



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, relatives and friends.**

**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**

**We also support the drop-in for service users on Mondays and Fridays at Central Baptist Church and run a variety of activities throughout the week at several different venues.**

**Drop-in attendance fee £2.50 plus snack bar. Extra cost for some activities\* (\*Encaustic art, floristry, cooking)  
(many activities free of charge)**

[www.creativeoptions.btck.co.uk](http://www.creativeoptions.btck.co.uk)

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  
WML—Woodmill Activity Centre  
TWL—Testwood Lakes Totton  
BS—boulder shack climbing gym, Empress Road, Bevois Valley

Monday September 4th 'welcome back'! Photography and Computer Club with Gerard and Paul at Freemantle Community Centre 11.30 a.m.—1.30 p.m. £2.50 drinks available. 2 p.m. 'with a song in mind' with Saire at the Third Age Centre, Cranberry Terrace—practicing for the 'keeping the hope' day on Friday 8th. (free of charge) Monday evening 'sailing with sailability' 6 p.m.—7 p.m. or 7.30 p.m.- 8.30 p.m. (arrive early to help rig boats) – contact

Adam.eyre@activenation.org.uk telephone 02380 915753 or see Julie Anstey to book. Must let them know by Monday morning please. Cost is £8.00 (subsidy available of £4 from project during term-time)

Tuesday 5th September Optional walking group organised by Mental Health Team—meet at the Hawthornes Centre 11.45 a.m. 2 p.m.

Wednesday 6th September drop-in recommences at Freemantle United Reformed Church 10.30 a.m.—2.30 p.m. Format:- 10.30—11 a.m.—meet and greet. 11.00 p.m.—11.30 p.m. quiz with prizes. 11.30 a.m.—12.30 p.m. 1st Wednesday in month— Member's forum or Committee meeting (held bi-monthly) 12.30 p.m. activities commence. Other weeks activities commence at 11.30 a.m. and carry on through until 2.30 p.m. Lunch is available from 12 noon onwards £1.00 for a filled roll or a small plate of salad/quiche etc.,. Winter time soup available. 1.30 p.m. afternoon groups take place.

There are optional groups in the afternoons at 1.30 p.m.

Wednesday 6th September—see previous format for details

11.30 a.m. Member's forum—nominations for a.g.m. please

12.30 p.m.— 'Creative' option— 'make n' mend with Karen Tait—sewing club—making items for self or to sell, learning to hand or machine sew and/or do repairs. £1.00 per session for sewing club please unless bringing own material or working on alterations. Or card-making. 'active' option—trip out to play badminton/sports or a walk 'social' option—table games or choose own activity.1.30 p.m. social committee 2.00 p.m. fund-raising committee.

Thursday 7th September.11.30 a.m. onwards—sailing with 'Sailability' available at TWL—catch No. 12 bus or arrange transport with friends. £5.00 each (£2.00 subsidy from project—ask Project Leader)

'Not staying in!' is a social group who meet up to go out socially usually every other week on a Saturday. The group usually meet up and go somewhere on the bus together For details of when this is happening please contact Saire Herschel on 07585616204 saireherschel@gmail.com.

#### Extra Mural Activities:-

Depending on funding we are hoping to be able to continue to provide some subsidy for extra-mural activities (sports)

Swimming:- available most weeks but will be arranged every other week from the drop-in. (Shirley Pool phone 023 8078 1901)

Sailing:-Will continue until the nights draw in (towards November) and will be available to members 'Sailability' at SWAC contact

adam.eyre@activenation.org.uk or on 02380 915753 At Testwood Lakes contact 07510331792

Canoeing (and other activities i.e. archery) Woodmill Activity Centre 'Paddleability' on Saturdays contact Julie on 02380 915744 .

Rock-climbing—we are hoping to arrange two more introductory rock-climbing sessions at BS Those who have already been on an introductory course may book themselves in for further sessions with the centre. Boulder shack (Bevois Valley)

contact 023 8017 1808 to book.

