



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.

July theme	'Culture' Who we are, what's important, our values	Leaders
July 6th	Setting the scene, 'roots and branches' p.m. 1-1 and small group goal setting. Digital photography nature journalling in	Alison Gerard Frances
July 13th	Format as before - theme strengths inside/outside p.m. Peer support knitting/crochet group, creative mask making .computer technology 1-1	Alison Frances Andy
July 20th	Theme 'what is self-care?' p.m. digital photography, alternative therapies session, card-making—'thinking of you'	Alison Frances, Gerard, Julie
July 27th	Mindfulness session with Debbie Knight. p.m. 1-1 and small group goal setting, creative writing session, computer technology	Alison, Debbie Frances Andy
August 3rd	When life gives you lemons ..... 'navigating uncharted waters'	Alison Frances, Gerard
Aug 10th	Activity scheduling with Alison & BACE p.m. peer support knitting and crochet group, nature journalling, - skyology, computer technology 1-1	Alison, Frances, Andy
Aug 17th	<b>August theme—'control' Becoming aware of and dealing with emotions</b> 'I look at clouds ....; what is the weather like? Colour my mood wheels, Alternative therapy digital photog-	Alison Frances, Julie, Gerard
Aug 24th	'Harnessing our super power' p.m. painting for pleasure 2.30 p.m. member's forum	Alison, Frances, Gerard
Sept 7th	Challenging thoughts and affirmations p.m. expressive art session. p.m. Digital photography 1-1 goal setting	Alison Frances/ Gerard
Sept 14th	<b>Theme for the month—'connect'</b> Today everything starts with you. p.m. peer support knitting and crochet group, alternative therapies, creative writing	Alison Frances Julie
Sept 21st	'Building rapport and friendships' nature journalling, digital photography, 1—1 goal setting.	Alison/ Frances/ Gerard
Sept 28th	'making social connections discussion' Debbie Knight - laughter yoga session p.m. computer skills 1-1, card-making 2.30 p.m. Member's committee meeting	Debbie/ Frances/ Gerard
		Committee

## DATES FOR YOUR DIARY!

WOULD YOU BELIEVE IT—CREATIVE OPTIONS IS 10 YRS OLD ON SEPTEMBER 5TH!

To celebrate there is a 'posh frock' do

FRIDAY 30TH SEPTEMBER

AN EVENING OF ENTERTAINMENT

AT THE ACTION CHURCH WARREN CRESCENT

TICKETS £10 EACH INCLUDING CANAPES AND DRINKS



ALSO COMING SOON ! (in the autumn)

Our long awaited murder mystery 'DEAD WEIGHT'

A home-spun murder mystery written by Frances now in a murder mystery writing competition !



### Have you got Green Fingers?

#### Do you like fresh air and the natural environment ?

If they answer is yes, then why not join a group to work in the community garden each week with our very own Debz Lawless. **The group is on a Monday 10.30 a.m.—1.30 p.m. and is part of our programme and is open to all members.**

**Dates:** are 4th,11th, 18th July, 1st , 8th, 15th,22nd August and 5th September

Do you like knitting and crochet? - would you like to learn? Sue runs a peer led knitting and crochet group 2nd Wednesday in every month. At the hub.



Scared of technology? - come and learn with Andy

#### Wellbeing through the arts programme

Each month we will spend time doing creative arts expressing ourselves using the arts, & experimental arts and crafts, nature journalling in the garden and creative writing based around our theme for the month. We will also be doing card-making once a month and 'painting for pleasure' where we can learn specific art techniques.



**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
Tuesday	11. a.m.—2 p.m. Peer led art and craft group at James Street Church	Siobhan Land
Wednesday	<b>10.30—3.30 p.m. Wellbeing Hub at SWAC discussions, themed talks, relaxation, mindfulness, creativity, digital photography (fortnightly)</b> <b>Online support group for SPACE 7.30 .p.m.</b>	<b>Creative Options Team</b> <b>Ling Salter</b>
Thursday	Drop-in at St. Denys Activity Group 10. 30—2.30 p.m. Peer support informal meet ups for ladies various	St. Denys Activity Group
Fridays	Women's surgery 12—2 p.m. Portswood church July 1st and fortnightly 1.30 p.m. vocal group at Flourish Marlands	Vivienne Golding Soco Music
Saturdays	Fortnightly mindfulness and colouring club At Coffee 1 /social trips	Sioban
Sundays	S.P.A.C.E. Programme at the SWAC-Itch Centre, Floating Bridge Road, Itchen Bridge 1.30—4.30 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 (Mon,Wed,Fri)**

