



World Mental Health Day 2010



This year, World Mental Health Day is on **Sunday 10th October**.

It is a unified effort to promote greater public awareness and understanding of mental health and mental illness. Every year, thousands of people across the world raise awareness and funds for mental health causes.

The specific focus this year is the relationship between mental health and chronic physical illnesses including diabetes, heart disease, respiratory diseases, cancer and obesity.

The Mental Health Foundation is encouraging people to hold Tea & Talk events on or around World Mental Health Day. You can hold these at home, at work or anywhere you can plug in a kettle! The idea is to get people talking about mental health and raise some money for The Mental Health Foundation at the same time.

One in four of us will experience mental health issues in any one year so get talking about it!

More information can be found at:
www.wfmh.com
www.mentalhealth.org.uk/tea

Remember the '40s?

Not all of us do, but if you had been in Stoke on Sunday 12th September, you might have been fooled into thinking we had all gone back in time. Staff and service users held a back to the '40s party for two of our oldest service users in the Stoke Learning Disability Service, Brenda Woolley and Joseph Tranter. They invited all their friends and family and there were around 100 guests, many in 1940s dress including military uniforms and land army girls. Joe and Brenda had lots of photos taken; some were alongside a military jeep which was kindly brought to the venue by a local man who also loaned uniforms for display.

Linda Ward, from Oakhurst project in Stoke said, 'Many items were loaned to us by RAF Cosford and Staffordshire University which all added to the ambience of the day. There was plenty of food and the entertainment was provided by Mel Baines who sang well known songs from the 40s so that everyone could sing along. There was lots of flag waving and dancing. Everyone enjoyed themselves immensely and the day was a resounding success'.

The service users and staff team received many compliments. Ann-Marie O'Hara from the Stoke Royal Infirmary said 'It was a thoroughly enjoyable afternoon and it was evident that a great deal of thought went into its planning. The staff are to be congratulated on the effort they made which all added to the atmosphere of the day. It was clear that a good time was being had by all'.



Brenda Woolley
and Joseph Tranter

TEA & TALK

Change lives. Have a natter.
Raise money for mental health!



Sandy Lane garden party

The Sandy Lane project in Accrington was blessed with superb weather on the day of their garden party. Friends, family, neighbours and care coordinators joined service users at the project to celebrate the first birthday of the garden and the 20th Anniversary of Creative Support.

Service users were pleased to welcome some special guests to their garden party. Ian Hodgson from the Prospects Foundation led everyone in song with a cover of 'Penny Lane' with the lyrics changed to tell the story of Sandy Lane. Artist in residence Edward Foster displayed his work. Representatives from the Offshoots permaculture project in Burnley shared their eknowledge - Jackie Katanga taught people how to make felt and knitted creatures using wool found in hedgerows and Chris Barber gave demonstrations on green woodworking and displayed some of the garden furniture that has been made at the project.



Manchester Pride Parade

For the first time, on Saturday the 28th August, staff and service users from Creative Support took part in Manchester's Gay Pride Parade. They marched in front of a crowd of thousands holding a colourful Creative Support banner, made by our Breakthrough service, and a flag.

Although it was quite a long (and wet!) day, service users and staff really enjoyed taking part. We are looking forward to making our entry bigger and better for next year.



Clockwise from top: the Sandy Lane garden party; wool creature made by Jackie Katanga; produce from the garden

Creative Life

Is the new name, chosen by readers, for the magazine formerly known as Service User Matters.

The new look magazine is packed with news, stories and editorial features on topics chosen by you, our readers.

We are looking for service users to be regional reporters for the magazine, contribute photos and stories and to join the editorial team. To find out more, give Alannah Gale at head office a call on 0161 236 0829.

The next issue will be out in October so keep your eyes peeled!

Services recently launched

Leeds

Brandling Court is a supported living service for 16 people with autism in Leeds. We took over the service on 1st September 2010

New contracts

Kirkham, Lancashire

New domiciliary care package to support one lady with complex needs. Creative Support are buying the property and providing the support.

Older People's Day

UK Older People's Day is on 1st October and coincides with the UN International Day of Older Persons. The theme this year is **getting and staying active in later life**.

Creative Support has encouraged our projects and services to get involved. Parr Mount Court are holding a Tai Chi event and Pennine Court are hosting a Healthy Heart and Hips class. We look forward to hearing from other projects about their activities.

The Service User Involvement Grant is available to help cover the cost of events (up to £200). To apply for this, please complete a form (available from your project) and send it to Lorraine Gainsborough at head office.