

## '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 07585616204 saireherschel@gmail.com.

We also hope to hold an alternative medicine course with Julie Anstey in the near future.—6 week course—venue and cost tbc but it will be subsidised. If interested please contact Julie on 07738681906 Creative Options usually organises a half-day trip in the late Spring and an annual day trip in July dates and venue tbc.

### Dates to note:-

Committee Meeting dates Wed 4th April, 6th July, 1st Aug. 11.30 a.m. all committee members please attend.

Thursday 12th April Mental Health Dialogue at 3AC 6—8 p.m. open space for discussion of health and wellbeing. Free event

9th—12th April—wellbeing in the arts programme at the Solent University James Matthew Building.

Friday 13th 'Opposition to Superstition!' - First of Creative Options roadshows showcasing what we do. Solent University showcase St. James Matthew Building in the 'stronger together' installation area. 'Creative Expressions' art club will be exploring a positive response to it being Friday 13th and opening out our art club to the public.

### **Mental Health Awareness week 14th-20th May**

**Stress management workshop and focus group with a focus on mindfulness and relaxation session. Free event at Mind Heart and body Church Street Southampton Thursday 17th May 2—4 p.m.**

**June 22nd Fund-raising event Murder Mystery Dinner 'Murder at the Manor' at Brooke Manor Country Club. Botley 7 for 7.30 p.m. with the Southampton University Players featuring our own Trustee Frances and Ron Heather. Cost £25. pp incl three-course meal. (we hope to provide some subsidy and transport)**

### Internship Programme:

In the summer we are hoping to have two interns working with us. One focusing on evaluation of our services and one on promotion and marketing.

For the details of the latest programme please consult the timetable on the website or contact the project leader Michelle Emereau on 07784365892



CREATIVE OPTIONS  
COMMUNITY PROJECT  
Registered charity no. 1160104

**'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  
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](mailto:www.creative-options@weebly.com)

Trustees: Frances Heather (founder) frances.anne@btinternet.com  
Stephen Press stephenpress@stepacross.org.uk  
Jenny.elliott0263@gmail.com  
Bob Pritchard bob.pritchard@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  
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  
 (see description on next page)

TIME	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5
11.30 A.M.—12.30 P.M.	COMMITTEE MEETING, MEMBER'S FORUM  FOCUS GROUPS  OR VISITING SPEAKERS	DISCUSSION GROUP  OR SMALL GROUP Mind your P's and Q's	(GARDEN CLUB Leave at 11 30 a.m.) SOCIAL COMMITTEE FOLLOWED BY FUND-RAISING COMMITTEE	CREATIVE WRITING	DEBATE/ DISCUSSION  OR SPECIAL TOPIC
12.30—2.30 MAIN HALL	TUTORED SESSION  TABLE GAMES,  OPTIONAL WALK	←————→		TUTORED SESSIONS  TABLE GAMES  OPTIONAL WALKS	
		PAPERCRAFTS		PAPERCRAFTS	PAPERCRAFTS
12.30—1.30 IN MAIN HALL		HAND MASSAGE, SELF CARE, MANICURES			
12.30—2.30 IN PARLOUR			KNIT AND RELAX CLUB		PROGRAMME AS REQUIRED  OR
12.30—1.30 P.M.	STAFF SUPER VISION 1-1 WORK	RECOVERY STAR 1-1		RECOVERY STAR 1-1	SPECIAL EVENTS
1.30 P.M.—2.30 P.M.	MUSIC APPRECIATION	HEALTHY LIFE-STYLE CLUB  MINDFULNESS/ RELAXATION./ EXERCISES		SUPPORT GROUP	

## 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!

## Other activities:-

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

Priory Road Activities Group—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.

## 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 £12.00 a month payable in advance in cash or by standing order. - only £3.00 a week!) Membership of Creative Options is an essential requirement. Gym is Studio Red above Sainsbury's in Redcar Street Shirley 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)

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 at Shirley Pool, & other venues —usually on a Wednesday—times arranged to suit the group. Cost is £4.40 per person, but the activity is **subsidised on a fortnightly basis** (i.e. 2 x a month) for £2.40 per person, so cost is only £2.00 each

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

### 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, PAPERCRAFTS, ENCAUSTIC ART, FLORISTRY POTTERY, KNITTING/CROCHET, CREATE FOR CASH, 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

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.

**'Create for Cash' with Emma Bennett—**using a variety of techniques to enhancing people's existing skills and teach new ones to produce saleable products to be used for income generation.

**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.

**Pottery sessions with Sarah Rinaldi—**usually two separate sessions—1 course per term—pay for the end product—£5.00 or £2.00 each session and pay £1.00 to collect it to take home afterwards.

**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)

**Music appreciation—**listening to music of all tastes—first half an hour a particular type of music to be selected by participants.

**Knit and Relax club—**peer led knitting and crochet group with an optional relaxation session—instruction available.

### **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

**Garden club—**leaves at 11.30 a.m. the third Wednesday of each month for the Shirley Warren Community Garden free refreshments

**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 mid-week activities: (see legend for venues on front of programme)

## **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 qadvanced) £2.50 including refreshments.

Camera club—meets at FCC 2nd and 4th weeks of the month to go out and take photographs. Once a month meet earlier at 11 a.m. outside the community centre to get the minibus to go further afield—£2.50 towards fuel costs. See staff at the centre for details.

## **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

**THURSDAYS:-CBC WOMEN'S GROUP 2.30 p.m. 1st Thursday in every month—(07850189069)**

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

## **FRIDAYS:-CBC10.30—12.30 p.m**

**MEN'S GROUP** (contact Ramesh Keer on 07756148523

—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. Tel. Saire on 0758616204**

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

Free of charge.