

ASPIRE 2



julian
support

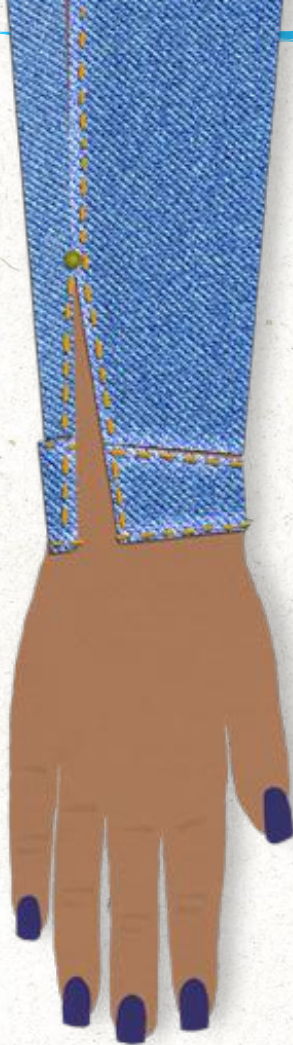


**COMMUNITY
FUND**



"It was fantastic to be able to watch people's confidence and self esteem grow each week. They formed bonds with each other and shared experiences in a positive and supportive space.

Everyone's contribution was valuable and respected, and people fed back that the stretching part of the session was fun and enjoyable."



What is ASPIRE2?

The first part of an ASPIRE2 session is a combination of guided discussions and workshop exercises, focused around increasing confidence and assertiveness skills.

The second part is a gentle physical exercise session, mainly mindfulness stretching, delivered by a trained instructor.

When is it?

**ASPIRE2 will run for 6 weeks
every Tuesday between
3rd June – 8th July 2025
12:30pm - 2:30pm**

There is an opportunity to drop in and meet with the facilitators, see the venue and get answers to any questions you have on Tuesday 20th May from 1:30pm 'til 2:30pm.



Where is it?

entrance



**Pilling Park
Community Centre,
23 Pilling Park Road,
Norwich,
NR1 4PA**

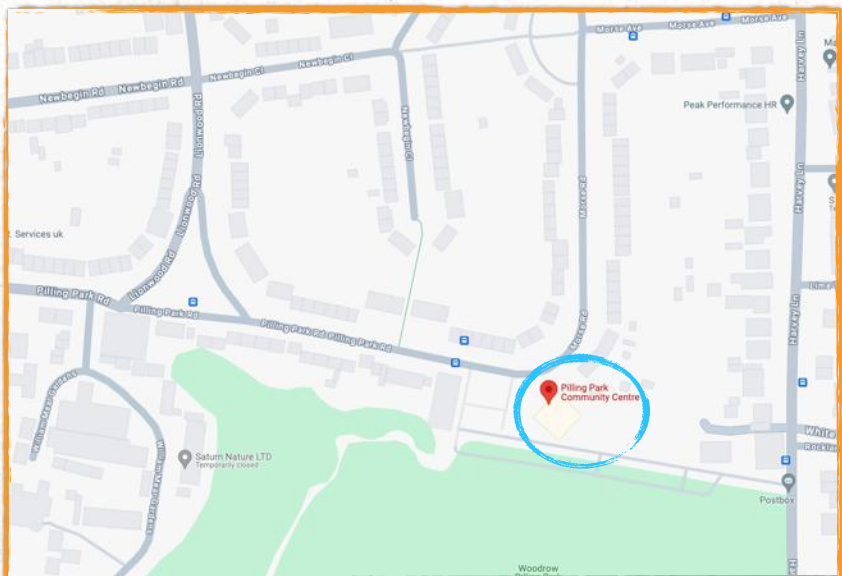
How do I get there?

The Community Centre has free car parking outside, but it is also accessible on local bus routes.

There is a bus stop outside Pilling Park Community Centre which is served by Our Hire.

The Red Line stops at The Heartsease (outside Tesco and Aldi on Plumstead Road). It's then about a 10–15-minute walk to the Community Centre down Harvey Lane.

The Green Line stops at The Denes (outside Stanley Avenue on Thorpe Road). It's then an approximate 15-20 mins walk up Harvey Lane (please note this is an uphill walk).



Who will be there?

This is Maisie, she's awesome!
She comes from the Black Belt
Academy and will be leading the
gentle physical exercises.



And this is Karen, she works
for Julian Support and will be
leading the guided
discussions.

This is just a kangaroo, he's cool
but won't be at the sessions.

There will be a maximum of 10 participants.

Do I have to come every week?

The sessions are designed to be stand-alone, and we would encourage everyone to attend every week, but you wouldn't need to 'catch up' if you missed a week.

How much do I have to join in?

The sessions are designed to allow people taking part to join in with as much or as little as they would like.

Do I need to be physically fit to attend?

The sessions are designed for beginners and you can join in as much or as little as you would like.

Is there a lot of reading and writing?

No. Although there will be workshop style exercises where reading and writing is incorporated, it is designed to be accessible to everyone through guided discussions.

What should I bring?

You don't need to bring anything with you, unless there is something you want to bring with you.

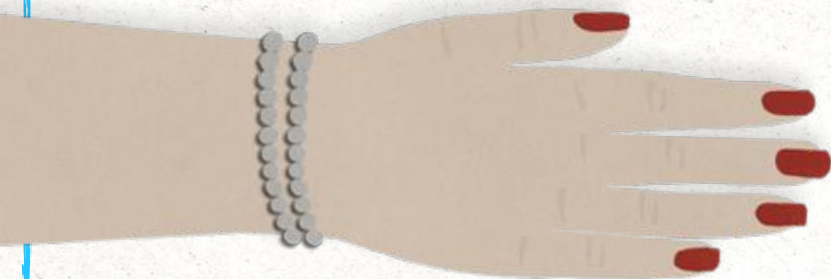
We will provide refreshments, so if you have any dietary requirements, please let Karen know.

What should I wear?

Something comfortable that you can move around and stretch in.
Layers would be a good idea if you get hot or cold easily.

What if I need support to attend?

It is important to us that you feel able to attend and join in.
If you would like support to attend ASPIRE2, please let Karen
know when the referral is sent over.



How do I get involved?

If ASPIRE2 sounds like something you would like to be a part of,
please speak to the professional involved with your care and ask
them to refer you to ASPIRE2.

How do I refer someone to ASPIRE2?

If you would like to refer someone to this group,
please email ASPIRE2referral@juliansupport.org
and ask for a referral form.

Any more questions?

That's fine, you can ask Karen on
k.flinn@juliansupport.org
07814 946100



