

What's on

Young Person's Group

Tue 23rd November
Games Night, 7 - 9pm

Tue 21st December
Games Night, 7 - 9pm

Next Social Meeting

Tue 9th November
7pm - 9pm

Xmas Social

Tue 7th December
7pm - 10pm

Contact ASpire

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WANTED Mentors

If you know someone who would like to be a mentor for Aspire, please tell them about us and ask them to contact Sarah. We really need enthusiastic people to come and work with us!

Welcome to the ASpire Newsletter from the new team!

We plan to keep you informed of events and plans for the project with these regular updates, so keep it safe and make a note of any dates for your diary.

We'd like to contact you by email as much as possible to save on postage and waste, so please make sure we have an up-to-date email address for you.

If you're not sure, email or telephone Chris and let him know.



Social Meetings - business as usual

Since the closure of the Sanctuary cafe, we have been looking for a new venue and continue to do so. In the meantime, we have decided to hold the social meetings at the Aspire office.

This will be cheaper (you won't have to pay for drinks) and quieter, so we hope more people

will come along.

The next Social is on Tuesday 9th November from 7pm-9pm.

As we are having the Aspire Xmas Social in December, the November Social is a good opportunity for everyone to discuss and organise the Xmas event, so please come along if you can.

Asperger syndrome awareness workshops

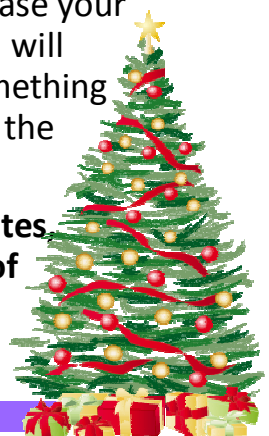
For those with AS and their parents, carers, or family members

Many people with AS and their families have very little understanding about AS and what it really means to have AS.

Why do people with AS find eye contact difficult? Why do they find the world so overwhelming? Why do they find change difficult? Come to one of our 2 hour

workshops to increase your understanding. You will definitely learn something about yourself and the rest of the world.

See overleaf for dates plus more details of the ASpire Xmas social...



Great 'Spy Kidz' Movie Night at Aspire...

The Young Peoples Group had a fantastic Film Night on Oct 26th at the office.

Several of the group members brought along a selection of DVDs which we all looked at and then had a vote to decide which one we watched.

Quite a few people brought along copies of 'Hellboy 2' (which we thought was funny!) but in the end we decided to watch a com-

edy movie called 'Spy Kidz' starring Jackie Chan, which everyone enjoyed.

The next Young Peoples Group will be a games night and we will play games such as Jenga, which we have found is a great way to encourage conversation.



ASpire Xmas Social 2010

Our Xmas Social this year will be held at Aspire on Tuesday 7th December from 7pm until 10pm. As we have limited funding at the present time, we will not be able to pay for a Christmas meal this year, but we would still like to invite everyone to get together.

We would be very grateful for contributions of food and drink (non-alcoholic).

It would be helpful to know if you are coming, who you are bringing - family and friends are welcome - and what, if anything, you are able to bring to eat or drink.

AS Awareness Workshop dates

People with Asperger syndrome:

Tuesday 23rd November 2pm-4pm
Thursday 2nd December 11am-1pm
Wednesday 8th December 11am-1pm

Families and Friends:

Thursday 2nd December 7pm-9pm

You must call or email Chris to book a place.

There will be a maximum of 5 people in the service user workshops.

News & Updates

Health Trainers for mentors

There is some free training available on health and well-being. These are three day courses leading to a certificate. Please contact Sarah for more details..

Women's Group

Is there any interest from service users in having a regular, women's-only group to share experiences with each other?

Please contact Sarah to express your interest. It would only be a small group, held in the Aspire office.

Compass Card

The Compass Card gives reduced cinema, bowling, pizzas etc. to people under 20 with disabilities.

We have application forms in the office, please let us know if you would like one posted to you, or ask your mentor to pick one up when they are next in the office.

Mentors - please tell your mentee about the scheme.