

10.30- Hub Opens
 11-11.45 Relaxation and Meditation.
 11.45-12- Break
 12-12.45- Quiz with Siobhan

12.45-1.30- Lunch. Shared Meal. Optional Bite Size Mental Health Toolbox Rachel.

1.30-3.30 **Crafternoon.** Core Art Journaling with Siobhan, Ask Andy Tech Support, Twitching with Rachel.

**April
 27th**

March/April
 What's On



Creative Options

Hi Everyone, Welcome to March and April's What's On Guide. I have tweaked Wednesdays, to have session times, so you can choose what you wish to attend. All I ask is that if you arrive early for a morning session, grab a tea or coffee and be respectful that others are participating.

The new format includes a lunch break, in which I will be running 20 minute optional lunchbreak learning sessions. Building a Mental Health Toolbox. I've selected a few of the skills I have learned to help me to manage my symptoms and have a life once more. I will also be available during lunchbreak's to talk about individual concerns.

Crafternoon's will be a mix of creative activities combining old favourites with new activities. Frances has kindly offered to help us to learn how to paint, starting with watercolours.. I will also be running a new monthly group called The Twitchers and Debs will be back out in the garden. Bird watching is a great activity to enjoy the outdoors and to be mindful in a practical way. Deer stalker hats and binoculars optional!

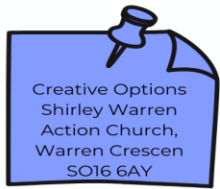
Best Wishes Rachel.

New! Learn to Paint with Frances. 2nd Wednesday of the month at our Crafternoons.

**Not
 Trainspotting
 Just Yet!**



New! Shared Meal . Last Wednesday of Month . Julie will organise to plan and cook a lunch with individual interested members to share with the group.



Sun

- S.P.A.C.E Peer Support Group 2-4pm @ Mayfield Nurseries SO19 9HL- Lucy Gatrell.
- Strut the Pup- Dog Walk Meet-Up @ Southampton Common, opposite Cowherds-Rachel
- SOCO Lyric Writing and Performance 1.30pm@ The Pavilion Hoglands Park.

Mon

- 1st & 3rd Monday of the Month. Photography Meet-Up- Taking Photographs. - Gerard. Group Whatsapp For Times.

Tue

- Peer-Led Arts and Crafts 11 am-2pm at James Street Church- Siobhan Lan

Wed

- Creative Options Wellbeing Hub 10.30am-3.30pm @ Shirley Warren Action Church.

Thu

- Ladies Peer Support. Ladies Arrange a Time.
- St Denys Friendlies Drop In. 11.30am-2.30pm- St Denys Activity Group.

Fri

- Flourish Vocal Group @ The Marlands-1.30pm- SOC
- Friday or Saturday Mens Informal Meet-Up. Arranged at Wellbeing Hub

Sat

- 1st and 3rd Saturday. The Mindful Colouring Club@ Coffee 1 Above Bar. -Siobhan Land.

Please Note: Mens Peer Support, S.P.A.C.E & Hope Hub are currently suspended until further notice. Thank you.



Weds 2nd March. Creative Options AGM- In Person and Via Zoom
<https://us02web.zoom.us/j/86388729004?pwd=YVdFQzJXYjZDRZeU9XR1FHYYk4UT09>

Friday 4th March. Quiz Night Fundraiser Virtual and In-Person 7pm-10pm.
 Book Tickets Via Event Brite or at Wednesday Wellbeing Hub.<https://bit.ly/3BCGroP>

Saturday 2nd July Fashion Show Fundraiser- Action Church £6 Inc Cream Tea.



Wednesday's at Creative Options. March and April.

10.30 Hub Opens.
 11-11.45– Mindfulness and Relaxation–With **Rachel**
 11.45-12– Break
 12-12.45– Quiz **with Siobhan.**
 12.45-1.30 Lunch/Pamper Session **with Julie.**
 2pm Hub Closes. AGM

March. Self Care.

2nd

10.30– Hub Opens
 11-11.45 Mindfulness and Relaxation **with Rachel**
 11.45-12– Break
 12-12.45– Quiz with Siobhan.
 12.45-1.30– Lunch. 20 mins Bite size Mental Health Toolbox **with Rachel**
 (Optional).
 1.30-3.30– **Crafternoon.** Learn to Paint Watercolours **with Frances,**
 Digital Photography **with Gerard.**

9th

10.30– Hub Opens
 11.-11.45 Mindfulness and Relaxation. **Visit from Deborah Knight**
 Mindfulness Coach.
 11.45-12—Break
 12-12.45– Quiz **with Siobhan.**
 12.45-1.30 Lunch. 20 mins Bite Size Mental Health Toolbox **with Rachel**
 (Optional)
 1.30-3.30– **Crafternoon..**Knitting and Crochet **with Sue,**
 Cardmaking **with Frances, Ask Andy Tech Support**

16th

10.30 Hub Opens
 11.-11.45 Mindfulness and Relaxation. Laughter Yoga **with Rachel**
 11.45-12—Break
 12-12.45– Quiz **with Siobhan.**
 12.45-1.30 Lunch. 20 mins Bite Size Mental Health Toolbox **with Rachel**
 (Optional)
 1.30-3.30– **Crafternoon.** Craft **with Jo,** Digital Photography **with Gerard,** Core
 Art Journaling **with Siobhan.**

23rd

10.30– Hub Opens
 11-11.45 Mindfulness and Relaxation. DIY Tai Chi **with Rachel.**
 11.45-12– Break
 12-12.45– Quiz **with Siobhan**
 12.45-1.30– Lunch. Optional Bite Size Mental Health Toolbox **with Rachel.**
 1.30-3.30 **Crafternoon.** Crafting **with Francis,** In the Garden **With Debs,**
 Twitching **with Rachel Ask Andy Tech Support**

30th

10.30—Hub Opens
 11-11.45 Mindfulness and Relaxation– Armchair Holiday Far Away.
 11.45-12– Break
 12-12.45– Quiz **with Siobhan.**
 12.45-1.30– Lunch. Optional Bize Size Mental Health Toolbox **with Rachel.**
 1.30-3.30 **Crafternoon–** Creative Writing **With Siobhan** Cup and Saucer Bird
 Feeders **with Rachel.**

April. Giving.

6th

10.30 Hub Opens
 11-11.45 Mindfulness and Relaxation. - Shake it out Do what you Want Dance.
 11.45-12 Break
 12-12.45 Quiz with Siobhan
 12.45-1.30 Lunch. Optional Bite Size mental health toolbox with Rachel.
 1.30-3.30 **Crafternoon.** Learn To Paint Watercolours **with Frances,** Digital
 Photography **with Gerard,** Ask Andy—Tech Support.

13th

10.30 –Hub Opens
 11-11.45 Mindfulness and Relaxation. **Visit from Deborah Knight**
 Mindfulness Coach
 11.45-12 Break
 12-12.45 Quiz **with Siobhan**
 12.45-1.30– Lunch. Optional Bite Size Mental Health Toolbox with Rachel
 1.30-3.30 **Crafternoon.** Card Making **with Frances,** Knitting and Crochet
with Sue. .

20th