

# Member-led peer support group for mental health in the community of Southampton

Meet and greet  
Socialise  
Table games



CREATIVE OPTIONS

COMMUNITY PROJECT  
Registered charity no. 1169194

**Main drop-in on Wednesdays at  
Freemantle United Reformed  
Church 257 Shirley Road, SO15  
3HS 10.30 a.m.—2.30 p.m.  
£2.50 incl. drinks**

**Weekly quiz with  
prizes at 11 00 a.m.**

**‘Active’ options**  
Walks, sports,  
swimming,  
Garden  
Club, gym



**‘Creative’ options**  
- sewing, papercrafts,  
creative writing,  
Encaustic art,  
floristry, pottery

**‘wellbeing’ Wednesday—  
third Wednesday in every  
month— massage, self-care,  
healthy lifestyle talks,  
Relaxation,  
Mindfulness**



**Bi-monthly committee  
meetings and member’s  
forums**

Freemantle Community Centre Randolph Street Mondays  
11.30 a.m. Photography/computer club

Third Age Centre, Cranberry Terrace SO14 OLH  
‘with a song in mind’ Mondays 2. 30 p.m.

Central Baptist Church, Devonshire Road, Polygon SO15  
2GY

Thursdays 2.30 p.m ‘knit and relax’ and women’s group  
(both fortnightly)

Fridays:- Meal cookery and cake-baking (2nd and 3rd weeks)  
Men’s group 10.30 a.m.—12.30 p.m.

And ‘Creative Expressions’ art group with Saire at 2 p.m.  
(We also offer ‘not staying in social group going out on public  
transport on a Saturday )

**For further information or to see our latest programme  
please contact: -Michelle Emereau 07784365892 or  
<http://www.creative-options.weebly.com>**