



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. 11—12.30 p.m. '7cs for wellbeing module. 12.30 p.m. lunch break (bring your own) peer led quiz or monthly bingo session. 1 p.m.—2 p.m. monthly mindfulness with Debbie Knight. 1.30 p.m. onwards 'wellbeing through the arts 3 15 p.m. optional meditation or relaxation session. Pack up and clear away

April 5th	'Blossoming character' p.m. digital photography, decorate mini eggs, Easter crafts	Helen/ Gerard.Frances
April 12th	Strengths p.m. Creative writing /art journaling	Helen/Frances
April 19th	'values' p.m. digital photography, 'Frankie's drawing class making flower forming foam flowers /kudasama flowers	Helen./Gerard/ Frankie Frances
April 26th	'review , reflect & relax—character concluded 1– 2 p.m. mindfulness with Debbie Knight finish projects , crafts with Jo plant pots with seeds	Helen/Debbie Jo/ Frances
May 3rd	'Connections' p.m. digital photography, paper mache bowls	Helen/Gerard
May 10th	'being our own best friend' paper mache bowls continued and finish other projects / choose your own activity	Helen/Frances
May 17th	'connect with others' No digital photography (Gerard away) 'a stitch in time' - making lavender bags, pamper session with Julie , peer led table games	Helen/Frances/ Julie
May 24th	'Connections - concluded' - review, reflect and relax 1– 2p.m. mindfulness with Debbie knight, crafts with jo finish projects /choose your own activity	Helen/Debbie/ Jo and Frances
May 31st	'Connections conclusion' fun quiz p.m. Party time! 70th birthday party and social get together	Helen/Frances and all
June 7th	'Creativity' p.m. Frankie's drawing class digital photography 'spinning a yarn—(macrame/knitting crochet)	Helen /Frankie
June 14th	'imagination' p.m. nature journaling and gardening	Helen/Frances
June 21st	'limitations' p.m. digital photography, 'put the boot in' - powertex boot ornaments in the garden !	Helen/Gerard/ Frances
June 28th	'creativity—review, reflect, relax 1– 2 p.m. mindfulness with Debbie Knight, crafting with Jo, finish projects	Helen/Debbie Frances

## DATES FOR YOUR DIARY!

Positive Psychology Part 1 with Kim Furnish

Thursdays 1 p.m.—2.45 p.m. commencing 13th April for 6 weeks at the Action Church, Warren Crescent, SO16 6AY

Cost is £30 to Members, (£25 if paid in advance) £40 to other beneficiaries/volunteers £80 for paid professionals.

Covering :- What is Positive Psychology?

What is the negativity bias, How to be more positive

How to boost your positive emotions and be happier

Identifying and using our strengths

The power of Hope in adversity. How to grow hope

The importance of resilience when times are tough. How to raise resilience.

**May 8th is the Coronation of Charles 111—It is a Bank Holiday**

**The church is taking part in the Big community Lunch—**

**if Interested contact the church.**

### SAVE THE DATE!

**'Walk for Space' Walk to raise awareness of suicide and suicide prevention and promote our new SPACE course starting in June**

**Friday May 12th—walk from West to Central a.m.**

**Saturday May 13th Walk from East to Central p.m.**

**We need people to walk all/part of the way with us. Those unable to walk can meet up en-route.**

**The idea is to link up with community projects— Its o.k. not to be o.k.!**

**New SPACE Course (8 weeks)**

**Sunday June 18th—August 6th from 2-5 p.m. at the YMCA Graham Road, SO14 OAW Cost £10— including mid-week online meeting and a range of courses to access in own time.**

**'Painting for Pleasure'—fourth Friday each Month at the YMCA in Graham Road—cost £3.00 including refreshments & materials all welcome.**



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

**YMCA Graham Road, SO14 OAW**

Day	Activity	Organiser
Monday	Meet up to take photographs on a fortnightly basis writing/instruments at Hogland's park 'tree of life' café at Colne avenue café revive 1.30—3.30 p.m.	Gerard Soco music Rachel Watson
Wednesday	10.30 a.m.—11 00 a.m. coffee/registration for for 7cs for wellbeing . & Monthly pampering . 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. Vocal group 6.30 p.m.	St. Denys Activity Group /Soco
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' YMCA 'Sport in Mind' at St. Marys Sports Hall 12— 1p.m.	Vivienne Golding Frances Heather Julie
Sundays	S.P.A.C.E. Programme at the YMCA Graham Road, SO14OAW 2-5 p.m. Commencing 18th June £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 fill in the feedback form on the website**
- 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. Contact Julie for 'Active Options' (badminton, swimming etc., ) 07546 419601 For membership matters contact**

**Emma administrator on 07780 627961 (Mon,Wed)**