Gym work—we are hoping to arrange group membership for Members following on from the meeting with Frank on 27th September (with Studio Red in Shirley)

To be confirmed:- Activities at Fairthorne Manor  
Special events/ Christmas—possible outing, & singing events

For details of the main programme of Creative Options please contact:- Michelle Emereau on 07784365892 emereau5@msn.com

For 'with a song in mind' and 'creative expressions' and all creative activities contact Saire on 0758616204 saireherschel@gmail.com

W.R.A.P. support group fortnightly on a Tuesday contact Michael at mj.jammy81@gmail.com

For all sports and extra-mural activities, floristry and cooking contact Julie on 07738681906

For women's group contact Frances on 07850189069

For 'knit and relax' contact Flori on flori\_fernandes@hotmail.com

For men's group contact Ramesh Keer on 07756148523

Monday 11th December Camera Club meet at FCC 11.30 a.m. sharp (foc unless going out on a field trip on the minibus)

2 p.m. 'with a song in mind' with Saire at 3AC (foc)

Tuesday 12th December walk on common organised by NHS

Wednesday 13th December drop-in 10.30 a.m.—2.30 p.m. at FURC

Format as before.

Activities from 11.30 a.m.

'creative' option- papercrafts and Christmas gifts

'active' option swim at Shirley Pool or walk

'social' option table games or choose own activity

1.30 p.m. music appreciation, Recovery Star with Michelle in Parlour

Thursday 14th December women's group Christmas outing/get together- (time and venue to be confirmed\*)

Friday 15th December 10.30 a.m.—12.30 p.m. Men's social group at CBC £1.50 2 p.m. 'creative expressions with Saire (foc)

### **Seasonal cookery with Julie (tbc)**

Monday 18th December Photography and Computer Club at FCC 11.30 a.m.—1.30 p.m. with Gerard and Paul (last one of the term—tbc) 2 p.m. 'with a song in mind' seasonal singalong with Saire with mince-pies at 3AC (tbc)

Tuesday 19th December walk on common organised by NHS

Wednesday 20th drop-in at FURC 10.30 a.m.—2.30 p.m.

Activities from 11.30 a.m. available:-

'Creative' options—Christmas floral arrangement/wreath with Julie (price to be confirmed) papercrafts or gifts

'active' option—sports or walk 'social' option table games or choose own activity

1.30 p.m. healthy lifestyle club 2 00 p.m. relaxation

Thursday 21st 'knit and relax' at 2.30 p.m. with Flori

Friday 22nd December 10.30 a.m.-12.30 p.m. men's group at CBC £1.50 'creative expressions' with Saire at 2 p.m.

Saturday 23rd December 'Not staying in!' social group—see Saire for details (tbc as near Christmas)

Formal programme closed until week commencing 8th January 2018

To be confirmed:- date and venue of Christmas meal

Venue for the women's outing

Date and venue for pre-Christmas trip

Seasonal cookery arrangements with Julie Anstey (tbc)

n.b. Frances will not be regularly available this term and is away the second week of September.

2.30 p.m. Women's group at Central Baptist Church. £1.50 incl. refreshments.

Also, preparing buffet for 'keeping the hope' help needed—see Frances please.

**Friday 8th September 'Keeping the Hope' suicide awareness and prevention workshop 11 a.m.—4 p.m. Central Baptist Church. Open to everyone, people with lived experience, relatives, friends and professionals. Opportunities to network and discuss in an informal and supportive atmosphere. Information stalls, art, poetry, music and inter-active theatre and free buffet. Free entry** (by kind support of Southern Health Foundation Trust) Men's group still available in the prayer room from 10.30 a.m. – 12.30 a.m.

Saturday 9th September 'paddleability' at WML—book in advance please £3.00 per person. 02380 915744

Monday 11th September Camera Club meeting at FCC to go out to take photos together—no charge. Meet 11.30 a.m. sharp.

