



newsletter

April 2011



Bollywood dancing at International Women's Day

Here comes the bride ... and groom



Congratulations to John, from our Osborne Road project, who has married his beautiful bride, Donna.

The new couple had a magnificent day and enjoyed their honeymoon at Creative Support's holiday home, Howe Top, in the Lake District.

We are very grateful, and would like to thank all the staff at Creative Support who helped us throughout the stages of our special day, and those that put in the extra effort to make sure everything went without a hitch. We couldn't have asked for more, and we also appreciate your continued efforts to support us during married life!
John and Donna Macdonald

Census reminder!

If you haven't done so already, it's time to complete your census form and enter Creative Support's Census Prize Draw to win a cash prize!

Each person in the country is legally required to complete the census. The information is used to plan future improvements to public services such as transport, healthcare, housing and education. The amount of money your council will receive depends on the information provided in each census form.

To enter Creative Support's Census Prize Draw, first complete and return your census form to the government, then, complete and return the prize draw entry slip to Creative Support's head office by 16 April.

You could win a cash prize of £50, £30 or £10.

Good luck!

International Women's Day



March 8th was International Women's Day and Creative Support celebrated in style! More than 120 women gathered at the St Thomas Centre in Ardwick for a full day of activities and workshops, and together we raised £532 for Women's Aid.

The Tree of Inspiration was brought to life with leaves carrying inspiring messages, colourful tissue flowers and flying patchwork chickens, created in our craft workshops.

Everyone had fun in the fashion workshop, hosted by Junk, customising t-shirts and making flower brooches; the jewellery workshop, making charm bracelets and joining in with the clothes swap, trading clothes and accessories. The raffle had lots of fantastic prizes, including a weekend trip to London and a short break in the Lake District, with both prizes including £100 spending money.

Winning a trip for me and four guests to the Lake District is absolutely amazing! I'm so excited and can't wait to go. Yasmin

The day also featured 'Being An Inspirational Woman' empowerment workshops and guest speakers from Women's Aid, George House Trust and our service users.

We particularly enjoyed the Empowerment Workshop, at first we didn't know what to expect but it was fun and thought-provoking. Helen

Look out for the full story and photos in the Spring issue of Creative Life!



Breakfast Club at The Courtyard

Every Friday staff at The Courtyard host a breakfast morning for their tenants and staff and service users from local projects. Everyone is welcomed with a tasty and wholesome breakfast and a smile. Service users at the Breakfast Club enjoy getting to know one another, making new friends and meeting people from other local projects.

Attending the Breakfast Club is a great way to socialise, I have already made dozens of new friends. I'm always kept informed about other events, activities and fun days out. It's great! Paula

If you would like more information about the Breakfast Club, or would like to join in the fun, please contact The Courtyard on 0161 494 9365.



Andrew's Indian train tour for charity

Andrew Galvin, a Support Worker at our Benholme project in the Lake District, has travelled to India to raise money for The Railway Children charity which helps vulnerable children who live on the streets in conditions of need, hardship and distress.



Andrew spent two weeks on trains, travelling 7,500 miles around India and hopes to raise £13,000. His longest journey will be a 13 hour ride from New Delhi in the north to Dibrugarh Town, Rajdhan and on to New Tinsukia in the far east of the country.

Andrew planned and is undertaking the trek with a friend:

We thought it would be good to see India by rail and to make it even more worthwhile, do it for a worthy cause.

Colin supports Health & Wellbeing Month

Colin, a service user from Newbury, showed his support for Health & Wellbeing Month by visiting a number of local businesses and charities, including The British Heart Foundation and WHSmith's, to raise awareness and encourage them to participate in this important event, which took place in March. He talked to staff members and other service users about the benefits of attending and having their health checked.

Thanks to Colin's efforts, 26 service users and staff attended the event, which offered blood pressure, diabetes, cholesterol and BMI checks, as well as information on ways to improve health and wellbeing! Other service users also got involved and Rosanne raised £40 selling homemade healthy, low fat cakes, which she donated to the Wolf Conservation Trust in Reading.

I really enjoyed the day and it was a great experience! There were lots of people to talk to and the feedback I received from participants was very positive. Colin

Junk workshop

Junk is an award winning vintage jewellery and sustainable fashion shop in Manchester. Some of our service users have been attending workshops at Junk, where they have learnt how to use and recycle old clothes and material to create unique and imaginative accessories.



For more information on Junk and future workshops contact Charlotte on 0161 238 8571.

New contracts

Lancashire

Supported accommodation for adults with complex needs

Telford and Wrekin

Care and support package for one individual with complex needs

Community and residential based care for adults with complex needs

Wokingham

Preventative support service for adults with a learning disability

Dudley

Mental health floating support service

NMDS month

This April we are making something mundane, but very important, into something FUN!

By law we have to submit National Minimum Data Sets (NMDS) for all employees. The information is used by the government, commissioners and funding agencies in social care planning and resource allocation and helps us to plan for the future.

Throughout April we are asking **ALL** staff to complete a short form and return it to us **by Monday, May 2nd!** As an incentive, look out for fun, weekly competitions with prizes.

National Autism Awareness Month

April is National Autism Awareness Month. If your project is getting involved, please send us a report and photos of your event.