

'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



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

Monday 'welcome back'! 8th January 2.30 p.m. 'with a song in mind' with Saire at the Third Age Centre, Cranberry Terrace (free of charge) refreshments available. Tuesday 9th January walk with the NHS 10 a.m. 1-3 p.m. optional art club at Shirley Warren. 4 p.m. mind, body and soul Church Street-free session of exercise and mindfulness. 8 p.m. Aqua fit at Shirley Pool.

Wednesday 10th January drop-in recommences at Freemantle United Reformed Church 10.30 a.m. — 2.30 p.m. Format:- 10.30 a.m. - 11:00 a.m. meet and greet 11.00 a.m.-11.30 a.m. quiz with prizes. 11.30 a.m. notices. 11.30 a.m. - 12.30 p.m. 1st Wednesday in month Member's forum or committee meeting nominations for agm please. 12.30 p.m. 'creative' options - Encaustic Art with Karen Or paper-crafts with Saire. 'active' option—walk with Ron (earlier on) plus badminton at St. Mary's Sports Hall with Julie. 'social' option—table games or choose own activity. 1.30 p.m.—2.30 p.m.—Support Group in the parlour. Or 1.30 p.m.—main hall - table games or choose own activity. Friday 12th January Men's Social group 10.30 a.m.—12.30 p.m. £1.50 at CBC followed by lunch available with Bal from 12.30 p.m. £2.00-£2.50 and £1.00 for a pudding. 2 p.m. Meal cookery with Julie £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 13th January 'Not staying in!' social group see Saire Herschel for details. Monday 15th January 2.30 p.m. 'with a song in mind' with Saire at the 3AC Cranberry Terrace foc refreshments available.

£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)

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

2 p.m. W.R.A.P. support group at CBC £1.50 (last one this term)

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.

Formal programme closed until week commencing 8th January 2018

To be confirmed:- date and venue of Christmas meal

Venue for the women's outing

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. Please see over for details:-

Tuesday 21st November walk on the common organised by NHS  
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**

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

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

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 session 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

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

Tuesday 16th January walk with the NHS 10 a.m. 1-3 p.m. Optional art club 4 p.m. mind, body and soul Church Street—free session of exercise and mindfulness. 8 p.m. aqua fit at Shirley pool. Wednesday

17th January—see previous format for details 11.30 a.m. – 12.30 p.m. Creative writing 12.30 p.m.— 'Creative' option Encaustic art with Karen Tait. or paper-crafts with Saire.. 'active' option—

swim at Shirley Pool—12 noon onwards. 1.30 p.m.—2.30 p.m. 'Creating for Cash' income generating projects with Emma and Sue in the main hall. 1.30 p.m.—2.30 p.m. Recovery Star with Michelle in Parlour. Thursday 18th January STePS support group for

cares at St. James Church 6.30 p.m.—8 p.m. Friday 19th January Men's group 10.30 a.m. – 12.30 a.m. £1.50 at CBC followed by lunch. 2 p.m. cake-baking with Julie £4.00 (£2.00 non-returnable deposit please) 2.00 p.m. 'Creative Expressions' art club with Saire at CBC . Monday 22nd January 'With a song in mind with Saire refreshments available (foc) . Tuesday 23rd January 10 a.m.

walk with NHS. 1-3 p.m. optional art club at Shirley Warren. 4 p.m. mind body and soul Church Street—Free session of exercise and mindfulness. 8 p.m. aqua fit at Shirley Warren.

Wednesday 24th January—see format as before then :

11.30 a.m. –12.30 p.m. Social committee followed by fundraising committee in the main hall away from disruption. A visiting speaker tbc . 12.30 p.m. 'Wellbeing Wednesday' self-care/massage, alternative therapies with Julie and Lesley. 'Active' group leave for Shirley Warren garden to do garden club. 'Social' option walk with Ron or table games or choose own activity.

