

**TUTOR 11.30—12.30 P.M. 1.00 p.m. 1-1 small groups in SWITCH**

4th Sept 19	A Personal Coat of Arms then in the SWITCH Recovery star 1-1 then at 1.30 p.m. support group Main hall Creative writing & quiet meditation/music	Emma/Michelle/Jo / Frances
11th Sept 19	'wellbeing Wednesday' (massage, facials etc., Knit and crochet followed by 'healthy lifestyle club 1.00 p.m. then Tai Chi at 1.30 p.m. In the SWITCH	Julie/Francine Julie /Chris
18th Sept 19	Dream catchers followed by Healthy eating lunch club with Julie and recovery star and 1-1	Jo/Michelle/ Julie
25th Sept 19	Knitting and crochet SWITCH 1 P.M. 'mind your p's and q's (Paperwork and queries ) followed by Tai Chi	Francine Frances/Chris
2nd October 19	Craft session then Recovery star with Michelle in SWITCH Followed by Member's committee meeting	Jo
9th Oct 19	Make tiered Cake stands or knitting and crochet Followed by tai-chi in SWITCH at 1.30 p.m.	Emma/ Francine/Chris
16th Oct 19	Continue cake stands & 'wellbeing Wednesday' Healthy lifestyle club at 1 00 p.m. followed by chair yoga/mindfulness	Emma/Julie
23rd Oct 19	Origami paper napkins, table settings for Vintage tea SWITCH Recovery star with Michelle & 1-1 then supervision Main hall—Discusson/debate—or music appreciation	Emma/ Frances

**Saturday 26th October VINTAGE AFTERNOON TEA FUNDRAISER 3.30 pm—6 pm**

**Shirley Warren Action Centre Tickets £8 members £10 PAYG**

30th Oct 19	Knitting and crochet and 'passion for papercraft ' Thinking and acting positively group at 1 .00 p.m followed by tai-chi	Francine/Jo/ Frances /Chris
6th November 19	'colour for fun' - experimental art—'fireworks' followed by creatlve writing, 1 p.m. member's forum in the SWITCH	Emma/ Frances

**Please take part in our mood survey on your way in and out of the project**

**A new programme will be available for the rest of the term later.**

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

Sign up to volunteer to help out



Legend: FCC—Freemantle Community Centre, Randolph Street, SO15 `3HF

3AC—The Third Age Centre, Cranbury Terrace SO14 OLU

SWAC Itch—Southampton Water Activities Centre, Itchen Bridge

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

BITC—Board in the City, Onslow Road, SO14 OJG

WM; - Woodmill activities centre

**Sept '19—New style newsletter Upcoming events Membership cost explained Tutors**

<b>Mondays</b>	Photography.computer club wks 1 & and camera club wk 4 FCC 11.30 a.m.—1.30 p.m. With a song in mind 2pm - 3.30pm 3AC Sailing at SWAC itch 6-7 p.m. and 7	Gerard/ Mike Saire Julie/John	£1.50 members £3 'pay as you go ' £1 members £2 PAYGO £4.00 or £8 paygo
<b>Tuesdays</b>	Photography field trips 1 x month—usually week 2 in minibus. Alternative therapies courses—tbc	Gerard & Mike Julie	£2.50 members / £5 PAYGO Tbc—around £3
<b>WEDNESDAYS</b>	<b>MAIN DROP-IN 10.30am -2.30p.m. SWAC</b>	<b>Michelle</b>	<b>Free Members/£3 PAYG</b>
<b>Thursdays</b>	Hope Workshop 10.30am -1.30 p.m. 2nd Thursday in each month—women's group CBC Youth 16—24years 6pm—8pm BO	Emma Frances Nadine	£1 members / £2 PAYGO £1 members/£2 PAYGO £2 each
<b>Fridays</b>	Men's group 11am—12.30 Art Group 2pm—4pm 2nd and 4th weeks cookery	Kieran Laura Julie	£1 members / £2 PAYGO £1 members / £2 PAYGO £6/£4 or £8?£6 PAYGO
<b>Saturdays</b>	Canoeing at woodmill activity centre	Julie	£2 members/ £3 PAYGO

**Please contact the member of staff for details of each activity running through the week. Useful Numbers :- Drop-in Leader M. Emereau on 07784365892 Sports/cookery/wellbeing Julie Anstey 07738681906 or visit the website for further information.**



## WELCOME BACK and hello to our new venue!

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 be patient whilst we finalise our set up and storage areas. 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 carpark. Please be aware that a sewing group use the SWITCH from 10 a.m. to 1 p.m. so do not disturb this group. For this reason, lunch service will be from 1 p.m. However, members are welcome to join the sewing if they wish as the tutor is able to teach people. We also hope to organize our own sessions too in the near future again.



## Keeping the Hope Day Monday 9th September at Central Baptist Church

This year is our fifth annual workshop for suicide prevention and awareness headed up by Saire Hershel, who is an inspiration to many—people. Despite her own ill-health in the last year, Saire has built herself up again and taken on this enormous task. She has also raised a significant amount of money towards the event. There will be information stalls, music and art, a free raffle and a mental health first aid workshop. It is a free event with a bring and share buffet—**Please tell Frances if you are able to bring some food and/drink along as she is co-ordinating this aspect.**



## Membership and Pay As You Go

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 new 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 £5 per month and includes all attendance at drop-in and a reduced cost on other groups and priority on trips. Holidays and gym membership are for members only. New people and those who only want to attend i.e. specific activities can still 'pay as you go'. Others who may not wish to/be able to come every week can 'pay as you go' and attend all the activities, including other groups and extra-mural activities, except gym membership but pay a little more. The scheme is flexible and people can move between schemes. The decision had to be made, because of the reduction in grant funding.



## Darkness to Light, Walk of Hope Wednesday 11th

Early on the morning of the next drop-in—Wednesday 11th of September, 5.30 a.m. to be precise! (Yes, we really do mean 5 A.M.) Many will be gathered by the Hawthorne's café sporting their new commemorative t-shirts and carrying t-lights, to embark on our second annual 'walk of hope' from darkness to light. This is a fantastic event and there is such a feeling of optimism and camaraderie. It is very encouraging and moving in many ways. We are encouraging people to join us and to get sponsorship for walk. The sponsorship money can be allocated to our project, or Brighterway, the NHS charity or both charities according to what people choose. The first 30 registering to do a sponsored walk will receive a free continental breakfast of croissants, jam or cheese, tea/coffee available at 8 a.m. Others can purchase at £4.00 a head. T-shirts specially designed and produced by our 'Hope' workshop are available in small to 3xL. To order contact:- [orderproductsofhope@outlook.com](mailto:orderproductsofhope@outlook.com)

