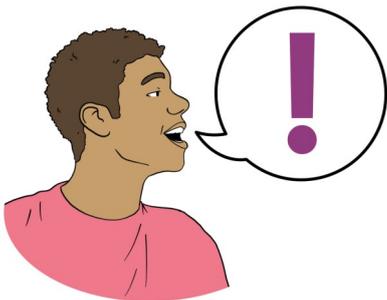




# Members and Carers Newsletter: August/September 2023



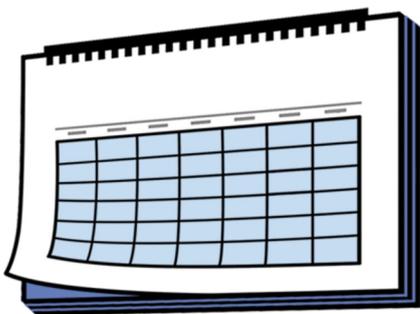
Hello and welcome to our newsletter for **August-September 2023!**

As the past two months have been quieter than usual, we are doing a newsletter to cover two months instead of one.

Inside, we have news about what we have been up to in the past two months.

This includes our groups, work in Café Leep and events we have coming up this autumn.

We hope you enjoy reading our newsletter!



# People First Meeting



We had our People First meeting in July.

This was the first meeting we had since the new committee members had been nominated at our Annual General Meeting (AGM).

We were also joined by Aspire CBS.

We spoke about things that were important to the members.

# Visits



Maisie and Robert from Royal Mencap went to see us. They came in to do some surveys with us to get feedback on how their project was going and how we used their money.

Thank you to Maisie and Robert for coming to see our members!

With the funding from Royal Mencap, we bought a Nintendo Switch. Our members have really enjoyed playing with it.



In August, Stewart Manning and Ric Myers from Yorkshire Cancer Community came to give their Cancer Smart talk to our Feel Good Friday group.

The session went well and we hope to hold more similar sessions in the future.

# Out and About Group



We attended Pudsey Park and went on a Positive Digital Walk in August.

There, we had a walk around Pudsey Park and took part in some fun digital activities with Royal Mencap, Pyramid and 100% Digital Leeds.



We attended a rave with cake at Leeds Playhouse as part of the Beautiful Octopus Club festival.

There was a DJ playing music that members danced along to and we also enjoyed some cake.



Finally, we took part in the Leeds Bear Hunt this summer.

We looked for all the different bears across Leeds that were painted like the one in the picture on the left.

# Digital Skills



Some of our members have been enjoying doing digital art.

They have also been using smartphone and tablet apps to build up their digital skills.

## Bright Sparks performance

In July, our Wednesday Drama Group joined Bright Sparks Theatre Company and performed their last show before they broke up for the summer “sheets across the streets” at the Leeds Playhouse.



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.

During the break, the members enjoyed lots of activities. They included days out to Harrogate, baking and doing arts and crafts. Members also took this opportunity to have their quarterly reviews.

In September, Bright Sparks returned and they are now working on their Christmas show.

# Cooking



Our members have been enjoying making some new recipes in their Feel Good Friday groups.

Ashley made some lovely sausage rolls with minimal support from staff.



Clessia and the rest of the Wednesday Group made some scones.

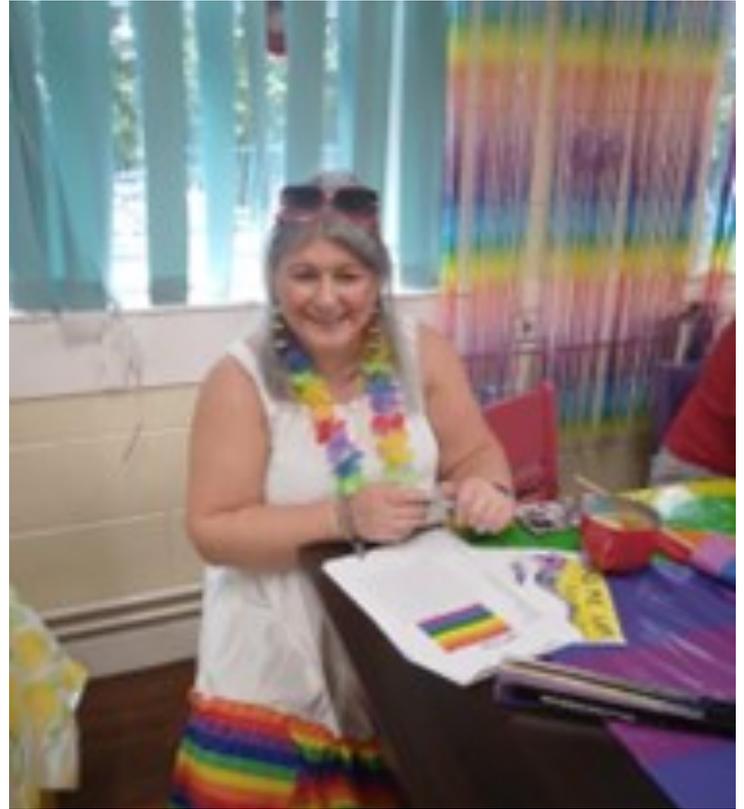


Cooking Groups have also started from the beginning of September, on Mondays from 3pm-5pm and Wednesdays from 3pm-5pm.