2 p.m. 'with a song in mind' at the 3AC free of charge.

Monday evening sailing with 'sailability' available—see previous details.

Tuesday 12th September a.m.—walk arranged by NHS—see previous details

Wednesday 13th September drop-in at FURC 10.30 a.m. – 12.30 p.m. Quiz at 11 a.m. followed by activities at 11.30 a.m. -; 'creative' option—Encaustic art with karen Tait \* (£1.00 per person please)

Or card-making. 'active' option group swim at Shirley Pool next to FCC ( £4,40—£2.00 subsidy for all group members )

'social' option—table games or choose own activity

1.30 p.m. Music appreciation in hall, Recovery Star with Michelle in the Parlour.

Thursday 14th September—sailing with 'sailability' at TWL from 11.30 a.m. onwards—£2.00 subsidy towards the £3.00 it costs—book with sailing organiser. 2.30 p.m. 'knit and relax' with Flori at CBC £1.50 including refreshments

Friday 15th September Men's social group 10.30 a.m.—12.30 p.m. £1.50 at CBC 12.30 p.m. meal cookery with Emma £6.00 per person for two portions to take away ( £3.00 non-returnable deposit—please book )

2 p.m. 'Creative Expressions' art club with Saire at CBC (free of charge)  
Saturday 16th September 'paddleability' available see previous details  
'Not staying in!' social group see Saire Herschel for details.  
Monday 18th September Photography and Computer Club 11.30 a.m.—1.30 p.m.  
£2.50 with Gerard and Paul at FCC 2 p.m. 'with a song in mind' with Saire at  
3AC (foc)  
Monday evening sailing at SWAC available—see previous details  
Tuesday 19th September walk on common arranged by NHS  
W.R.A.P. support group at Central Baptist Church. Group to help people who have  
done their W.R.A.P. course (wellness, recovery action planning £1.50 incl  
refreshments. (details from mj.jammy81@gmail.com)  
Wednesday 20th September drop-in at FURC—format as before.  
11.30 a.m.—visiting speaker (wellbeing) tbc.  
12.30 a.m. 'creative' option—papercrafts  
    'active' option—gardening club at Shirley Warren Action Church  
    'social' option—table games or choose own activity.  
1.30 p.m. Health lifestyle club 2.00 p.m. relaxation (in the parlour)  
Thursday 21st September sailing with sailability available—see previous details  
2.30 p.m. women's group at CBC £1.50 incl . Refreshments.  
Friday 22nd September 10.30 a.m.—12.30 p.m. Men's social group at CBC £1.50  
12.30 p.m. cake—baking with Emma £4.00 (£2.00 non-returnable deposit  
please) 2 p.m. 'Creative Expressions' group with Saire (foc)  
Saturday 23rd September 'paddleability' canoeing available—see previous  
details.  
Monday 25th September Camera Club meet at 11.30 a.m. at FCC (sharp) (free  
of charge unless on a field trip using the mini-bus when the cost will be confirmed)  
2 p.m. 'with a song in mind' at the 3AC (foc)  
Tuesday 26th September 'Capable Creatures' Mental Health dog walk with Lise  
Marron—meet at Hawthornes 11.45 a.m. £1.00  
Wednesday 27th September drop-in at FURC 10.30 a.m.—12.30 p.m. 11.30 a.m.  
visit of Frank from Studio Red to talk about the possibility of group gym membership

Saturday 18th November Christmas fair at Shirley Warren—help needed on stall.

