



Everyone needs referral to Creative Options but can self refer. We welcome people to come for a taster session after which we will arrange a 1-1 assessment where we talk about what people are hoping to gain from attendance and go through our group guidelines and agreement. We use ongoing assessment using the wemwbs and flourish scales which we use for continual evaluation. Our members have the opportunity for discussion at the member's forum each month which is open to everyone. There is a bi-monthly committee meeting where elected members discuss and feedback to the charity Trustees.

10 00 a.m.—staff planning meeting. No arrivals before 10.30 a.m. please.

10.30—11 a.m.—welcome, free refreshments 'leave your worries on the doorstep' (worry bucket) mood board on the way in. Sharing time in a group—story telling

11 a.m. comfort break, more tea! - order lunch. 11.15 intro to main session.

11.30 a.m.—main session on theme (2 groups) - main group and peer development group. Includes discussion, wellbeing talks, practical exercises, mindfulness, relaxation.

12.30 p.m. lunch together, quiz over lunch - with prizes! (challenge your brain!)

1.30 p.m. 'wellbeing through the arts programme 1-1 and small group goal setting

3.00 p.m. clear away feedback/evaluation/mood board on way out, staff evaluation close.

	October theme 'Creativity'	Leaders
October 5th	Review of 'Connection' theme for September, introduction of 'Creativity' theme—'what is your mind set?' digital photography p.m. Painting for pleasure /creative activity	Frances Helen and Alison Gerard
October 12th	'The power of the written word' journaling for wellbeing p.m. creative writing/poetry /illustrations, 1-1 assessments and working on goals	Helen & Jo Allison (Frances away)
October 19th	'Music to my soul' —the value of music & movement .p.m. singing with Pauline McWilliams 'Glorious choirs'Digital photography 1-1 assessment, goal setting.	Helen.Frances Pauline/ Gerard
October 26th	Continued theme on 'Creativity' a.m. Debbie Knight Mindfulness and Creativity Story Telling with Touch Network art journaling—painting dioramas & pottery	Helen, Frances Debbie
November 2nd	Theme 'challenge' Introduction of theme of challenge topic p.m. digital photography, creative craft projects	Helen Frances & Gerard
Nov 9th	Continuing theme of challenge Visiting speaker Karen from the advice centre—knowing my rights p.m. 1-1 assessments, goal setting,, painting for pleasure /games	Helen Frances
Nov 16th	Theme of challenge continued 'Take care of the pennies....' challenge of managing money/budgeting. paper crafts Digital photography creative art project for Christmas with Jo	Helen, Frances Jo
Nov 23rd	Challenge of Christmas Afternoon—Creative writing/drama /role play	Helen Frances
Nov 30th	'Challenge' continued. Debbie Knight—Mindfulness 'Spinning a yarn' story telling with Touch network crafting projects with yarn - challenge of learning a new skill knitting/crochet/macrame & card-making	Helen, Frances, Debbie Touch
Dec 7th	Theme 'Composure' Intro to the theme 'Relax it's Christmas! discussion p.m. digital photography/crafts	Helen Frances Jo
Dec 14th	Continue theme of composure p.m. alternative therapies p.m. & creative art	Helen Frances
Dec 21st	Mindfulness with Debbie Knight —shared buffet & social time, Christmas floristry with Carolyn	Helen Frances Carolyn

DATES FOR YOUR DIARY!

'PROJECT YOU' with Kim Furnish from Instar Coaching



Are you looking after yourself as much as you could do? Self-care is essential to a flourishing life. We need to replenish, recharge, and restore our bodies so that we can meet the demands of modern life, keep our immune systems healthy and build resilience. This 8-week course will support you in your own project of self-care. Together we will explore your beliefs about self-care, and current research on sleep, hydration, exercise, eating well, rest and relaxation. I will bring my knowledge of positive psychology to these subjects to help you create healthy habits for life, which will improve your health and wellbeing.

If you would like to have more energy, feel happier and more in control of your life, join me to start Project You.

This eight week course is being partially funded through a grant of monies from John Lewis Partnership. Commences Thursday 20th October at the Action Church in Warren Crescent from 1 p.m.—2.30 p.m. (course folder and all materials & refreshments provided) Cost of course is £80 per head. We need a minimum of 6 people to run the course.

Cost :- Non Members is £40.00 Members £30.00 (£3.50 per week) Discount for Payment in full in advance. £25.00 Talk to staff for further details.

COMING SOON! In January Free 8 week Digital skills course on a Thursday afternoon at the Action Church. To be arranged also—First aid training and level 2 food hygiene for staff, volunteers and members. 3 Dates to be confirmed.



SWAC Itch—Southampton Water Activities Centre, Itchen Bridge SWAC— Shirley Warren Action Centre, Warren Crescent, SO16 6AY

Day	Activity	Organiser
Monday	Meet up to take photographs on a fortnightly basis Gardening club 10.30 a.m.—1.30 p.m. 1.30 lyric writing/instruments at the Pavilion Hoglands Park	Gerard Debz Soco Music
Wednesday	10.30—3.30 p.m. Wellbeing Hub at SWAC discussions, themed talks, relaxation, mindfulness, creativity, digital photography (fortnightly) Online support group for SPACE 7.30 .p.m.	Creative Options Team Ling Salter
Thursday	Drop-in at St. Denys Activity Group 10. 30—2.30 p.m. Peer support informal meet ups for ladies various Vocal group 6.30 p.m. MAST studios	St. Denys Activity Group Soco music
Fridays	Women's surgery 12—2 p.m. Portswood church July 1st and fortnightly	Vivienne Golding
Sundays	S.P.A.C.E. Programme at the SWAC-Itch Centre, Floating Bridge Road, Itchen Bridge 1..00 p.m.—4 p.m. (£10 a month—first month free)	Ling Salter

We offer a simple low cost lunch which volunteers help to prepare

- We always need willing volunteers to help set up/clear away**
- Please do the mood board/evaluation on the way in/out of our sessions**
- Enjoyed your time with us? - please tell others! - got a problem? Please tell us! Please contact the member of staff for details of each activity running through the week. For membership matters contact**

Emma administrator on [07780 627961](tel:07780627961) (Mon,Wed,Fri)

