

Aspire Wellbeing offers services and support for people with:

- recent or longer-term disabilities
- learning disabilities
- carers of people with disabilities

Aspire Wellbeing is dedicated to the provision of a highly positive environment, with a “can-do” focus, where members are encouraged to develop life skills, hobbies, physical dexterity, and mental capabilities.

Aspire’s Members come in many varieties – people who have recently had a stroke; those with long-term disabilities; individuals with chronic health issues; those with learning disabilities and local people who want to optimise their health and wellbeing.

Our ‘**Seven Ways to Wellbeing**’ programme is the bedrock underpinning our overall vision to improve the happiness, health and wellbeing of all who use our service.

Aspire works with a range of other organisations to ensure we have access to the best information and guidance, and are able to meet the relevant standards, so as to be able to offer the best possible service to our members and customers.

Do you have patients/clients who would benefit from our support? We would be pleased to discuss with you a referral to our service.

We operate our own accessible minibuses and can offer transport to and from our centre in some circumstances. This is fully integrated transport that is flexible and responsive to personal circumstances.

If you are interested in finding out more, please visit our website: www.aspirewellbeing.org and then call us on **020 8265 3479** or email us at: health@aspirewellbeing.org

ADULT DAY CARE

STROKE REHABILITATION

SUPPORT PLANNING

HEALTH GYM

WELLBEING STUDIOS

MEETING ROOMS

VENUE HIRE

**1 Park Hall Road
West Dulwich
London SE21 8EH**

Get in touch

020 8265 3479
health@aspirewellbeing.org
aspirewellbeing.org



Aspire
Wellbeing

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Why do we do it?

What do we do?

How do our members benefit?

How does the community benefit?

SEVEN WAYS
TO WELLBEING

We are committed to improving the happiness, health and wellbeing of every individual member. Our approach has been developed in close harmony with our 'Seven Ways to Wellbeing' programme

BE ACTIVE



TAKE NOTICE



KEEP LEARNING



HELP OTHERS



TAKE RESPONSIBILITY



BE POSITIVE



CONNECT WILLINGLY



? WHY DO WE DO IT?

? WHAT DO WE DO?

? HOW DO OUR MEMBERS BENEFIT?

? HOW DOES THE COMMUNITY BENEFIT?

- Poor physical health
- Need for reablement
- Poor independent living/life skills
- Low employment opportunities
- Lack of personal confidence

