

Documentation

Record of attendances

Names of all who have attended each session will be recorded and the amount of monies paid for fees and extra mural activities cookery sessions, food etc., will also be recorded. The first visit is free. However, all visitors are required to pay for food items.

Membership forms

Please note it is a requirement that all new members fill in a membership application form detailing their next of kin and contact details of carer/keyworker or relevant support person.

The details of who to contact will be kept by all group leaders. We will ask for people's details on the first visit and the membership form needs to be filled in immediately, or as soon as possible afterwards.

Record keeping of activities

It is a requirement of our safeguarding procedure that a record is kept of all attendees at every session we run detailing the staff, volunteers, those who attended and details of the session run..

Transport:

We are able to provide transport to extra-mural activities and sometimes use member volunteers. For safeguarding purposes a record of transport will be kept by all drivers detailing the names of who was transported and where to and from. All staff and volunteers are to note that transport is to be provided from A to B and return. We do not undertake to take people on extra journeys to other destinations unless previously agreed.

Record of contact

Members are to agree methods of contact with us.

If they wish to attend the programme and particularly attend the extra-mural activities they are required to provide a mobile phone contact in order for the staff member/volunteer organising the session to make contact with them for arranging the sessions. A record will be kept of all telephone contact with members (date, time and method i.e. text or telephone call) will be recorded for this purpose.

This programme is subject to change and update where required

For the details of the latest programme please consult the timetable on the website or contact the project leader Michelle Emereau on 07784 365892 emereau5@msn.com



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through



South
East



CREATIVE OPTIONS

COMMUNITY PROJECT

Registered charity no. 1109194

'Creative Options Community Project' is a member-led Registered Charity offering support, mentoring, training and opportunities to people with mental health issues living in Southampton, their carers,

**Weekly drop-in with various activities
Freemantle United Reformed Church, 257 Shirley Road, Southampton SO15 3HS (next to car wash)
10.30 a.m.—2.30 p.m. Every Wednesday
Drop-in attendance fee £2.50 plus snack bar. Extra cost for some activities* (*Encaustic art, floristry, cooking)
We run a programme across the week in different venues
(many activities free of charge)**

www.creative-options.weebly.com

Trustees: Frances Heather (founder) frances.anne@btinternet.com
Jenny.elliott0263@gmail.com
bob.clarke56@hotmail.co.uk
samgooldiscool@gmail.com

Legend:-

FURC = Freemantle United Reformed Church FCC= Freemantle Community Centre, Randolph Street, (off Grove Road)

3AC The Third Age Centre, Cranberry Terrace

CBC—Central Baptist Church, Devonshire Road, SO15 2GY

SWAC—Southampton Water Activities Centre, Itchen Bridge Road, Chapel

BiTC board in the City, Onslow Road, Southampton. SO14 OJG

WML—Woodmill Activity Centre

BS—boulder shack climbing gym, Empress Road, Bevois Valley

Wednesday drop-in 10.30—2.30 p.m. FURC
 £2.50 including refreshments & most activities—extra charges where stated
 first visit free of charge light lunch available at very low cost

10.30 a.m. meet and greet—refreshments, chat 11.00 a.m.—quiz with prizes followed by the notices
 Then each week programme as follows below

TIME	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5
11.30 A.M.—12.30 P.M.	BI-MONTHLY MEMBER'S FORUM FOCUS GROUPS OR VISITING SPEAKERS	CREATIVE WRITING	MIND YOUR P's and Q's session OR DISCUSSION GROUP	SOCIAL COMMITTEE FOLLOWED BY FUND RAISING COMMITTEE	DEBATE/ DISCUSSION OR SPECIAL TOPIC
12.30—2.30 MAIN HALL	TUTORED SESSION				TUTORED SESSIONS
	TABLE GAMES, OPTIONAL WALK				TABLE GAMES, OPTIONAL WALKS
	MUSIC APPRECIATION WITH SAIRE	HAND MASSAGE, SELF CARE, MANICURES	PAPER-CRAFTS	CRAFT SESSION	
1— 1.30 p.m, Main hall	Recovery star with Michelle Bi-monthly when committee meeting on in parlour	HEALTHY LIFE-STYLE CLUB WITH JULIE		CHAIR EXERCISE	12.30-1.00 PM CHAIR EXERCISES IN MAIN HALL
12.30-1.00PM IN PARLOUR	Bi monthly Committee meeting Or recovery star	KNIT AND CROCHET CLUB	Recovery star with Michelle	KNIT AND CROCHET CLUB	
1.00-1.30 P.M IN PARLOUR.	TAI CHI		Tai Chi		SPECIAL EVENTS
1.30-2.00P.M.	SUPPORT GROUP				
2.00-2.30PM					

