

Wednesday 29th Sept.	Nature journaling and gardening , digital photography in main room lasagne & salad option for lunch	Siobhan/ Frances /Debs
	2.30 p.m. Committee Meeting	Gerard
October 6th	Decoupage bottles/terrariums , bingo	Jo /Bajlinda
	2.30 p.m. goal setting group	
October 13th	Craft session - table games Digital photography with Gerard	Jo
		Gerard
October 20th	Painting and drawing group or table games	Frances/ Siobhan
October 27th	Papercrafts Digital photography with Gerard	Frances/Jo
	2.30 p.m. Member's forum	Gerard
November 3rd	Nature journaling or gardening bingo with Bajlinda	Siobhan
	2 30 p.m. Goal setting group	Frances/debs Jo
November 10th	Christmas crafts or papercrafts , table games	Frances
	Digital photography with Gerard	Gerard
November 17th	Christmas crafts table games	Jo /bajlinda
November 24th	Crafts table games Digital photography with Gerard	Jo
	2.30 p.m. Committee meeting	Gerard

Each week starts with meet and greet at 10.30 a.m. and wellbeing check in followed by the quiz at 11 00 a.m. with prizes. 11.45 a.m. mindfulness meditation/relaxation/wellbeing talk

Lunch available from 12. 15 p.m. Followed Individual tuition with Andy on computers.

Help with paperwork,. Benefits etc., on request.

- Please use the mood board on the way in and out and take part in our evaluation surveys
- Games, crafts, colouring, sewing and gardening (weather permitting) are available each week If you don't see what you want—please ask!.....and
- as we are member led –PLEASE feel free to bring suggestions any time and
- Volunteers always welcome to help with refreshments/clearing up



SWAC Itch—Southampton Water Activities Centre, Itchen Bridge

SWAC— Shirley Warren Action Centre, Warren Crescent, SO16 6AY

WM; - Woodmill activities centre

Mondays	Once a fortnight meet up of the photography group to take photographs in different locations		Contact Gerard
			For details
WEDNESDAYS	MAIN DROP-IN 10.30am –3. 30p.m. SWAC	Jo	Membership £10
			Per month
Thursdays	Ladies informal peer support group		check website
	Meeting in various coffee shops in the City Usually around 2 p.m. 2.30 onwards (check details) - meal out once a month		or banter
Fridays or Saturdays	Informal meet ups with men—peer support		Check website
			or banter
Saturdays	Fortnightly mindfulness and colouring club at various venues around City	Siobhan	
Sundays	S.P.A.C.E. Programme—SWAC ITCH	Ling	£10 a month
	1 p.m.—4.30 p.m. (or online via zoom)	Salter	non members £5 members

Please contact the member of staff for details of each activity running through the week. Wellbeing hub Leader :- Jo Cowan Frances can be

Contacted on 07850189069 Emma—administrator on 07780 627961



WELCOME BACK !

Thank you to Shirley Warren Action Centre for being our drop in venue until further notice. We are particularly excited to be able to do gardening and be in the garden—weather permitting. Please use the mood board on your way in and on when you leave the venue. And of course please give us your ideas and feedback. **Vaping and smoking is only allowed in the designated area outside near to the ladies toilet, in the link, otherwise outside the gate due to the building being shared with a children's nursery.** The front grass is lovely to sit on when the sun is shining. Please be careful as cars come and go in the car park.



'Wellness event October 16th Dolphin Hotel 1 p.m.—5 p.m.

This year we are privileged to be heading up a 'wellness' event on behalf of the Southampton Mental Health Network. In May 2019 Creative Options held a very successful launch event for the network entitled 'What makes Southampton a Mentally healthy City?' We had two workshops during the day. One was around wellbeing hubs and one asked exactly that question—what makes Southampton a mentally healthy City? We also had a range of stalls and some very interesting speakers. This year as part of this wellness day you will have an opportunity to participate in the ongoing survey about what makes for wellness in the City. In addition there will be a mental health dialogue discussion group, a couple of interactive workshops and different inspirational speakers. There will be a range of organizations represented including people from the statutory and voluntary sectors. This is a free event with free tea and cake.

Membership

For years it has only cost £2.50 per session to come to Creative Options and the first visit is free. We have formed a membership scheme and so we can make it and make it more affordable for our regular members whilst making the project more sustainable and more affordable for people. A Membership currently costs £10 per month and includes all attendance at wellbeing hub and access to a range of extra-mural activities and trips. New people are welcome to attend free of charge for the first session. Trips away are only accessible to regular paid up members. Membership of the S.P.A.C.E. programme and platform is accessible to non members at £10 a month. For members there is a reduced membership fee of £5 per month. People need to be registered with the platform. Just follow the link as shown on the website :- www.creative-options.org



Members meeting 29th September 2.30 p.m.

The member's committee is an important body. There are spaces for ten people on the committee including the chairperson, vice-chair and secretary. The committee meet every two months and every two months there is also a more informal member's forum.

FUN (D) RAISING IDEAS ?

Creative Options has always had a very active and enjoyable programme of fun(d) raising ideas. These have included in the past a fashion show, vintage teas and our popular murder mystery events. Most activities had to be cancelled due to covid 19. However, we are planning an online quiz and a murder mystery based on a slimming competition called 'dead weight'! (which is being scripted by Frances currently. We are looking for people to organize sponsored events i.e. a sponsored walk or swim and there are plans afoot to be jumping into the sea on Christmas Day! -watch this space!