

You will have details of all of the members of staff from the previous programme. Please respect the fact that August is meant to be a holiday break for all of the staff and Trustees, so try to be as independent as possible and avoid e-mailing or telephoning regarding activities. Members are encouraged to form friendships and meet up together if desired. If you need personal support, then please contact your own care co-ordinator or the appropriate out of hours team. Your support in this matter is greatly appreciated.

Enjoy your summer!



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 Community Centre Randolph Street
SO15 3HU**

**(new venue United Reformed Church on the
opposite side of road near car wash from
September) 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
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)**

Please note our services are very much in demand, therefore, we request any visitors and those coming for 'taster' sessions come after 12.30 p.m. on a Wednesday in order for us to have space and time to show them around and talk to them—your help in this matter is appreciated.

Legend:- FCC = Freemantle Community Centre.
URC—United Reformed Church Freemantle
CBC = Central Baptist Church
3AC = Third Age Centre
SWAC—Southampton Water Activities Centre
WM—woodmill activity centre
TWL—Testwood Lakes

Monday 17th July Photography and Computer Club 11.30 a.m. FCC £2.50 per person. 2 p.m. 'with a song in mind' singing group 3AC free of charge incl. refreshments. Sailing with sailability at SWAC contact Frances if you want to go or adam.eyre@activenation.org uk. 02380 915753. Two sessions available—6-7 p.m. or 7.30—8.30 p.m.

Wednesday 19th July drop-in FCC 10.30—2.30 p.m. 'Wellbeing Wednesday' 10.30 a.m. Tea and chat 11.00 quiz with prizes 11.30 a.m. Gardening club at Shirley Warren Community Garden or Recovery group with Michelle 12 noon healthy lifestyle group 12.30 p.m. hand-massage, self-care, manicures etc., with Julie or music appreciation with Saire 2 p.m. 'chill-out' zone 50p

Thursday 20th July Sailing with 'Sailability' meet at 11.30 a.m. for shared transport to TWL (to be arranged amongst members) or catch No.12 bus and walk through the Industrial Estate, turn left into Testwood lakes (about 10 mins walk) please phone beforehand to book place 07510331792.

Women's group outing to lavender farm for lunch/tea meet at 1 p.m. at Central Baptist Church—please give menu choices to Frances on Wednesday. 19th.

Friday 21st July Men's social group meeting at 10.00 a.m. at Primark for trip to Winchester. 2 p.m. Meal cookery with Julie £6.00 (£3.00 deposit) 2 p.m. 'Creative Expressions art club with Saire

Monday 24th July Camera club meet at 11.30 p.m. at FCC (foc) bring refreshment money. 2 p.m. 'with a song in mind at 3AC free of charge refreshments included.

SWAC—Southampton Water Activities Centre—Mondays sailing is available from 6-7 p.m. or 7.30 p.m.—8.30 p.m. booking essential with adam.eyre@activenation.org.uk or ring 02380 915753

Cost will be £8.00 per person in the summer. In term time Creative Options subsidise this for £4.00 per head. Wear suitable clothing and a change of clothing is advised. Frances and Ron will be available to support until the end of the summer term—end July—after that, members need to make their own arrangements until we meet back in September. Sailing will continue until the nights draw in, but members can continue to go if they make their own way. Any bus which goes over the Itchen Bridge will take you there—just walk down the steps or slope and walk round to the centre.

Sailing at Testwood Lakes on a Thursday. Arrange transport amongst yourselves or catch the No. 12 bus to the Industrial Estate and walk through £5.00 per person— (Creative Options will subsidise this during term-time only £2.00 per person). Please book in advance on 07510331792

Paddleability—canoeing opportunity 11—12 noon on Saturdays at Woodmill Activity Centre, please book with Julie on 02380 915744 cost £3.00 each. Change of clothing essential. (Take a drink with you - and snacks if desired—nearest shop quite a walk)

Wednesdays Gardening Club at Shirley Warren Community Garden will continue throughout the summer from 10.30 a.m.—see previous details. There is an opportunity to go gardening every week, but Creative Options will take an organised group again on 20th September.

Monday 28th August Sailing with 'Sailability' available at SWAC—see back page for details.

Wednesday 30th August Garden Club at Shirley Warren Community Garden—see previous details.

Thursday 31st August Sailing with 'Sailability' at TWL available—see back page for details.

Saturday 2nd September 'paddleability' available at WM—see back page for details.

Monday 4th September Photography re-starts—details to be confirmed. 2 p.m. singing 'with a song in mind' at 3AC

Sailing with 'Sailability' available at SWAC—see back page for details.