Date	Main Hall	Parlour
March 27th	Floristry with Julie— Mother's Day Theme	'knit and croch- et club'with Francine
April 3rd	Sewing with karen Tait	Tai Chi with Chris
April 10th	Crafts preparation for Easter projects	'Knit and cro- chet' club' with Francine
April 17th	Floristry with Julie— Easter theme— baskets combined with crafts	Tai Chi with Chris

Please note this is just a list of the specific tutors.
 As well as these activities, there will always be the option of table games.
 There is often papercrafts available .
 On the first week of the month, in addition to the sewing tutor there will be the option to join a music appreciation group in the main hall

TUTOR ROTA from 12.30 p.m.

Date	Main Hall	Parlour
January 9th	Healthy lifestyle club—Julie & Frances -	'knit and crochet club' with Francine
January 16th		'knit and crochet club' with Francine
January 23rd	Sewing with Karen Tait	Tai Chi with Chris
January 30th	Sewing with Karen Tait	
February 6th	Quick craft with Karen	Tai Chi with Chris
February 13th	Wellbeing with Julie plus Valentine crafts and gifts	'knit and crochet club' with Francine
February 20th	Sewing with Karen Tait	Tai Chi with Chris
February 27th	Craft with Emma	'knit and crochet club' with Francine
March 6th	Sewing with Karen Tait	Tai Chi with Chris
March 13th	Wellbeing with Julie	'knit and crochet club' with Francine
March 20th	Craft with Emma	Tai Chi with

INFORMATION ABOUT ACTIVITIES

Committee meetings. The group has a member-led committee with a chair, vice-chair, secretary and treasurer (who is also a Trustee) meetings are held bi-monthly on the first Wednesday of each month where decisions are made regarding the operation of the project.

Member's forum—bi-monthly a more open forum open to everyone to share their views

Focus groups—groups for focused discussion on a specific topic to explore i.e. the satisfaction of members, the effectiveness of the programme etc.

Recovery Star—using the Recovery star model Michelle will guide people through their personal plans for recovery (1-1 on appointment basis)

Mind your P's and Q's - a session of self-help support to aid one another in completing that all too important paperwork that people often struggle with & opportunity to ask practical life-skills questions, i.e. managing a budget, keeping records and receipts, bank accounts, welfare benefits . Sometimes a speaker will be in to cover the topic. i.e. Citizen's advice bureau

Visiting speakers—a variety of speakers from other organisations—The topic for any visiting speakers will be announced in the two weeks prior to the meeting.

CREATIVE OPTIONS

SEWING, PAPER-CRAFTS, ENCAUSTIC ART, FLORISTRY POTTERY, KNITTING/CROCHET, CRAFTS, CREATIVE WRITING, MUSIC APPRECIATION PHOTOGRAPHY/CAMERA CLUB, SINGING GROUP ON MONDAYS ART CLUB ON FRIDAYS

SOCIAL OPTIONS:-

TABLE GAMES, CARDS, BINGO, QUIZZES, DISCUSSIONS, DEBATES , OUTINGS

ACTIVE OPTIONS:-

GARDENING CLUB, WALKS, REGULAR SWIMMING SESSIONS, BADMINTON, PLUS HORSE-RIDING, CANOEING, SAILING, ROCK-CLIMBING AND GYM—SEE EXTRA MURAL PROGRAMME

WELLBEING OPTIONS:-

HAND MASSAGE, SELF-CARE, MANICURES, FACIALS, MINDFULNESS, RELAXATION, EXERCISE, HEALTHY LIFESTYLE CLUB, TAI CHI

LIFE-SKILLS—COMPUTER CLASSES ON A MONDAY, MIND YOUR P'S AND QS COOKERY CLASSES ON A FRIDAY,

TUTORED SESSIONS (1 TUTOR PER WEEK)

Make n' mend with Karen Tait—

(usually the first and fourth weeks of the month)

Sewing (hand and machine) projects, repairs, alterations etc. £1.00 extra unless making repairs which is free of charge—expert tuition on hand from beginner to more advanced.

Floristry—seasonal floristry—with Julie Anstey

Spring and summer and red letter days i.e. valentines, Mother's day, Christmas Easter £3-5 extra—booking in advance is preferred where possible.

Encaustic art with Karen Tait—usually a bi-monthly or termly class offering

Encaustic art (painting with hot waxes) to produce beautiful cards, book-marks, even necklaces and other projects! (£1.00 per head extra to cover cost of wax)

Pottery courses—when available—usually two sessions per term pay up to £5 for finished project on collection or contribute the item for sale for the project.

