

TUTOR 11.30—12.30 P.M. 1.00 p.m. 1-1 small groups in Community room

4th March	Crafts with Jo—friendship bracelets Recovery star 1-1 with Michelle at 1 p.m. followed by communications group	Jo M
11th March	‘mind your p’s & q’s paperwork session Wellbeing Wednesday—self-care, massage followed by healthy lifestyle talk based on the Health Improvement Course—tai chi at 1.30 p.m.	Julie/ Chris
12th March	Women’s Group trip to Haskins and Hobbycraft. Meet at 1.45 p.m.—place tbc (Sharing cars)	
18th and 19th March	N.V.Q. Food safety Course level 2—for those designated to do the course. NO DROP-IN ON WEDNESDAY DUE TO COURSE	
25th March	Emma—crafts—decoupage eggs Tai-chi at 1.30 p.m.	Emma/ chris
1st April 1	Crafts with Jo—hanging Easter decoration Member’s committee meeting at 1.30 p.m. in preparation for a.g.m. (eve)	Jo
8th April	Wellbeing Wednesday with Julie—self-care, massage, talks tai-chi at 1.30 p.m.	Julie/ Chris
15th April	Easter Floristry with Julie Recovery star 1-1 with Michelle at 1 p.m. followed by ‘thinking and acting positively group at 1.30 p.m.	Julie
22nd April	‘mind your p’s and q’s paperwork session Emma—‘wellbeing through the arts’ new course followed by tai chi at 1.30 p.m.	Emma
29th April	Crafts with Jo—suncatchers followed by Recovery star 1-1 with Michelle at 1 p.m.	
6th May	Crafts with Jo followed by 1.30 p.m. Communication group	
●	Please note, games, colouring, papercrafts, gardening (weather permitting) and sewing available—just ask!	
●	We are a member-led group so please make suggestions	
●	And Sign up to help on the volunteer board—we need help!	
●	Please use the mood board on the way in and out and leave your concerns in the ‘dusty bin’ so everyone can relax	
●	If we can improve, please tell us—enjoy yourself tell others!	



funded through



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 WML- Woodmill activities centre

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

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

CBC - Central Baptist Church, Devonshire Road. The Polygon SO15 2GY
AS—All Saints Kendal Avenue SO15 OJU

Mondays	Photography. computer club wks 1 & camera club wk 4 FCC 11.30 a.m.—1.30 p.m. With a song in mind 2.30 p.m. incl refreshments at the 3AC	Gerard/ Mike Saire	£1.50 members £3 ‘pay as you go ‘ £1 members £2 PAYGO
Tuesdays	Photography field trips 1 x month—usually week 2 meet at FCC	Gerard & Mike	£2.50 members / £5 PAYGO
WEDNESDAYS	MAIN DROP-IN 10.30am -2.30p.m. SWAC	Michelle	Free Members/£2.50 PAYG
Thursdays	Hope Workshop 10.30am -1.30 p.m. 2nd Thursday in each month—women’s group 3rd week of month carer’s club AS Youth 16—24years 6pm—8pm BITC	Emma Frances Nadine	£1 members / £2 PAYGO £1 members/£2 PAYGO £2 each
Fridays	Men's group 10.30m—12.30 CBC Art Group 2pm—4pm C BC 2nd and 3rd weeks cookery - CBC	Mike Julie	£1 members / £2 PAYGO £1 members / £2 PAYGO £6/£4 or £8/£6 PAYGO



Useful Numbers :- Office –02380 216009

Drop-in Leader M. Emereau on 07784365892
Gym membership available at £13.50 a month to paid up members—horse-riding, rock-climbing etc. see Julie



Southampton Mental Health Network is a network of people working towards building a mentally friendly City and develop a new service-user’s network. To find out more contact smhn@communicareinsouthampton.org.uk For the new Community Navigation service for access to community services Contact soccg.solinked@nhs.net --023 8021 6050 or visit one of the drop-ins across the city.

ANNUAL GENERAL MEETING WEDNESDAY 1ST APRIL 6.30 P.M.

AT THE ACTION CHURCH CENTRE, WARREN CRESCENT SO16 6AY We want everyone attend the Annual General Meeting as this is a very important meeting in the year for the charity where we have all the Trustees present and talk about what has happened in the last year and plans for the future. There will be a member's meeting at 1.30 p.m. to prepare for the evening meeting and people are asked to help prepare some light refreshments for the evening meeting. Transport assistance can be given.

Do you enjoy Creative Options? If so—we want you to tell others and encourage them to come and join us.

By far the best way to bring people in is by 'word of mouth'. When we first moved to our venue in the autumn we had around 30 people attending, now the attendance has dropped to 15 or less. Although its not about numbers, we can take much more capacity and more members means we can do more and it helps our sustainability. Also, we know that there are sometimes negative experiences that may put people off from attending i.e. communication difficulties etc. **For this reason, we are holding a monthly 'Communications' group to talk about issues which may affect people**

The office

Our office is run very efficiently by Emma Nightingale, our administrator. We would request that all staff, volunteers and members familiarize themselves with the office and get used to bringing their paperwork and receipts there each month, (by the second week of the following month). The direct telephone no. is 02380216009 and we also have an extension 209. There is an answerphone which will be checked every other day. Support is needed to do routine matters such as filing etc., and especially on Tuesdays and/or Fridays.

Meet David Cowley—David is our new 'practice' manager who will be giving support to our staff team and overseeing the various projects. David has a number of skills and experience having worked with the University previously and been involved in running various committees of the student union. Welcome David.



HAVE YOU GOT YOUR TICKETS YET?

Not to be missed—fabulous fashion show

With top brands at knocked down prices

And afternoon tea for just £6.00—what's

Not to like?

We need :-

125 'bums on seats' (ladies bums!)

Ticket agents—sell 10 tickets get one free!

Men to help serve tea and cake

People to help make home-made cakes

Good quality raffle prizes

Please advertise this event amongst your

Friends and on social media.



**Ladies Fashion Show
AND Pop-up Shop!**

SHOP YOUR FAVOURITE HIGH STREET BRANDS
AT 50% OFF OR MORE!

Colours.
FUNdraising FASHION SHOWS

Saturday 28th March 2020
Creative Options Community Project

Action Church 117 Warren Crescent Southampton SO16 6AY
Doors open 2.30pm, show starts 3pm
Tickets: £6 includes afternoon tea & cake
Tickets to be purchased in advance.
Charity raffle: FABULOUS prizes to be won at the show!
For tickets and more information please contact:
07850189069 or website www.creative-options.weebly.com

Remember our Vintage Tea afternoon?

Well on May 8th it is going to be a special

bank holiday for the 75th anniversary of V.E. (Victory in Europe) day and we are going to celebrate holding a
VINTAGE AFTERNOON TEA

With 1940's theme and entertainment on

SATURDAY MAY 9TH AT. 3.30 p.m.—6.30 p.m. To be held at Shirley Warren Action Church, Warren Crescent, SO16 6AY—

TICKETS WILL BE £9.00 EACH

including full afternoon tea—range of sandwiches, scones and cakes (gluten free will be provided and vegetarian option. Vintage music and entertainment and raffle. Further details from creativeoptions.weebly@gmail.com 02380 216009