Wednesday 4th September—drop-in reconvenes at new venue—United Reformed Church—URC on the opposite side of the road to Freemantle Community Centre—just up from the car wash)

Thursday 7th September Sailing with 'Sailability' see back page for details. 2.30 p.m. women's group at CBC £1.50

Friday 8th September 'Keeping the Hope Suicide Prevention and workshop day at Central Baptist Church 11 a.m.—4 p.m. Helpers at 10 a.m. please. Entry for the day £2.50 or £5.00 with a buffet lunch. See Saire for details.

Tuesday 25th July W.R.A.P. support group CBC 2 p.m. (last meeting this term) (see Michael for details for next term)

Wednesday 26th July Full day trip to Swanage Steam Railway meet at Central Baptist church 9.30 a.m. prompt. Costs £20 each—deposits please. Please bring as light coat and picnic if desired or money to purchase lunch and spending money. (Train tickets included in price)

Thursday 27th July 'Sailability' at TWL—see previous details—please book if you intend to go. 07510331792 last 'knit and relax' for this term, meet at CBC 2.30 p.m. £1.50 each please.

New Carer's Café (monthly meeting) with Mary Chorlton at St. James Road, Methodist Church 6.30 p.m.—8.00 p.m.

Friday 28th July Men's social group 10.30—12.30 p.m. CBC £1.50
2 p.m. 'Creative Expressions' Art Club with Saire and Heather.
Cake baking with Julie £4.00 each to take cakes home.

Saturday 29th July last 'Not staying in!' for this term—see Saire for details. Also, 'paddleability' canoeing available at Woodmill Activity Centre 11 – 12 noon. Contact Julie 02380 915744

Monday 31st July 11.30 a.m. meet at FCC for Camera/Computer Club £2.50 each please (last one of this term—new venue/time to be confirmed) 2 p.m. 'with a song in mind' at 3AC. Evening—sailing at SWAC—see previous details.—please book with Frances
This is the end of the formal programme for the term - activities are available throughout the summer, but people have to be prepared to make their own arrangements i.e. re. booking, transport and pay the required fees. - see over for details of what is going on.

Wednesday 2nd August—Creative Options Optional coffee meet up at Coffee 1 in Portswood 11 a.m. or Gardening Club at Shirley Warren Community Garden from 10.30 a.m.—No. 3 bus and get off at the roundabout just after the ice-house and turn left in Warren Crescent, the church is half-way round Warren Crescent next to the school—walk up the driveway of the church, the garden is on the left next to the nursery through the grey metal gates. Sandra will welcome you there! Refreshments provided. Voluntary work.

Thursday 3rd August—'Sailability' available—see back page

Friday 4th August Men's group final meet up for the summer. Meet at CBC at 10.30 a.m. to go out for coffee locally.

Creative Options Boat Trip on the Alastair McGregor from Hythe Marina—meet at 5.30 p.m. prompt at the Lock Gate in Hythe Marina. Bring light weatherproof coat and drinks/snacks if desired. (Dress appropriately for open water) Free of charge.

Saturday 5th August—'paddleability' available—see back page for details

Monday 7th August Sailing with 'Sailability' at SWAC available—see back page for details

Wednesday August 9th Garden Club at Shirley Warren Community Garden—see details above.

Thursday 10th August Sailing with 'Sailability' at TWL available—see back page for details. Women's group meet up at Café Monde in Bedford Place 3 p.m.—all welcome.

Saturday 12th August 'paddleability' available—see back page

Monday 14th August Sailing available at SWAC—see back page for details.

Wednesday 16th August Garden Club at Shirley Warren Community Garden – see previous details.

Thursday 17th August Sailing with 'Sailability' at TWL available—see back page for details.

Friday 18th August visit to see the facilities at Fairthorne Manor at Cudridge (Botley). Ron and Frances are going and have 3 places in the car. Others are welcome to go, but transport needs to be arranged between members and/or make own way on bus. Please let Frances know if you intend to go along 07850189069.

The idea of this visit is to look at the facilities on offer and see what we can do in the way of extra-mural activities in future and possibly arrange a team-building day for members.

Monday 21st August Sailing with 'sailability' available at SWAC—see back page for details.

Wednesday 23rd August Garden Club at Shirley Warren Community Garden—see previous details.

Thursday 24th August Sailing with 'sailability' available at TWL—see back page for details.

Saturday 19th August 'paddleability' available at WM—see back page for details.

Saturday 26th August 'paddleability' available at WM—see back page for details.