

# TOGETHER...



## What's included in this edition?

Hello and welcome to the 23rd edition of Together... With this edition we have included exciting changes that will be taking place in Ansaar. This means events for carers to unwind and destress e.g. Happiness Club and Sharing and Caring which are running throughout the next few months! Get in touch for more information! We have also included an easy and yummy brownie recipe you must try! In other news there is more information on our new Carers Project and how the Be Inspired sessions have been progressing.

We want to hear from you especially about how we can work with you in shaping our future weekly activities! If you have any ideas email us at [info@ansaar.org](mailto:info@ansaar.org) and we will get back to you.



# ansaar

Opportunities for Adults with Learning Disabilities and Carers

# ANSAAR ON SOCIAL MEDIA!

Social media is a vast and ever growing which gives the public access to our various services. In addition it gives our users and carers better means to connect with Ansaar.

To find out more information about an events that we have taking place, to keep up with what activities happen within our sessions feel free to take a look at our Twitter or Facebook pages.

If you are already following us through our social media avenues you are welcome to share our posts to help raise awareness of our events and activities.

We would like to hear from you whether you have comments or you just want to say hi, you can connect with us on:

- Ansaar **website**: [www.ansaar.org](http://www.ansaar.org)
- Ansaar **email Address**: [info@ansaar.org](mailto:info@ansaar.org)
- Ansaar **Together Newsletter email**: [together@ansaar.org](mailto:together@ansaar.org)
- Ansaar **Facebook**: <https://www.facebook.com/pages/>
- Ansaar **Twitter**: @AnsaarLeicester
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# GOOD LUCK FOR THE FUTURE

## Ansaar Team Changes

The Management Committee and the staff and volunteers team would like to thank Amina Makda ( Carers Development Worker) and Ayesha Patel (Session Leader) for all their valuable contributions to Ansaar and wish them the best for their future ventures.

We would also like to welcome our new volunteers who have been doing a great job with Be-Inspired. They all come with different skills and have really grown to understand our clients. Ansaar welcomes Kareen Hubbard, Mariam Hitar and Nasra Khalifa as our newest Be Inspired volunteers.

If you are interested in volunteering please email us at [info@ansaar.org](mailto:info@ansaar.org)

2016 Brings New Progress...  
Ansaar's Revamped Carers Project

We have some great news!

Ansaar has just won the contract for Carers Support Break and Information targeted at carers of people with Learning Disability from the Asian Community.

The project aims to deliver activities which will recognise your needs and support you in your caring role and your own health and wellbeing. This means access to fun activities such as relaxation, meditation, arts and crafts delivered 3 times a week.

We will provide outreach work including Information Advice and Guidance and sessions in different locations across the city, so that we are working with as many carers as possible. We will be reaching out to carers that haven't accessed any services before.



The following carers are eligible to access the project and receive support:

- Carers of any age from any background
- Living within the city of Leicester
- We will target carers caring for an child or adult with a learning disability or with an autism spectrum disorder.

*We'd like to thank all carers for their valued support so far and look forward to your continued support and engagement in making the Carers Wellbeing Project a success!*

# Events Diary

Below are the exciting events the Carers Wellbeing Project are having, these are only some of the events , **there more dates and different venues available!!** If you would like to know more about it or would like to attend the other event dates, please contact **Ansaar** for more information.

Regular Activities	Days	Venue	Time
Happiness Club	Mondays April 4th, 18th May 9th, 23rd June 6th, 20th	Belgrave Neighbourhood Centre, Rothley Street LE4 6LF	10:30am—12:30pm
Ladies Bring a Dish	Tuesday April 26th May 31st June 28th	Ansaar, 112 Melbourne Road, LE2 0DS	1:00pm—3:00pm
Happiness Club	Tuesdays April 5th, 19th May 3rd, 17th June 7th, 21st	African Caribbean Centre, Maidstone Road, LE2 0UA	12:00pm—2:00 pm
Carers Wellbeing Session	Wednesday April 6th, 13th, 20th, 27th, May 4th, 11th	Highfields Community Centre, Melbourne Road, LE2 0DS	10:30am—12:30pm
Sharing and Caring	Thursday April 14th, 28th May 12th, 26th June 16th, 30th	Manor House Neighbourhood Centre, Haddenham Road, LE3 2BG	11:00am —1:00pm

Please note there are limited spaces for these so booking is essential. Please contact us on 0116 262 1000 or email us at [info@ansaar.org](mailto:info@ansaar.org) to book a place. You can also contact us via social media and we will get back to you

We will also be having drop-in sessions across the city so if you have any queries or need information you can drop in at one of these and we will be able to help you. For more drop ins near you please get into contact with us.

Day	Date	Venue	Time
Thursday	April 7th	St Matthews Children Centre	10:00am—1:00 pm
Tuesday	April 12th	Belgrave Library	3:00pm—6:00pm
Thursday	April 21st	OM Care Light Night Pharmacy, 160 Belgrave Rd, Leicester, Leicester LE4 5AU,	3:00pm—6:00pm

# BROWNIES!

Chocolate Brownie Recipe you won't be able to resist, in moderation of course.

## Ingredients:

15g butter  
170g caster sugar

2 eggs

40g plain chocolate

2 tsp warm water

55g cocoa powder

1 tsp baking powder  
55g plain flour

55g cocoa powder

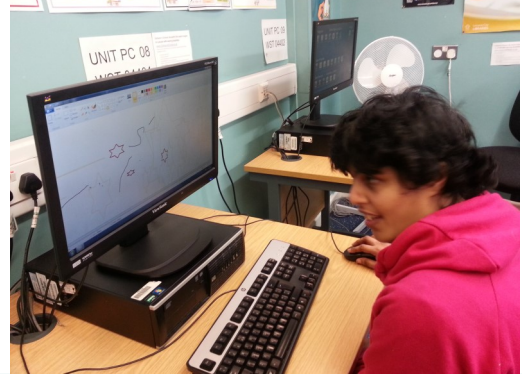
1 tsp vanilla extract

2 tsp instant coffee granules



1. Preheat the oven to 180C/350F/Gas 4.
2. Prepare the cake tin. Grease an 18cm/7in square cake tin and line with non-stick baking parchment.
3. In a clean bowl, cream together the butter and sugar until pale and fluffy. Beat in the eggs, one at a time.
4. Chop the chocolate and add to butter and egg mixture. Add the vanilla extract.
5. Dissolve the coffee granules in two tablespoons of warm water and add to the mixture. Mix together well.
6. Add the baking powder, then sift in the flour and cocoa powder. Mix well; the mixture will be quite wet.
7. Spoon the brownie batter into the prepared tin and level out the top with a spatula.
8. Bake in the oven for 35-40 minutes. Allow to cool in the tin for ten minutes, then place on a wire rack to cool.
9. To serve, cut into rectangles and dust with icing sugar.





## Be Inspired Sessions





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Ansaar 'Be Inspired Community Project' are holding a

## Bring & Buy Sale

**Date: Thursday 26<sup>th</sup> May 2016**

**Time: 10am till 4pm**

**Place: Ansaar**

**112 Melbourne Road**

**(Next to Highfields Library)**



**EVERYONE WELCOME**

**Food donations much appreciated**

**Please ensure all foods to be delivered at Ansaar**

**By 9.30am**



**Please support your local charity**

**For more information please call**

**(0116) 262 1000**



**Registered Charity number 1119290**