So far, Cooking Group members have made:

- Cottage pie
- Lemon drizzle cake
- Apple cinnamon muffins
- Chicken, leek and mushroom pie with mashed potatoes

# Theme Days



This summer, we celebrated 2 theme days! We had a Pride theme day and Carnival theme day. Both of them had live music and delicious food cooked by our very talented trainees.

Our members also baked some delicious cakes to sell.



# Arts and Crafts



Our very talented arts and crafts group enjoyed making some Carnival costumes for our Carnival theme day.



# Birthdays and congratulations



Happy Birthday to Tony, Colleen, Tauseef and Mandy - many happy returns from all of us at Leep1!

## Christmas Card competition



We are currently running a Christmas card competition!

The winning entries will be on the front of our Christmas cards for this year.

If you would like to enter, please design your Christmas card.

Then, send your design by email to [manager@leep1.co.uk](mailto:manager@leep1.co.uk) or send it to us in the post.

Our address is on the back page of this newsletter.



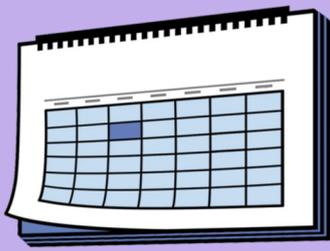
# Out and About



We went to Leeds Disability Pride at the Tetley, supported by SCOPE and Leeds City Council.

Our members took part in a day of disabled workshops, music, a community picnic and lots more!





# 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!



# Upcoming Events

## Christmas office and café closure

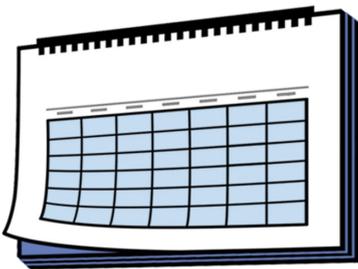


On **Friday 15th December 2023**, we will close Leep1 and Café Leep for the holidays.

We will re-open on **Tuesday 2nd January**.



## 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!





## Useful information

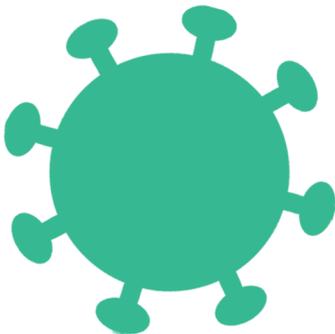
# Christmas office and café closure



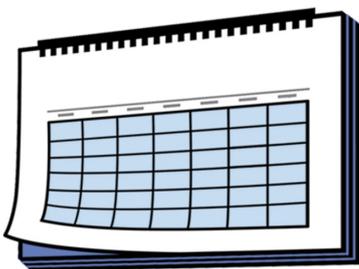
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## Health and Safety



As we are a bit closer to Winter, please can we remind you that if you have any cough/ cold/flu like symptoms or are feeling sick, that you stay at home and do not come into the Leep1 office.



Please can we also remind you that Leep1 opens **Tuesday to Friday**, from **9:30am** to **3:30pm**.

Anyone who arrives before **9:30am** may need to wait until a Leep1 staff member arrives. This is usually from **9:15am**.



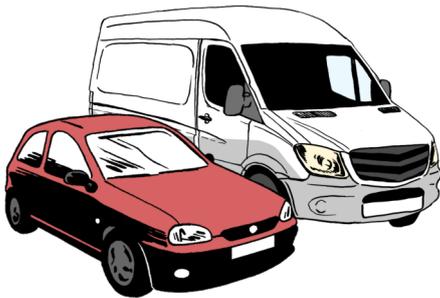
# Useful information

## Absences, holidays and sickness



Please can we remind you that if you are unable to come to Leep1, contact us and let us know as soon as possible.

This is so that we can update the people that we need to speak to, such as transport.



Please can we also remind you that if you need any changes to be made to your transport arrangements provided by Leeds City Council, like holidays, that you give both transport and Leep1 at least 3 weeks' notice for these changes to be made.



Please can we also ask that when you are contacting transport to cancel or rearrange any transport for yourself, if you share transport with other members, that you have made it clear to transport that it's just your transport you're cancelling or re-arranging and not the transport of the other members you share your transport with.



# Contact Leep1 and Café Leep

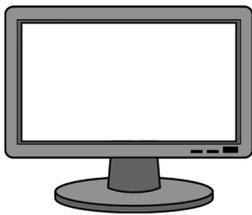


Our address is:

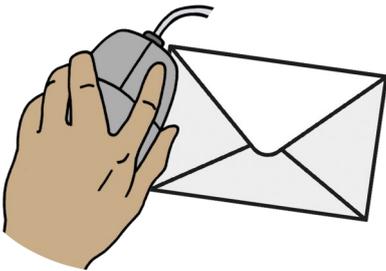
Leep1

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.

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