

Social Events

Alternate Thursdays 7pm-9pm

Mar 31st - Meal out *
Apr 14th - Quiz Night
Apr 28th - Games Night
May 12th - Office social
May 26th - Quiz Night
June 9th - Games Night
June 23rd - Meal out *

* venue to be confirmed

Drop-ins

Whether or not you have a mentor, you are welcome to drop in and have a drink and someone to talk to. You can come in whenever you like during drop-in times and stay for as long or as little as you like.

Thursday 7th April
Aspire office, 1pm-4pm

Thursday 5th May
Aspire office, 1pm-4pm

Thursday 2nd June
Aspire office, 1pm-4pm

Come and cheer on ASpire at the 2011 Brighton Marathon!



As mentioned in the last newsletter, local stand up comedian and all round good bloke Aidan Goatley is running the Brighton Marathon on behalf of Aspire on Sunday 18th April. [Continued on Page 2](#)

Do you want a new Social Group for older ASpire members?

We have had several enquiries with regards to new social events for older group members.

We can do the initial work that is needed. If we do set up such a group, the main points to consider are:

- ◇ How often should the group meet?
- ◇ What time should the group meet?
- ◇ Where should the group meet?

◇ Also, should it have specific topics, such as employment, education, diagnosis, etc, or a social that has no set topics and anything can be discussed.

Please let us know what you think!

If you think this is a good idea and you would be interested in coming along, please let us know by emailing Chris at or giving him a call on 01273 725994.

chris.girvan@aspire.bh-impetus.org

No jokes - Aidan Goatley really is running the Brighton Marathon to raise money for ASpire. And here's why...

From 8.30am on Brighton Seafront

Why I'm running the Marathon for Aspire...

Hi, My name's Aidan and I'm probably having a mid-life crisis. Now most sensible guys would buy a sports car and be happy. I on the other hand decided to run a marathon.

An opportunity arose to run for Aspire and it seemed ideal.

Although now I'm a stand up comic I used to work as a support worker with young teens with behavioural and emotional difficulties. So I'm aware of the difficulties that Autism can bring to those who have it and their families.

Plus quite selfishly it will give me the Impetus (see what I did there?) to complete the marathon. So it starts on the morning of Sunday 10th April and it would be great if you could cheer me on. (If you're planning to be at the finish I'd come along on the Tuesday as I'm no speed runner).

Aidan



Support Aidan and ASpire at <http://www.justgiving.com/Aidan-Goatley>

We will be there to support Aidan on Sunday 10th April, so please come and join us if you are able to and bring your family and friends.

The race starts at 9am and the course goes past The Grand Hotel twice, so we can see the runners just after they start and again just before the finish.

Bring some drinks and snacks and we can have a picnic. It will be quite busy on the streets and buses will not be running in some

areas, but last year it was easy to find a quiet spot just back from the seafront.

You can find more information about Brighton Marathon on the official website at: <http://www.brightonmarathon.co.uk>

A full route map for the marathon is available via <http://www.brightonmarathon.co.uk/course.html>

