

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

Wed 6th November	Experimental art with acrylics 'firework night' or optional papercrafts and games. 1 00 p.m. leave for horse-riding and informal member's forum for others at 1.30 p.m.	Frances and Otess
Wednesday 13th November	Autumn/winter felt decoration or optional papercrafts etc.,	Jo
Thursday 14th November	Women's support group All Saints Kendal Avenue (No. 17 route) 2.30 p.m. cheese and biscuits provided (£1. members)	Frances
Wed 20th November	'wellbeing Wednesday' with Julie and ai chi Also healthy eating lunch club -cottage pie and apple crumble £3.00	Julie Chris
Thursday 21st November	'Unpacking social enterprise event' at Spark Building—talks 9.30—12. 30 p.m. then stalls 12.30—3.30 p.m. help required New carer's club All Saints Kendal Avenue 2.30 p.m.	Emma Frances
Wednesday 27th November	Xmas themed silk painting £3.00 per frame or passion with papercrafts 'coping with Christmas' support group discussion 1.30 p.m.	Emma / Frances/ Jo
Wednesday 4th December	Wine glass charms /Tai chi Committee meeting 1.30 p.m.	Jo/Chris
Wednesday 11th December	Floristry with Julie £3-£5 last day to book Christmas dinner *£3.00 non-returnable deposit 'coping with Christmas 2'	Julie/
Wednesday 18th December	Christmas meal at Shirley Warren £5. members £7.00 others 1 2.30 p.m. (book by 11th please*)	
Friday 20th December	Curry and Games event at Board in the City 7 p.m. tickets £10 members and £12 others. End of term—drop-in recommence 15th January (staff/volunteer training 7th/8th)	
●	Please note games, colouring papercrafts, gardening (weather permitting) and sewing available—just ask!	
●	We are member-led so please make suggestions and	
●	Sign up to help on the volunteer board—we need help!	
●	Don't forget to do the mood board on the way in and out	
●	If we can improve please tell us -enjoy it please tell others!	



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 11am—12.30 CBC Art Group 2pm—4pm C BC 2nd and 3rd weeks cookery - CBC this month Christmas cookery	Kieran Laura Julie	£1 members / £2 PAYGO £1 members / £2 PAYGO £6/£4 or £8/£6 PAYGO

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



**Useful Numbers :- Drop-in Leader M. Emereau on 07784365892
Gym membership available to paid up members £13.50 per month —see Julie for details. Sports/cookery/ wellbeing Julie Anstey 07738681906 or visit the website for further information.**



Esther Ridsdale is to deliver a new Time to Thrive' course in November and three life coaching sessions this term—see Esther for details.

New service for people to access activities in the community and to gain support. For further information Contact soccg.solinked@nhs.net --023 8021 6050 or visit one of the drop-ins across the city.

Summer activities & Camping Trip at Woodmill



It has been a busy summer with regular sailing on a Monday evening, monthly horse-riding and trips out for walks and picnics with Julie. Julie also headed up our first multi-activity week which we were fortunate to be able to provide via Grant monies from Magic Little Grants as well as sport England. A number of people, including seven who camped enjoyed a range of activities including canoeing, bush-craft, ropework and a bar-b-que as well as lots of camaraderie and fun!

Adriana comments 'I would like to say a very big thank you to everyone involved in both the organisation and who attended the recent camping trip to Woodmill Outdoor Activities Centre, Southampton. It was great to spend time with the group and in such beautiful surroundings. I found it very relaxing and thoroughly enjoyed the camaraderie with everyone. I really loved it and hopefully look forward to being able to do it again in the future.'



Hope' events

Our fifth annual 'Keeping the Hope' event was held at Central Baptist Church on Monday 9th September ably organised by Saire Herschel. Around 70 people were in attendance and we had some truly inspirational talks. Thank you to Rev. Masters for hosting and the NHS for financial support and all who came and helped. On Tuesday 10th September people gathered at the Peace Fountain to commemorate World Suicide Prevention Day and to light candles. We had our special votives from 'Hope' workshop and some took them home to light at 8 p.m. 5.45 a.m. on Wednesday 11th September saw around 70 brave souls face the early morning dawn to walk on the common together towards the dawn light to raise awareness for mental health and fund-raising for Creative Options and Brighterway the NHS charity. Many thanks to Emma and 'Hope' workshop volunteers for the hard work spent producing the t shirts again this year. Thank you to Rebecca-Scott-Healy, whose art work featured on the back of the t shirt, for sharing her journey. Many thanks to Brendan O Reilly and all who supported our events.



Vintage Tea



We had a wonderful time on Saturday October 26th when we held our fund-raising vintage afternoon tea. We had around 63 people in attendance and had to set up more tables. We were entertained by the wonderful



Beckie Short and a vintage quiz by our own Jo Cowan and later by 'George' with his 1940's music (aka Ron!). Many thanks to all our staff and volunteers and members who came and especially those who helped and worked hard—Jo Cowan, Julie Anstey and her Mum, Jo Schuppe, Emma, Martin, Gosia, Raunek and Kieran. Also thanks to our other friends, Diana for bunting and Judy and Janet for helping afterwards. Thank you to those who came and supported the event and gave prizes. Approx £200 profit was raised.



'With a Song in Mind' is the singing group run by Saire Herschel at the Third Age Centre on a Monday from 2.30 p.m. onwards. Refreshments are available. Numbers have been low lately, so please do come along on 11th November when we will be practicing new material and some Christmas songs for our usual Christmas gigs. If you have never been then do come—give us a try!

Also are you interested in photography? Got a camera but not confident in its use? Do give our Photography and computer club a try on Mondays at Freemantle Community Centre 1st and 3rd weeks at 11.30 a.m. and then for camera club and field trips weeks 3 & 4

Dates for your diary We are delighted to announce our use of a new venue, All Saints, Kendal Avenue. It is accessible by the no. 17 bus. The church is running a new drop-in on Tuesdays from 10 to 12 noon for anyone who lives nearby. **Our women's meeting will be there on November 14th at 2.30 p.m. and will be held the second Thursday of every month.** This coming month also sees the launch of our **New carer's club at All Saints on Thursday 21st November at 2.30 p.m.** This group is for carers for their own benefit. Future dates and venue to be discussed. The Southampton Mental Health Network is also looking to respond to carer's needs and is having a meeting shortly to respond to this. Please get in touch if interested. **Wednesday 18th December is Creative Options Christmas meal kindly hosted by the church at 12.30 p.m. Cost to members is £5 and £7 others.** Bookings by 11th December please with non-returnable deposit. **Also on December 20th we are having another curry and games night at Board in the City. Cost £10 members £12 others incl meal - chicken curry/veg chilli /drink.**

