

# Educate, entertain, enjoy

We can support you to...

- Maintain and learn new skills; like cookery, sign-language and computing
- Make friends and socialise
- Recall fond memories and think about the past
- Keep up to date with what is in the news
- Participate in fun activities, music sessions and games
- Keep healthy with light exercise



Why choose Aspire...

- We raise awareness of local issues
- Our focus is on you
- You can try out new things
- We build community relationships
- We celebrate local and national events such as the Royal Wedding

*We can help you explore choices that are right for you. For more information and pricing where applicable, please contact Aspire. See overleaf for details.*

# MY DAY

Educate, entertain, enjoy

Aspire



INVESTORS  
IN PEOPLE

*"I like seeing them  
[the Aspire staff],  
they've been very  
good to me"*

Eileen  
Day centre attendee

To develop,  
enable and  
**improve**  
opportunities in  
all areas of **life**  
for people with  
a learning disability,  
their families and carers.

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'All Aspire staff are highly trained and  
subject to a CRB check on employment'



Aspire 

Choices for Living

Aspire Living Ltd Registered Charity No: 1024904