

November 1st	Wednesday mornings—'Project You' Afternoon Bingo and table games Digital photography Christmas wreath making 3 15 p.m. optional mindfulness or relaxation cd	Kim Furnish Kirean Jude Gerard/Frances
November 2nd	1.p.m.—final session of 'Project you' with Kim	Kim Furnish
November 8th	'Strengthening you—strengthening communities with Kim Furnish 11 a.m.—1 p.m. 1 p.m. optional member led quiz followed by Christmas wreath making (continued) relaxation cd or mindfulness	Kim Furnish Frances
November 15th	'Strengthening you/communities' session with Kim 11 a.m.1 p.m. 1 p.m. digital photography Christmas wreath making (continued) scrub making for gifts	Kim Furnish-Gerard Frances/ Julie
November 22nd	'Strengthening you/communities' with Kim 11 a.m.—1 p.m. 1 p.m. Mindfulness 1-1 pamper session with Julie Glass painting t light holders	Kim Furnish Debbie Knight Frances
November 29th	'strengthening you/communities' with Kim—11 a.m.—1 p.m. 1 p.m. quiz with Jo followed by a seasonal craft Christmas card making swap shop in main hall	Kim Furnish Jo/Frances
December 6th	'strengthening you/communities' `11 a.m.—1 p.m. 1 p.m. digital photography Christmas card and gift making	Kim Furnish Gerard Frances
December 13th	'strengthening you/communities' 11 a.m.—1 p.m. 1 p.m. table arrangements & finishing off crafts	Kim Furnish Frances
December 20th	Social games and farewell Christmas buffet - bring and share	All

## It is autumn now and Christmas is looming

Does the thought of Christmas fill you with excitement or dread?

Does Christmas just depress you?

Do you worry about where you will spend Christmas?

Do you worry about who you are going to spend it with?

Are you worried about the cost and feeling under pressure to buy presents you maybe can't afford?#

'Coping with Christmas' is on Friday November 17th at the YMCA Talking about how we handle Christmas and focusing on a W.R.A.P. (Wellness, recovery action programme) style approach and linking it all with money management too.

## Wednesday afternoons at the hub

At the Annual General Meeting France told members she was retiring. It was noted that the charity was currently not sustainable for the longer term in its present form. There was discussion around the development of a peer support led group to replace Creative Options sessions after the end of the year. The charity service will be closing at the end of the year. There is the potential of free premises for members to meet and continue activities. However, this needs to be completely peer led as there will be no staff available. If you want to be part of shaping the future of the peer led support group, please discuss with Julie Anstey and Kirean Jude who are helping to form the new committee. Whatever happens, the group has established a good social network that is capable of continuing. In order to be able to organise activities, people need to come up with their ideas and be willing to take those ideas forward. Assistance will be required to get resources from the cupboard and put them away afterwards and help with refreshments.



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

**Y.M.C.A.Graham Road, SO14 OAW**

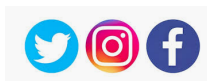


**Strengthening You, Strengthening Communities**

Day	Activity	Organiser
Monday	Meet up to take photographs on a fortnightly basis at Hogland's park 'tree of life' café at Colne avenue café revive 1.30—3.30 p.m. Song writing with Soco music	Gerard /Soco music Rachel Watson Soco music
Tuesdays	Swimming at the Quays with 'active options' Vocal group 1.30 p.m. at 'Planet Sounds' opposite the Co-op in terminus terrace (near college keep)	Julie Soco music
Wednesday	<b>10.30 a.m.—11 00 a.m. coffee/registration for for 'Strengthening you/communities 6 week course 1 p.m. wellbeing through the arts p.m. peer/volunteer led creativity, digital photography</b>	<b>Creative Options Team</b>
Thursday	Drop-in at St. Denys Activity Group 10. 30—2.30 p.m.	St. Denys Activity Group
Fridays	Women's surgery 12—2 p.m. Portswood church 1st and 3rd Fridays. 2nd Friday card-making and 4th Friday day of each month 'painting for pleasure' Y.M.C.A. (£3.00) (Until Christmas) 'Mind over money Matters' course on financial management and its connection with our mental wellbeing 2-4 –p.m. at the Y.M.C.A. commencing 13th October	Vivienne Golding Frances Heather Ling Salter

**We provide tea/coffee/juices and biscuits Please feel free to come along after 1 p.m. and bring your own lunch Please fill in the feedback form on the website**

**Enjoyed your time with us? - please tell others! - got a problem? Please tell us! Contact Julie for 'Active Options' (badminton, swimming etc., ) 07546 419601 membership matters contact Emma administrator on 07780 627961 (Mon,Wed)**



A life well lived is one where we have a strong sense of self, we have positive relationships, and a feeling of belonging to a community. These sessions will build your sense of self and increase your sense of community. Each weekly session has a different topic to strengthen you (45 mins), there will be a 10 min comfort break, followed by a session on strengthening your role in the community (45 mins). Each session begins with a short breathing practice and ends with an optional short meditation. There will be an opportunity for group discussions and partner work. Strategies for building a positive life will be included in each session.

Week	Strengthening You	Strengthening Communities
1	Making changes / Goals	Social Support & Your Environ-
2	Self -love, Self-compassion	Relationships/Social Bonds
3	Saying No / People pleas-	Asking for Help
4	Anxiety & Positive Emotions	Positive Communication
5	Confidence, Your strengths	Building Other's Strengths
6	Your purpose, Next steps	Your purpose in the community

The sessions will be held on Wednesday mornings 11-1pm on the following dates, 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup>, 29<sup>th</sup> November and 6<sup>th</sup> & 13<sup>th</sup> December.

Kim Furnish - Instar Coaching C.I.C  
www.instarcoaching.com

Bringing people together to learn new skills, share their experiences and learn from each other. Building a community of people who want to practice positivity and improve their wellbeing.

There will be the option of signing up for a 1-1 life coaching session for 30 minutes with Kim to commence at 1 p.m. each week. There will be one space each session. The course and the coaching is provided through people's normal membership.

## SWOP—SHOP—November 29th at the Hub

### What is the SWOP SHOP?

It is an opportunity for :-

Distribution of everyone's art work and projects

Looking through the Creative Options resources and deciding what the group would like to keep for the peer support group to use

Going through the resources and deciding how and where to dispose of it:-

Free to members/small donation

Give to staff/volunteers for use elsewhere

Give to other projects/charities

Send to charity shops

Send to the car boot sale/garage sale

Dump!

Help will be required to clean out the Creative Options cupboards and sort all the goods that are in the boxes.

After this date, any uncollected items of art work, pictures, projects etc., will be disposed of.

### CHRISTMAS LUNCHEON

**FRIDAY 15TH December 2023 THE ACTION  
CHURCH, 107-117 WARREN CRESCENT, 12 NOON.**

**All our current and past members of staff, volunteers and members are invited to join us for Christmas lunch with the community which will be provided free of charge to Creative Options members and staff. The charity will be covering the cost of the meals.**

**There is a free raffle and a quiz. Anyone wanting to donate prizes, please see someone at the church. You must book your place for your free ticket by the 29th November. Friends and relatives welcome to attend also.**