Monday 20th November Photography and Computer Club with Gerard and Paul  
meet 11.30 a.m.—1.30 p.m. £2.50 2 p.m. 'with a song in mind' at 3AC with Saire  
(foc)  
Tuesday 21st November walk on the common organised by NHS  
2 p.m. W.R.A.P. support group CBC £1.50  
Wednesday 22nd November drop-in at FCC 10.30 a.m.—12.30 p.m.  
Format as before. 11.30 a.m. onwards activities:  
'creative' option—'make n' mend with karen Tait or papercrafts  
'active' option swimming at Shirley Pool or other sports  
'social' option table games or choose own activity  
1.30 p.m. music appreciation in hall, Recovery Star with Michelle in the Parlour  
Thursday 23rd November 'knit and relax' with Flori at CBC £1.50  
STePS support group for carers at St. James Church 6.30 p.m.—8 p.m.  
Friday 24th November 10.30 a.m.—12.30 p.m. Men's social group at CBC £1.50  
2 p.m. 'creative expressions' with Saire (foc) **Seasonal Cookery with Julie**  
Saturday 25th November 'Not staying in!' social group—see Saire for details.  
Monday 27th November Camera Club meet at FCC 11.30 a.m. with Gerard (free of  
charge unless a field trip in the minibus)  
2 p.m. 'with a song in mind' at the 3AC with Saire  
Tuesday 28th 'Capable Creatures' dog walk with Lise Marron  
Wednesday 29th November drop-in at FURC 10.30 a.m.—12.30 p.m..  
'creative' options—'make n' mend with karen Tait (extra session to make up for ses-  
sion taken for pottery and Karen being away in September) or papercrafts  
'active' option—swimming at Shirley pool or other sports or walk  
'social' option—table games or choose own activity  
1.30 p.m. communication group in the parlour  
Thursday 30th November 2.30 p.m. women's group at CBC £1.50  
Friday 1st December 10.30 a.m.—12.30 p.m. Men's social group  
2 p.m. 'creative expressions' art club with Saire (foc)  
**Seasonal Cookery with Julie (tbc)**  
Monday 4th December Photography and Computer Club 11.30 a.m.—12.30 p.m. at  
FCC £2.50 2 p.m. 'with a song in mind' with Saire at 3AC  
Tuesday 5th December walk on common organised by NHS  
2 p.m. W.R.A.P. support group CBC £1.50  
Wednesday 6th December drop-in at FURC 10.30 a.m.—12.30 p.m.  
11.30 a.m. committee meeting  
12.30 p.m. activities:- 'creative' option 'make n' mend with karen Tait  
Or papercrafts, 'active' option—sports activity or walk, 'social' option table-games or  
choose own activity 1.30 p.m. social committee  
1.30 p.m. social committee 2.00 p.m. fund-raising committee  
Thursday 7th December 2 p.m. 'knit and relax' with Flori at CBC £1.50  
Friday 8th December 10.30 a.m.—12.30 p.m. Men's social group at CBC £1.50  
2 p.m. 'creative expressions' with Saire (foc)  
Saturday 9th December 'Not staying in!' social group see Saire for details.

Thursday 2nd November 2 .30 p.m. women 's group at CBC £1.50

Friday 3rd November Men' s group 10.30 a.m.—12.30 p.m. at CBC

2 p.m. 'Creative Expressions' art club with Saire

Monday 6th November 11. 30 a.m. Photography and Computer Club at FCC with

Gerard and Paul. 2 p.m. 'with a song in mind' at 3AC with Saire (foc)

Tuesday 7th November walk on common organised by NHS

2 p.m. W.R.A.P. support group at CBC £1.50

Wednesday 8th November drop-in at FURC 10.30 a.m.—2.30 p.m.

Format as before—11.30 a.m. Member's forum

12.30 p.m. activities:-

'creative' - Encaustic art with Karen Tait (\*£100) or papercrafts

'active' option—sports activity or walk

'social' option table games or choose own activity

1.30 p.m. Music appreciation, Recovery Star with Michelle in Parlour

Thursday 9th November 'knit and relax' with Flori at CBC £1.50

Friday 10th November Men's social group 10.30 a.m.—12.30 p.m. £1.50 **Meal cookery with Julie Anstey booking essential £6 (two portions) £3.00 non-returnable deposit please** (2 p.m. 'creative expressions' art club with Saire (foc)

Saturday 11th November 'Not staying in!' social group see Saire for details.