11.30 a.m. –12.30 p.m. Social committee followed by fundraising committee in the main hall away from disruption. A visiting speaker tbc . 12.30 p.m. 'Wellbeing Wednesday' self-care/massage, alternative therapies with Julie and Lesley. 'Active' group leave for Shirley Warren garden to do garden club. 'Social' option walk with Ron or table games or choose own activity.

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11.30 a.m. –12.30 p.m. Social committee followed by fundraising committee in the main hall away from disruption. A visiting speaker tbc . 12.30 p.m. 'Wellbeing Wednesday' self-care/massage, alternative therapies with Julie and Lesley. 'Active' group leave for Shirley Warren garden to do garden club. 'Social' option walk with Ron or table games or choose own activity.

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11.30 a.m. –12.30 p.m. Social committee followed by fundraising committee in the main hall away from disruption. A visiting speaker tbc . 12.30 p.m. 'Wellbeing Wednesday' self-care/massage, alternative therapies with Julie and Lesley. 'Active' group leave for Shirley Warren garden to do garden club. 'Social' option walk with Ron or table games or choose own activity.

1.30 p.m. healthy lifestyle club with Julie in the Parlour followed by mindfulness session, chair exercises or relaxation. Friday 26th January Men 's group 10.30 a.m.-12.30 p.m. at CBC £1.50 followed by lunch with Bal. Saturday 27th January Not Staying In social group, for details contact Saire Herschel. Monday 29th January 'With a song in mind' singing group 2.30 p.m. 3AC foc refreshments available. 10 a.m. Tuesday 30th January Dog walk with Lise Marron 11.45 a.m. Hawthornes. Wednesday 31st January Format as before then 11.30 a.m.-12.30 p.m. Current affairs/discussion/debate or speaker tbc. 12.30 p.m. onwards: 'creative' option - 'make n mend' with Karen Tait or paper-crafts with Saire. 'active' - option swim at Shirley pool with Julie. 'social' option—walk with Ron, table games or choose own activity. 1.30 p.m. Recovery Star with Michelle in the Parlour. 1.30 p.m. in main hall (continuation of activities as required). Music appreciation group for those who want it—one corner of the room 1/2 hour with a focus on a specific type of music. Thursday 1st February 2.30 p.m. Women 's group at CBC £1.50. Friday 2nd February Men 's group 10.30 a.m.-12.30 p.m. at CBC £1.50 followed by lunch available with Bal—£2.00-£2.50 and £1.00 for pudding. Tuesday 6th February 10 a.m. walk with the NHS. Wednesday 7th February format as before then: 11.30 a.m.-1 p.m. AGM all attend please. 1.30 p.m. Communication group—activities to aid and improve communication—in the Parlour. Thursday 8th February a.m. possible alternative therapies course with Julie—6 weeks-venue tbc. 6.30 p.m.-8.30 p.m. Mental health Trialogue—subject Stigma – free event, free refreshments. All attend – open

Tuesday 7th November walk on common organised by NHS  
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 £6.00 to take meal home (2 portions)** 2 p.m. 'creative expressions' art club with Saire (foc)  
**Saturday 11th November 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  
2 p.m. W.R.A.P. support group at CBC £1.50  
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)  
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)

eld 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. (every fourth Tuesday) £1.00

Wednesday 27th September drop-in at FURC 10.30 a.m.—12.30 p.m.

11.30 a.m. v

11.30 a.m. onwards 'creative' options '

make n' mend' club with volunteers (Karen away) or paper-crafts,

'active' option swim at Shirley Pool

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.