Craft sessions:- variety of one-off craft classes—usually with our tutors Emma or Karen

Music appreciation—listening to music of all tastes—first half an hour

a particular type of music to be selected by participants.

Knit and crochet club —tutor led knitting and crochet group for beginners and more advanced.

Healthy lifestyle club

Opportunity for weight management, weight checking, diet and exercise, mood and food connection, discussions, talks and visiting speakers i.e. health trainers, quitters etc., as required

Mindfulness session:-

Mindfulness techniques, relaxation, breathing exercises

Support Group An opportunity to meet together and share feelings and needs in an open and confidential space and receive psychological and emotional support.

OTHER ACTIVITIES:-

Soco Music Project

Mental health music project 1.30—3.30 p.m. every Tuesday at the Pavilion in Hoglands Park.

MENTAL HEALTH TRIALOGUES

Bi-monthly Triologue events in conjunction with the Good mental Health Co-operative. An open space to talk about health and wellbeing—those with lived experience, carers, relatives, friends, professionals—anyone welcome. Venues vary—free events with refreshments

Next meeting 30th January 6—8 p.m. Board in the City Onslow Road.

Other community projects:-

Drop-in with coffee, crafts and friendship and badminton at Portswood Evangelical Church, Portswood Road, 10.30 a.m.—12.30 p.m. followed by short talk and optional cheap healthy lunch, coffee and cake—all welcome.

St. Denys Activities Group—SDAG—Priory Road, Thursdays 11 a.m.—2.30 p.m. at the New Testament Church of God. a drop-in similar to Creative Options for people with mental health issues run by our colleagues. Our founder Frances Heather helped found the group and is a trustee. Activities include ta-chi, table games, sewing and upholstery, knitting, art etc., Lunches available at reasonable cost. catoanne@aol.com

StePs Carers group St. James Road Methodist Church 4th Thursday in every month from 6.30—8.30 p.m.

Shirley Warren Action Church, Warren Crescent SO16 6AY
Shirley Warren Community Garden—a beautiful urban oasis. Opportunity to join with others for garden club on a Friday. Optional meal at mid-day £4.00 for a main course and pudding.

'Not staying in!'

An informal peer-led group organised by a member on a voluntary basis. The group normally meet up once a fortnight on a Saturday and go somewhere of interest on public transport. Members attend at their own risk. For details of when this is happening please contact Saire Herschel on 07585 616204 saireherschel@gmail.com.

We also hope to hold some new courses:-

'Time to thrive' follow on course for those who already have done courses with Esther Ridsdale as well as a new course and a monthly support group for those who have done the course, with the opportunity of 'taster' sessions for new people as well as mutual life-coaching available.

Alternative Therapies courses with Julie Anstey—dates to be confirmed.

DATES TO NOTE :-

ANNUAL GENERAL MEETING 11.30 A.M. WEDNESDAY

FEBRUARY 6TH 2019 All please to attend. (Trustee meeting with Chair and Secretary at 10.30 a.m.) Please note members to arrive at 11.30 a.m.

Nominations for Chairperson and secretary and other members (up to 8 persons) to be given by the latest by 16th January please - current chairperson, vice-chair and secretary are able to be re-elected if willing to stand.

FUND-RAISING FASHION SHOW THURSDAY 7TH FEBRUARY

SHIRLEY WARREN ACTION CHURCH, WARREN CRESCENT SOUTHAMPTON SO16 6AY Hot buffet at 5.30 p.m. £8 or 7.30 p.m. show and then nibbles/drinks in interval £5

Tickets in advance only please. We are offering 1 free ticket for every 12 sold and are looking for people to be ticket agents.

We also need people to distribute flyers for the above.

We are also seeking raffle prizes if anyone has contact with shops, businesses or wants to donate items.

COMING SHORTLY!

'Curry on up the Khyber' fund=raising murder mystery and curry night

And a 'Vintage Tea Party' with a swing singer.

MONDAYS:- FCC 11.30 a.m.– 1.30 p.m.

Photography and computer club—1st , 3rd and 5th weeks digital photography and computer club (beginners and more advanced) £2.50 including refreshments.

Meets at FCC 11.30 a.m. 1st and 3rd Monday of every month. 4th Monday meet to go out and take photographs locally. (2nd Tuesday of every month field trip.)

