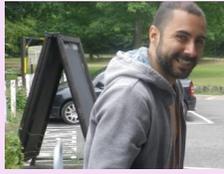


We go outdoors—starting with art!

Creative Options is exceptionally fortunate to have found the exceptionally talented Spanish tutor Alvaro to lead our art sessions. He was only with us for about three weeks before lockdown came and he had to quickly adapt to delivering classes online via zoom, which he adapted to very quickly. He developed the popular facebook page which is visited by many. Alvaro recently started teaching groups outdoors—at present on Southampton Common. Our members have been delighted to be able to meet up again and enjoy his excellent tuition. It is our hope that the sessions might incorporate visits to other local places with interesting scenery i.e. other parks, forests and the coast and possibly visits to the farm to sketch and paint the wildlife—the possibilities are endless!



We are also planning to expand our outdoor activities to include more healthy lifestyle walks, birdwatching, wildlife, photography, tai-chi, singing outdoors and we hope to soon be able to have another multi-activity break as soon as activities recommence.



Prior to lockdown we had planned to try and deliver traditional arts and craft courses using Aldermoor farm. When lockdown came our tutor was unable to run her arts workshops and started running the farm shop. We saw an opportunity to develop a working relationship with Aldermoor Farm and have encouraged our members to visit the farm and enjoy the animals and volunteer if they wish. We have also decided to join the 'adopt a duck' scheme which launches on July 11th. Our members chose a duck they want to 'adopt' and she now needs a name?



We are also aiming to deliver outdoor craft classes. The first course is a wire sculpture on Tuesdays from 1– 3 p.m. commencing 7th July at a cost of £5 a session or £16 for the course paid in advance (subsidised 1/3rd of the cost) There are five places.



funded through



Mondays

11a.m.

Photography meet up on zoom

zoom.us/j/873724036 password cocp1pc

or photography meet ups in various locations

2 p.m.

Singing on zoom—from July
Singing in the park

426169712 password cocp2sc

Tuesdays

11.30 a.m.

Fitness on zoom - British Heart Foundation programme, chair yoga followed by healthy lifestyle talk then 1-1 or small group sports outside—walks, cycling, badminton tennis

894 98029378
Password cocp3fc
Julie sports worker

1 00 p.m.—3 p.m.

Course in wire sculpture on location Aldermoor Community Farm Aldermoor Road Southampton SO16 5NN

4 week course—cost £5 per week or £16 for the whole course paid in advance.
(Emma)



4.30 p.m.

'time to thrive' recovery course on zoom (6 weeks) commencing 23rd June

Esther Ridsdale
965357034 password cocp4isc

All zoom meetings are zoom.us/j/ and then the number—enter the password when requested to do so. Enable your audio and video to be both seen and heard. You do not necessarily have to download the app.



| | | | |
|------------|------------|----------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------|
| Wednesdays | 11 .a.m. | Quiz on zoom | 707732670 Password cocp5q (Jo) |
| | 12.30 p.m. | Wellbeing talk/discussion on zoom Followed by visits to the Aldermoor Farm or meet ups around the City in different locations | 876018618 Password cocp6wbs (Frances/Jo) |
| Thursdays | 11.a.m. | Art on zoom 1-1 or small group sports with Julie in various locations | 896579082 password cocp9ac (Alvaro) Julie |
| | 2.30 p.m. | Women's group on zoom Or meet ups at various locations around the City—usually around 3 p.m. | 333 655636 password cocp7wc |
| Friday | 10.30 a.m. | Men's meet up on zoom Or men's meet up in various locations around the City | 852334479 cocp8mc |
| | 2 p.m. | Art on location on the Southampton Common (near the Cowherds) | (Alvaro) |



For the purposes of the outdoor meet ups , the current Government guidelines have limited meeting up in the open air to 6 persons in total; therefore outdoor classes and meet ups are limited to that number. As this situation changes, we will be able to take more people. Please do contact us to ask the latest information if you want to attend any of our outdoor sessions. Please check our website for daily updates or contact our administrator creativeoptions.weebly@gmail.com (which will be dealt with on Mon, Wed, Thursday 11–1 p.m. or telephone 07780 627961 Please note Our office which is normally manned, is not manned at the present moment.

POSITIVE PSYCHOLOGY COURSE –WITH INSTAR COACHING CIC

(www.instarcoaching.com) We are hoping to arrange for a 6 week positive psychology course for our staff, volunteers and members commencing in August. This will be run on a Saturday afternoon. Further details to be released shortly.



NOW FOR THE GOOD NEWS!



With the arrival of Covid19 and with it dominating much of the media most of the time and most of our lives for much of the time, it seems its very difficult to find any good news to celebrate. Certainly, most of us have found the whole experience a real challenge . However, we at Creative Options are delighted to be able to share that we have been awarded a substantial sum of money—just over £33k from the National Lottery Fund Covid19 support to develop our activities over the next six months. This will enable us to adapt what we are doing to ensure that all our members can have access to the technology and further support those who are unable to use the technology by providing a telephone befriending service. Also, to make the necessary changes to the way we have to work including increased health and hygiene measures and training.. We are also now able to take on a trained professional to lead on wellbeing and to provide counselling on a 1-1 basis and to run cognitive behavioural therapy groups. We are also able to open ‘Hope’ café at last. This will be an online service at first open for 3 hours on a Saturday night staffed by trained professionals and volunteer support workers. We will then locate ‘Hope’ café at a suitable central community venue This will be open every Saturday of the year, Irrespective of holidays and will offer free refreshments including meals for those in need of one. The aim is to provide a user-friendly service for people before they get into crisis. The funds will also enable us to restart our ‘Hope’ workshop in a centralized community venue as soon as we are able to achieve this. This will enable us to develop our long-term vision of having a user friendly café style venue where we can produce the ‘Hope’ products and develop more exciting designs as well as offer a desk top publishing service and help local artists. Part of the vision is to have an area where we can showcase people's talents and an open space which can be used for various creative activities and social groups throughout the whole week including evenings and weekends with refreshment facilities at reasonable prices all run for and by people with lived experience. All this will take time to plan and develop—but watch this space!

GO OUTDOORS! We are taking the opportunity to further develop our sports programme with healthy walks, cycling, badminton, tennis, outdoor games and activities such as wildlife walks, birdwatching, photography and outdoor art. Evidence is that being in the open environment is exceptionally good for mental health, so we are making the most of the summer to develop such activities. We have also purchased a 6 mtr x 3 mtr gazebo and camping chairs/table which can be used for socially distanced activities and this is available for loan/hire to community groups who have their own public liability insurance.

Contact us if interested creativeoptions.weebly@gmail.com

