committee members:

- Colleen, our Chairperson,
- Annette, our new Vice-Chairperson
- Malcolm, our new Treasurer;
- Jamie-Leigh, our new Secretary.



Our people first meeting will be on Tuesday 18th July at Leep1. Everyone is welcome, so please come along.

Volunteer Spotlight



Without our volunteers, we would struggle and would just like to say a big massive thank you to all our volunteers:

- Our café Leep volunteers,
- Leep1 volunteers,
- Club night volunteers and our friendship volunteers

We really appreciate all the work that you do.

Welcome



Welcome to Café Leep new trainee Reece, and welcome back to Café Leep, Annette!

Goodbyes



Goodbye to Janet, our Café Leep Support Worker.

We also say goodbye to Olivia, one of our Café Leep trainees.

Congratulations!



Congratulations to Annette for coming runner-up at the Aspire CBS customer awards last month!



Congratulations to Helen and the other staff members of the Advonet Group who ran the Leeds 10K run in June!

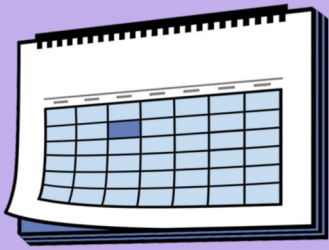


Out and About



Some of our members enjoyed the sunshine, visiting Golden Acre Park, Roundhay Park and Otley.





Dates for your Diary

Our weekly online sessions

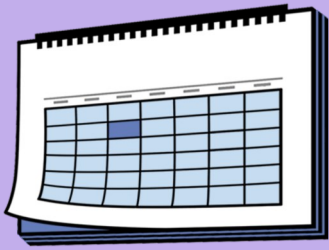
YOGA
With Helen On Zoom
9:30am to 10:00am
Monday

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.

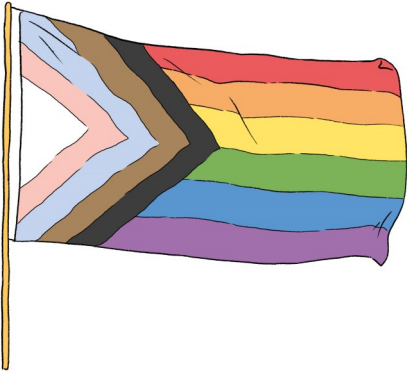
On Sunday evenings, Michelle and Bernie do weekly Exercise Disco sessions!



Dates for your Diary

Pride theme day at Café Leep

Café Leep's next theme day will celebrate Pride. Pride Day is on **Thursday 3rd August** from **11am to 2pm**.



Tickets cost £5 and include live music, karaoke and food, including beef chilli, veggie chilli, burgers and hot dogs.

To book, please call **0113 243 6791** or email **angie@leep1.co.uk** in advance, as space is limited.

Cooking group starting soon

Our new cooking group at Café Leep starts on **Monday 4th September**.

The group is for adults with learning disabilities in Leeds.

if you would like to find out more, please contact Angie. Call her on **0113 243 6791** or email **angie@leep1.co.uk**.





Upcoming Events

Our plans for Christmas

Yes, we know it's early, but we are also thinking about Christmas!

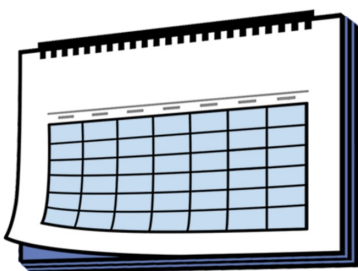
This year, we will be looking at going to the Carriageworks to go see Snow White and the Seven Dwarfs.

The date and time is yet to be confirmed. Tickets should cost no more than **£18**.

If you would like to come, please let Hazel know before **Friday 1st September**.



Join our groups on Tuesdays and Wednesdays!



We are looking for more people to join us for our activities on Tuesdays and Wednesdays.

On Tuesdays, we have our Out and About Group. They go to different places like parks and museums.

On Wednesdays, our Friendship Group meets at Café Leep. They do all sorts of fun things like games and movie nights.

If you want to join, please contact us!





Recipe of the Month: Fruit Ice Lollies



What you need

Any fruit of your choice. We used:

- Pineapple
- Strawberries
- Melon
- Grapes
- Lemonade



Equipment

- Blender
- Bowl
- Ice lolly moulds





Recipe of the Month: Fruit Ice Lollies

Method



Wash the fruit and then chop it into small chunks.



Put the fruit in a bowl and blend.



Pour the blended fruit mixture into an ice lolly mould and top with sugar-free lemonade.



Place your ice lolly moulds in the freezer to freeze.



Contact Leep1 and Café Leep

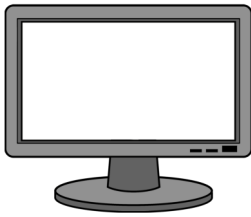


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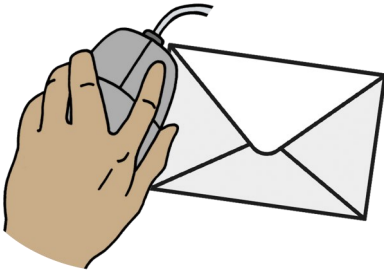
Leep1

Unity Business Centre

26 Roundhay Road, Leeds LS7 1AB



Visit our website at leep1.co.uk



Email Leep1 at manager@leep1.co.uk

Email Café Leep at 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