



newsletter

February 2011



Benidorm bliss!

Sunshine to brighten the winter gloom!

Last year Clarendon Road project went on a sunny, summer's holiday to Benidorm in Spain. John, John, and John, AKA 'The Three Amigos' and Tommy, Hilda and Elaine all enjoyed their time relaxing in the sun and paddling in the pool. They took part in a number of exciting activities and embraced the foreign culture.

John Walsh had lots of fun splashing everyone in the pool, whilst others enjoyed the Sangria, the evening entertainment and their trips to the beach. They also joined in a fancy dress night wearing Hawaiian shirts and flowers while dancing the night away. Everyone had a fantastic time, enjoying each other's company, as well as the weather! Roll on summer 2011!

Creative Communities competition

In response to the Government's 'Big Society' idea and because we are passionate about social inclusion, we are starting **Creative Communities** to promote community involvement in a number of ways, for example volunteering, mentoring and befriending, social enterprise, time banking and paid employment.



To illustrate the Creative Communities guide book we are holding a competition and the theme is 'community'. You can enter by sending in a photo, painting, or a piece of creative writing.

We would also like to hear from you if you are involved within your local community and would like to share your story to inspire others.

Contact Suzanne Morton at head office on 0161 236 0829, for more details.

Health & Wellbeing Month!

This month is Health & Wellbeing Month, a good time of year for you to take control and improve your health. There are many enjoyable ways of improving your health and fitness, for example by taking part in sociable and enjoyable activities such as dancing, cycling or simply by eating tasty, healthy foods.

Healthy eating is a good basis to leading a healthy, balanced lifestyle. To get started, why not make your own healthy cottage pie? Here's a helping hand from Alex, who runs the cooking classes at Breakthrough, and Anthony, a service user who made one earlier...

You will need: 2 potatoes, 1 carrot, 1 celery stick, 1 onion, 1 cup of peas, 2 tins of chopped tomatoes, 1 pack of beef mince, beef stock cubes and tomato purée.

Peel and chop the potatoes and boil them until soft.

Peel and chop the other vegetables.

Dry fry beef mince until brown. Pour off excess oil, add veg and cook for another 10 minutes on low heat.

Add tinned tomatoes and beef stock and simmer until the beef is cooked.

Mash the potatoes with a small knob of butter and milk until smooth.

Transfer the beef mixture to an oven proof dish and spread the mash on top. Cook in the oven for 30 minutes.

Enjoy! Alex



Anthony and Alex



Deanna's got talent!



This year, one of our service users, Deanna, attended **Britain's Got Talent** as a member of the audience. She was in a very large queue but waited patiently and organisers of the show noticed Deanna and were so impressed by her bubbly spirit and enthusiasm they gave her a guest pass and treated her like a VIP. Not only did Deanna get a hot seat, she also spoke to the judges who were also impressed by her.

Before I was a member of Creative Support and attended the development classes at Breakthrough I found it extremely hard to control situations and suffered a lot of bad luck. Life seemed very bleak and I didn't know where I was heading next. Since joining the development classes my life has gone from strength to strength. Not only has Creative Support helped me with my self esteem, they have also helped me to control situations, inevitably restoring my life! I can't thank them enough. Deanna

Charitable giving in 2010!

Thanks to everyone who donated and helped to raise money for charities on behalf of Creative Support in 2010! With your help we raised **£7167** for a number of charities including WaterAid, DEC Haiti Appeal, George House Trust, Help for Heroes, Cerebral Palsy Sport, Children in Need, Marie Curie, British Heart Foundation, Bliss, Breast Cancer Campaign and the Prostate Cancer Charity! And this year we hope to raise even more!

Please send us names of any charities you think we should support and why. So far we have had the following suggestions: Leukaemia and Lymphoma Research, Springhill Hospice and the RSPCA. We will be selecting a new corporate charity and identifying other charities and charitable projects to raise funds for. The first of these has been identified, the details are below ...

Samochima Pre-school needs our help!

This pre-school is in a very poor village in Botswana, southern Africa! Until it is registered by the government its ongoing existence is threatened as the teacher receives no salary. The nearest alternative is 20 miles away, a long walk for anyone, let alone little pre-schoolers.

The outstanding requirement to achieve registration is for the pre-school to have a **girls' toilet and a boys' toilet**. If we can raise just **£500** to complete the existing toilet and construct another we can help ensure this school is there for the children of Samochima for years to come.

For more info or if you or your project can raise funds to help the pre-school or to donate directly, please contact our Marketing Team at head office:

marketing@creativesupport.co.uk



Quality award

Offerton Lane - Stockport

Well done to Stockport Community Services, who have been awarded a Grade B by Supporting People.

New contracts

Glebelands House - Dudley

Supported living service for adults with a learning disability and complex needs in Dudley.

Pendleway - Salford

Two services providing supported tenancies for adults with physical disabilities and/or sensory and acquired brain injuries.

Wolverhampton 'Bring and Buy' sale

On the **9th of March**, the Wolverhampton Women's Wellbeing Centre will be holding a 'Bring & Buy' sale to help women who are supported by Oxfam.

All women are invited! This is a very worthwhile cause and a good chance to get rid of unwanted items and to take home a few new bargains as well!

Please contact the Wellbeing Centre on: 01902 454 130 for more details.

International Women's Day



Tuesday 8th March is International Women's Day and Creative Support is celebrating with a day of inspirational speakers, fashion workshops, craft activities, Bollywood dancing, clothes swapping, empowerment workshops and much more!

The event will run from 11am-4pm, and will be held at:

St Thomas Centre
Ardwick Green
Manchester



Tickets are **£3** each, and can be purchased from Natasha Kirby at head office.

All proceeds will be donated to **Manchester Women's Aid** who support a number of causes!

If you would like to donate clothing for the clothes swap, or prizes for the raffle, please bring them to the Marketing Team at head office.

Flyers have been sent out and can be downloaded from our website.