**Saturday 11th November evening :-**

**7 p.m. for 7.30 p.m. Murder Mystery fund-raising dinner for Creative Options at Brooke House Country Club at Botley. £25.00 per person Tickets £25.00 each for three course meal and drinks on arrival. Come to the premier of the film 'I'm your No. 1 fang!' and solve a dastardly murder that has taken place! - great fun - please promote amongst relatives and friends.**

Monday 13th November Camera Club with Gerard meet at FCC 11.30 a.,m. sharp—free of charge unless a field trip with minibus

2 p.m. 'with a song in mind' with Saire at 3AC

Tuesday 14th November walk on the common with the NHS

Wednesday 15th November drop-in at FURC 10.30 a.m.—12.30 p.m.

Format as before. Activities from 11.30 a.m.:-

'creative' option papercrafts

'wellbeing' option—making scrubs, hand-made soaps etc., for the fair

'active' option gardening club at Shirley Warren

'social' option—table games or choose own activity

1.30 p.m. healthy lifestyle club 2.00 p.m. relaxation (in the parlour)

Thursday 16th November 2 p.m. women's group at CBC £1.50

Friday 17th November Men's group at CBC 10.30 a.m.—12. 30 p.m.

**Seasonal cookery with Julie £4.00 to take cakes home**

2 p.m. 'creative expressions' art club with Saire (foc)

at Studio Red in Shirley.

11.30 a.m. onwards 'creative' options 'make n' mend' club (£1.00) with volunteers (Karen away) or paper-crafts,

'active' option swim at Shirley Pool or walk

'social' option—table games or choose own activity

1.30 p.m. Music appreciation in the hall, Recovery star with Michelle in Parlour.

Thursday 28th September sailing available at TWL—see previous details. 2.30

p.m. 'knit and relax' with Flori £1.50

STePS Carer 's Support Group 6.30 p.m.—8 p.m. with Mary Charlton (supported by Rethink) St. James Methodist Church, St. James Road. (foc)

Friday 29th September Men 's social group at CBC 10.30 a.m.—2.30 p.m. 2 p.m.

'creative expressions' art club with Saire (free of charge)

Saturday 30th September 'paddleability' available at WML—see details

'Not staying in!' social group—see Saire for details.

Monday 2nd October 11. 30 a.m. Photography and Computer Club with Gerard and Paul FCC £2.50 each, refreshments available. 2 p.m. 'with a song in mind' at 3AC with Saire

Tuesday 3rd October walk on the common organised by the NHS

2 p.m.. W.R.A.P. support group at CBC £1.50

Wednesday 4th October drop-in at FURC—format as before

11.30 a.m.—'creative' option 'make n' mend with karen Tait (£1.00) or paper-crafts

'active' option swim at Shirley pool (subsidised by project) or walk

'social' option—table games or choose own activity.

1.30 p.m. social committee 2.00 p.m. fund-raising committee in the parlour

Thursday 5th October sailing with 'sailability' available at TWL—see details

2.30 p.m. women 's group at CBC £1.50 incl. refreshments.

Friday 6th October Men 's group 10.30 a.m.—12.30 p.m. at CBC £1.50

2 p.m. 'creative Expressions' art club with Saire (free of charge)

Saturday 7th October 'paddleability' at WML see details

Monday 9th October Camera club with Gerard meet at FCC 11.30 a.m. sharp-  
( free unless field trip using bus when people will be asked to contribute )

2 p.m. 'with a song in mind' at 3AC (foc)

Tuesday 10th October **World Mental Health Day workshop at 3AC** details tbc

Wednesday 11th October drop-in at FURC—format as before (**book for floristry\***)

11.30 a.m.— 'creative' options Pottery with Sarah Rinadli (£2.00 for the session  
please each week and £1.00 at the end for finished project ) or music appreciation

'active' option walk or badminton/sports 'social' option—table games or  
choose own activity.1.30 p.m. music appreciation in hall Recovery Star with  
Michelle in parlour.