Mondays 3AC Tel. Saire on 0758616204

2.30 p.m.– 3.30 p.m. 'With a song in mind' singing and music group—singing a variety of music—opportunity to bring instruments if wished. Occasional performances (performance not compulsory) free of charge

TUESDAYS : 2nd Tuesday in every month Photography field trip leaving from FCC 12 .00 noon with the group—see Gerard or Mike for details. Financial contribution required towards fuel.

ALTERNATIVE THERAPIES COURSES

Alternative therapies courses with Julie—see Julie

THURSDAYS

New project! 'HOPE WORKSHOP! BITC

Commencing 17th January income generation project—learn to design and print, image transfer and desk top publishing, Opportunity to learn transferable work skills. Open to all from project—young people aged 16 and over and our adult group 10.30 a.m.—1.30 p.m. every Thursday at Board in the City, Onslow Road, free of charge, free refreshments.

'Time to Thrive' courses with Esther Ridsdale—recommencing end January—see Esther for details.

Once a month—women's group (when there is no 'time to thrive' course running)

Next group venue and time tbc.

a social and psychological confidential support group for women to talk about a range of issues pertaining to women £1.50 incl. refreshments.

Thursday evenings young people's project BITC 6– 8 p.m. age group 16-24 yrs—variety of projects and social activities.

FRIDAYS:-CBC10.30—12.30 p.m

MEN'S GROUP —social and support group for men, occasional outings & social trips. £1.50 incl. refreshments

LUNCH CLUB 12.30 onwards—with Bajlinda and friends of Morris house—usually around £3-£4—simple lunches and puddings . Games and Pool etc., available

COOKERY CLASSES 2 p.m. (2nd and 3rd weeks)07738681906 with Julie Anstey—meal cookery £6 (£3 deposit) cake-baking £4.(deposit £2)

ART CLUB (weekly)2 p.m. with Laura and Lauren

Creative Expressions art club—variety of art and craft techniques and other creative activities i.e. creative writing. Occasional visits to galleries visiting tutors. Free of charge.

Saturdays—once per month young people's club 11.30—2.30 p.m. BITC

EXTRA-MURAL PROGRAMME (SPORTS)

There is much research to show that exercise has real benefits for mental health. We have received a Sports grant from Sports England this year.

CORPORATE GYM MEMBERSHIP

Opportunity to join the gym for a fraction of the cost through our corporate membership —only £12.50 a month payable in advance by standing order. Membership of Creative Options is an essential requirement. Sessions to be arranged with the group. Once inducted you can go whenever you like.

Mondays Weekly SWAC 6-7 p.m. or 7.30—8.30 p.m. Sailing —need to book by Monday morning **at the latest** - maximum number 6 persons. Cost £8.00 (subsidy of £4.00 each so costs £4.00 per session) Starts April 2019

Saturdays WML Weekly 11 a.m.-12.00 noon 'Paddleability' canoeing sessions Cost £3.00 (subsidy of £1.50 each so cost is £1.50)

SWIMMING—normally 2 x a week at least at Shirley Pool or other venues—see Julie

HORSE-RIDING once per month at Brockenhurst Trekking Centre For beginners or those who have ridden before.

Costs £20.00 each—subsidised so pay £10.00 each—deposit is £5.00—3 places each month (if a lot of interest more sessions will be arranged)

CANOEING courses—WML 2 x per year—up to 10 persons £4.50—£6.00 each (depending on how many participate)

ROCK-CLIMBING courses BS 2 x per year plus an advanced rope handling course for those who have done the basic training. Cost is between £4.50—£6.00 each (subsidised)

ARCHERY courses 2 x per year at WML to be arranged cost tbc

BADMINTON SESSIONS

Organised usually once per month—days may vary but times organised suited to individuals. Cost is normally just £1.00 each rackets provided but individuals must wear suitable footwear.

WALKS

Julie arranges walks throughout the week—either on the common or in the parks and trips to the New Forest in the car to walk. Contribution towards fuel for trips out is appreciated.

Julie is also interested in leading camping trips in the summer.

AQUA FIT 8 p.m. on a Tuesday at Shirley Pool in Randolph Street. For details of all of the above contact Julie Anstey on 07738681906

OTHER PHYSICAL ACTIVITIES ON OFFER:-

NHS walks on the common on Tuesday mornings 10 a.m. meet at the Hawthornes

Lise Marron Capable Creatures dog walk 4th Tuesday in every month meet at the Hawthornes 11.45 a.m. £1.00 towards insurance. You do not need to own a dog!

Gardening club at Shirley Warren Action Church, Warren Crescent every Friday morning and afternoon—community lunch available at £4.00 each in the S.W.I.T.C.H. If interested in getting involved with the community garden see Frances for details.