Tuesday 24th October 'Capable Creatures' dog walk with Lise Marron £1.00

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 with Flori £2.50

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

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)

Monday 30th October Photography and Computer Club 11.30 a.m. at FCC with

To all— people with lived experience, carers, relatives and friends and anyone interested in Mental Health. 2.30 p.m. Knit n Relax with Flori at CBC £2.50 Friday 9th February Men's group 10.30 p.m.—12.30 lunch available with Bal £2.00-£2.50 and £1.00 for pudding. 2.00 p.m. Creative Expressions with Saire. 2. p.m. Meal cookery with Julie at CBC booking essential please £6.00 for two portions to take home £3.00 deposit please. Saturday 10th February 'Not Staying In' social group contact Saire Herschel for details. Monday 12th Photography and Computer Club 11.30 a.m. at FCC with Gerard and Paul £2.50 on an 'in' week and camera club is free (unless a field trip where £2.50 is required for fuel). 2.30 p.m. 'With a song in mind' at 3AC foc refreshments available. Tuesday 13th February Optional walking group organised by Mental Health Team. 2 p.m. W.R.A.P. support group at CBC £1.50. Wednesday 14th February format as before then: 11.30 a.m.-12.30 p.m. Creative writing 'active' option swim at Shirley pool from 12 noon onwards. 12.30 p.m. 'creative' option Calligraphy with Emma £1.00 or paper-crafts with Saire. 1.30 p.m.-2.30 p.m. Recovery Star in the Parlour with Michelle. Friday 16th February Men's group followed by lunch available with Bal. £2.00-£2.50 and a £1.00 for pudding. 2 p.m. Cake baking with Julie-booking essential £4.00 to take cakes home. 2.00 p.m. Creative Expressions art club with Saire at CBC. Monday 19th February 11.30-1.30 Photography and Computer club at FCC £2.50 with Gerard and Paul. 2.30 p.m. 'With a Song in Mind' with Saire at the 3AC foc refreshments available. 20th Tuesday 10.00 a.m. a walk with the NHS.

Wednesday 21st February –format as before then: 11.30 a.m.-12.30 p.m. Social committee followed by fund-raising committee in the main hall. Bi-monthly speaker tbc . 12.30 p.m. activities commence: ‘ wellbeing Wednesday ’ self-care/massage, alternative therapies with Julie and Lesley. ‘ active ’ group leave for the Shirley Warren Garden to do gardening. ‘ social ’ option—walk with Ron or table games, choose own activity. Pottery with Sara Rinaldi. 1.30 p.m. healthy lifestyle club with Julie in the parlour, followed by mindfulness session, chair exercises or relaxation. 2.30 p.m. Knit n Relax with Flori at CBC £2.50 Friday 23rd February 10.30 a.m. Men ’ s support group followed by lunch with Bal at CBC £2.00-2.50 and £1.00 for pudding. 2 p.m. 2 p.m. Creative Expressions art group at CBC. Saturday 24th February ‘ Not Staying In ’ social club. See Saire Herschel for details. 1.30a.m.-1.30 p.m. Monday 26th February Photography and computer club £2.50 at FCC. 2.30 p.m. ‘ With a Song In Mind ’ singing at the 3AC. Tuesday 27th February 10 a.m. a dog walk with Lise Marron 11.45 a.m. Hawthornes. 1-3 p.m. 4 p.m. mind, body and soul Church Street-free session of exercise and mindfulness. 8 p.m. Aqua fit at Shirley pool. Wednesday 28th February format as before then: 11.30 a.m.-12.30 p.m. Current affairs/discussion/debate (or visiting speaker )12.30 p.m.-onwards ‘ creative ’ option- ‘ make n mend with Karen Tait /paper-crafts with Saire. ‘ active ’ option-swim at Shirley pool with Julie. ‘ social’ option-walk with Ron, table games or choose own activity. 1.30 p.m. Recovery Star with Michelle in the Parlour. 1.30 p.m. in main hall ( continuation of activities as required )

Music appreciation group for those who want it—1/2 hr with a focus on a specific type of music. Thursday 1st March 2.30 p.m. Women ’ s group at CBC £1.50 incl refreshments.

#### **meeting with all members and Trustees**

**All to attend please** 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

‘ social ’ option –table games or choose own activity

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