Thursday 12th October sailing with 'sailability' at TWL—see details 2 .30 p.m.  
'knit and relax' with flori at CBC £1.50

Friday 13th October Men 's social group 10.30 a.m.—12.30 p.m.

**Meal Cookery with Julie Anstey—booking essential please £6.00 for two portions to  
take home £3.00 deposit please )** 2 p.m. 'creative expressions' art club with  
Saire at CBC (foc)

Saturday 14th October 'paddleability' available at WML—see details

'Not staying in!' social group see Saire Herschel for details.

Monday 16th October Photography and Computer Club with Gerard and Paul at  
FCC meet 11.30 a.m. cost £2.50 2 p.m. 'with a song in mind' with Saire at the  
3AC (foc)

Sailing at SWAC available—see details

Tuesday 17th walk on common organised by NHS

Wednesday 18th October drop-in at FURC 10.30.a.m.—2.30 p.m. format as before  
plus

**11.30 a.m. Annual General Meeting with all members and Trustees**

**All to attend please** followed by normal activities as follows:-

12.30 p.m. 'creative' option – **floristry with Julie Anstey (\*£4,00 each)** or  
'wellbeing' option—manicures, facials, massage 'active' option—gardening  
club at Shirley Warren

1.30 p.m. healthy lifestyle club 2.00 p.m. relaxation (in the parlour)

Thursday 19th October 2.30 p.m. women 's group CBC £1.50

Friday 20th October 10.30 a.m.—12.30 p.m. Men 's social group

**Cake-baking with Julie £4.00 to take cakes home** 2 p.m. 'creative expressions'  
art club with Saire (foc)

Saturday 21st October 'paddleability' available at WML

Monday 23rd October Camera club meet at FCC 11.30 a.m. sharp (foc unless a  
field trip using the bus ) 2 p.m. 'with a song in mind; with Saire at 3AC (foc)

Tuesday 24th October 'Capable Creatures' dog walk for mental health with Lise  
Marron £1.00 please—meet at the Hawthornes 11.45 a.m.

2 p.m. W.R.A.P. support group at Central Baptist Church £1.50

Wednesday 25th October drop-in at FURC 10.30—2.30 p.m.—format as before

11.30 a.m. 'creative' option—Pottery with Sarah Rinaldi (£5.00 total for finished  
projects ) or papercrafts 'active' option swim at Shirley Pool or other sports

activity or walk, 'social' option—table games or choose own activity. 1.30 p.m.  
music appreciation in the hall, Recovery Star with Michelle in parlour.

Thursday 26th October sailing available at TWL—see details

2.30 p.m. 'knit and relax' at CBC wth Flori £2.50

STePS carer 's group at St. James Methodist Church 6.30 p.m.—8.30 p.m.

Friday 27th October 10.30 a.m.—12.30 p.m. Men 's social group at CBC £1.50

2 p.m. 'creative expressions' with Saire at CBC (foc)

Saturday 28th October paddleability at WML see previous details

'Not staying in!' social group see Saire for details.

Monday 30th October Photography and Computer Club 11.30 a.m. at FCC with  
Gerard and Paul £2.50 2 p.m. 'with a song in mind' with Saire (foc)

Tuesday October 31st NHS walk on common meet Hawthornes 11.45 a.m.

Wednesday 1st November drop-in at FURC— 10.30 a.m.—2.30 p.m. format as  
before. 11.30 a.m. Member 's forum 11.30 a.m. activities: as follows:-12.30 p.m.

Creative Option- 'make n' mend with karen Tait, or papercrafts, 'active'  
option—sports/.walk social option—table games/choose own activity.

1.30 p.m. social committee 2.00 p.m. fund-raising committee (tickets 11th\*)