



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

We are now working in a more structured way offering sessions. Members are welcome to attend either the morning group or both. Those not wishing to participate in the module are welcome to attend from 12.30 p.m. and bring their own lunch for social connection and peer led quiz. Hot drinks and biscuits will be provided. Everyone who signs up to come to the wellbeing workshop will be expected to commit to attend for the whole of that month's module, attend on time and commit to home tasks.. The courses are provided free for members and a charge of £12.00 will be made to any non-members who want to sign up for any particular module. Refreshments and registration is at 10.30 a.m. with the sessions starting promptly at 11 a.m. The sessions will run until 12.30 p.m. Wellbeing through the arts programme is offered in the afternoons from 1.30 p.m. and is free to paid up members but visitors can 'pay as you go' and attend sessions for £3.00 per session.

10.30 a.m. coffee and registration for the month's module. Commences 11 a.m.—1 p.m.
 1 p.m. optional social group over lunch (bring your own) plus peer led quiz
 1.30 p.m. onwards 'wellbeing through the arts' programme— open to new visitors and 'pay as you go' session (£3.00 per week for non-members) volunteer/peer led activities
 3 15 pm. Optional relaxation and mindfulness session./clear up and pack away

January 11th	'Composure' module a.m. p.m. Digital photography wellbeing box, card-making	Helen/ Gerard.Frances
January 18th	'Composure' continued 'spinning a yarn' group (knit/crochet/macrame	Helen Sue/Frances
Jan 25th	Deborah Knight—session on mindfulness Digital photography Frankie's school of art drawing class Art journaling (process based art)	Debbie Knight Frankie Day Frances
February 1st	'Compassion' module Awaken compassion Review of 'composure' module kindness/self care p.m. digital photography, Making finger puppets/experimental art	Helen Gerard
Feb 8th	Compassion module continued 'Spinning a yarn'	Helen
Feb 15th	'Nurture self and nature' p.m. decorate plant pots .planting seeds	Helen
Feb 22nd	Mindfulness session with Deborah Knight Frankie's school of art drawing class, creative writing	Debbie Knight Frankie Day
March 1st	Spring into 'Curiosity' module Digital photography session, Pot-pourri pots	Helen Gerard/vols
March 8th	'Questions we are afraid to ask ourselves' 'spinning a yarn' knitting /crochet/ macrame spring flowers	Helen Sue/Frances
March 15th	Growth mind set Digital photography and painting for pleasure	Helen Gerard/Frances
Mar 22nd	Mindfulness with Debbie Knight p.m. card-making, paper flowers.	Debbie
March 29th	Dreams/aspirations a.m. p.m. Frankies' school of art, experimental art	Helen/Frankie/ frances

DATES FOR YOUR DIARY!

Digital skills course with Simon at the Action Church

Thursdays 12 noon—2.30 p.m.

This course is being organised through Mayfield Nurseries and they have achieved a special grant for the purpose of enhancing people's digital skills. The subjects covered include the general working of computers and laptops, basic digital skills, troubleshooting, e-mailing, use of the internet for browsing and shopping and social media. There are 10 places on the course currently and there is a waiting list. However, if you would like to join the waiting list, please let Andy know.



Money, Money, Money! Good news is the National Lottery has granted us £9,997.00 to help run the wellbeing hub. Unfortunately, this doesn't cover our other core costs and we are losing the funding support from



the NHS as from the end of the year. Therefore, we will be working on a more sessional/modular basis in the New Year.

We are pleased to announce that we have been granted £2,500 from a wellbeing grant. This money is to develop outreach with the 7cs for wellbeing and taking it out into the community. Part of the funding will also be to provide for a support worker to have out of pocket expenses to lead people into having a more active life and developing groups for swimming, walking and badminton etc., with the aim that these groups would be independently peer led in future.

Marine Coastguard Agency Quiz Night.

We are delighted that the MCA did a fund-raising quiz on our behalf and raised £500 for us. We are hoping to use this to provide another subsidised course with Kim Furnish of Instar Coaching. This is likely to be Positive Psychology Part 1 and will be aimed at new people.

Survey:- We are sending out a global survey to see what services are needed so we can tailor our services appropriately. Please click on the link below and fill it in anonymously.

https://docs.google.com/forms/d/1jfmKhGcUzIFrSqTnamDn_Jglh50lhhblhqIOj4b2dfA/edit?usp=sharing_eil_se_dm&ts=63a1a8ef

Frances has entered her script into a Murder Mystery Competition. We hope to hear about 'Dead Weight' and run it as a fund-raising event in the New Year.



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 Debez Soco Music
Wednesday	10.30 a.m.—11 00 a.m. coffee/registration for month's module for 7cs for wellbeing . & Monthly mindfulness session 12.30 p.m. onwards - social connections—bring your own lunch/ peer led quiz 1.30 p.m. wellbeing through the arts p.m. peer/volunteer led creativity, digital photography (fortnightly) Online support group for SPACE 7.30 .p.m.	Creative Options Team Ling Salter
Thursday	Drop-in at St. Denys Activity Group 10. 30—2.30 p.m. Peer support informal meet ups for ladies various Vocal group 6.30 p.m. MAST studios	St. Denys Activity Group Soco music
Fridays	Women's surgery 12—2 p.m. Portswood church July 1st and fortnightly	Vivienne Golding
Sundays	S.P.A.C.E. Programme at the SWAC-Itch Centre, Floating Bridge Road, Itchen Bridge 1..00 p.m.—4 p.m. (£10 a month—first month free)	Ling Salter

We provide refreshments—tea/coffee/juice & biscuits

- Please feel free to come along after 12.30 p.m. and bring your own lunch
- 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](tel:07780627961) (Mon, Wed, Fri)

