

# Aspirations

Issue 7  
December 2011

aspiro  
to help you achieve

Aspiro is an East Midlands based social enterprise delivering employment support for people with a lived experience of mental ill health or a learning disability. We offer services to improve individuals' skills, confidence, health and employability so they can gain and sustain a working life. We believe everyone has the right to work.

## BREAKING NEWS

- **52% of our CUSTOMERS NOW IN WORK!**
- **Check our NEW website [www.aspiro.org.uk](http://www.aspiro.org.uk)**
- **NEW Aspiro leaflets available this week:** call us to arrange a talk and bring you supplies.
- **New Volunteering opportunities:** If you are interested in becoming involved with Aspiro, why not contact us and find out how you can help, for example in our Employment Clinics or assisting with marketing and fundraising tasks
- **Plans to open NEW County Employment Clinics in early 2012:** Melton, Market Harborough & South of Leicester.
- **NEW Employability & Confidence Building group modules start soon for mental health service users:** Details on the Aspiro website soon.

Meet some of the Aspiro Team...



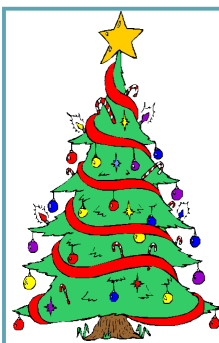
Aspiro is committed as a



**MINDFUL  
EMPLOYER**

## Good News Stories

- **Rachel** is on the autistic spectrum and wants a job, but previous placements and volunteering roles have ended quickly when Rachel feels 'stressed'. She has now completed two months work for a few hours a week in a charity shop. She has a supportive manager & regular contact with an Aspiro Adviser. Goal: look for paid job.
- **Marilyn** has a learning difficulty, experiences anxiety and is recovering from depression. She started a cleaner's job with Aspiro's help & did an "excellent interview" said her new employer!



**Christmas  
opening  
hours**

The **ASPIRO**  
office is  
closed from  
Friday 23rd

December Noon & re-opens  
Thursday 29 December 9am

# Aspirations

## Do you want to know more?

If your organisation or group would like Aspiro to give you a talk then contact us now to avoid disappointment as diary dates are running out fast.

### Aspiro recently gave a talk at Network For Change, Leicester

We had a good response from Network for Change service users and the talk enabled us to raise awareness about working and how it can be seriously good for your mental health recovery. We discussed the new Government benefits re-assessments and why this should not stop you looking for a job now. We showed users how Aspiro can help.



Our NHS funded Internships provide real jobs with training & mentoring for service users of Leics Partnership NHS Trust.



### Feedback from the Interns

**Andy says:** "I started the Internship back in late September. I have really enjoyed my time here with Aspiro so far. I have been responsible for creating newsletters on a monthly basis. I have been designing multiple posters/leaflets and giving ideas on what we can do to improve the Aspiro website. I have also been responsible for computer maintenance e.g. making sure the computers' anti virus software is up to date and installing new programs to allow my work colleagues to perform their tasks efficiently."

**Tejdeep says:** "I have been doing this Internship for 2 months and I feel that I have made good progress within my work. This has helped me gain confidence within an office working environment. I have learnt how to interact with people, gained computer skills, office skills. I have developed good communication skills.

I have gained work experience, which will be good for my C.V. and finding work after this internship. I have a good rapport, communication with my team members. I feel I can make decisions independently and as working as a team. I have also learnt how to be assertive at work. This internship has definitely improved my life.

I still have 2 months left on my Internship, which I am very much looking forward to carry on. In these 2 remaining months I am hoping to gain more self confidence and office skills. I'm hoping to gain more and more confidence in work and general life."

## Aspiro's Products and Services

- **Employment Clinics** to give light touch employment-related info', advice and support;
- **Personalised services** providing in depth jobs information, advice, support and guidance;
- **Mentoring**, both pre-employment and in work support, provided by trained mentors;
- **CV writing** and production of a professional document with advice on submitting online;
- **Employability Skills courses** including confidence & motivation building, help overcoming barriers to finding and keeping work, advice on staying well in a job and jobsearch skills;
- **Employer services** including support for staff with new or existing mental health issues, or a learning disability. We give 'reasonable adjustments' assessments & advice for your workers, run a job retention programme, plus advice on compliance with the Equality Act.

### Employment Clinics

Leicester City	Every Friday 10-12 noon	<b>Network for Change</b> 150-152 London Road Leicester LE2 1ND
Leicester	Every Wednesday 1:30-3:30pm	<b>LPT Involvement Centre</b> Bradgate Unit, Glenfield Hospital LE3 9DZ
Hinckley	Alternate Tuesdays 10am—12 noon	<b>Worklink Project</b> Amity House, 6 Holliers Walk, Hinckley, LE10 1QW
Coalville	Alternate Wednesdays 10am—12 noon	<b>The Marlene Reid Centre</b> 85 Belvoir Road Coalville, LE67 3PH
Loughborough	Alternate Thursdays 10am-12 noon	<b>John Storer House</b> Wards End, Loughborough, LE11 3HA

Aspiro Opportunities Ltd  
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Leicester LE1 5SN

Call us on **0800 098 8708**

info@aspiro.org.uk

Find out more about us at  
www.aspiro.org.uk



### Testimonial from an Aspiro customer

"Some very good news, thanks to my Adviser, Theresa's efforts I've got an interview for a Trainee Community Organiser. I do know that 22 people went for the job and they've short-listed 6 people for the 2 positions on offer, so that gives me a 33.3% chance of success."

"Voluntary work is going very well, still sending tons of applications off with Theresa's help, so got to be close now!", **Rob**