

Our Service Users Said...

I couldn't have quit smoking without the help of Creative Support. Nothing was too much for them, they have been my friend, helped me through the hard times, been with me through the best times and gave me the support I need. Creative Support are now my family, I can't thank you enough.

Ellen

Before I was a member of Creative Support I found it extremely hard to control situations and suffered a lot of bad luck. Since joining my life has gone from strength to strength. Creative Support helped me with my self esteem and helped me to control situations, inevitably restoring my life

Deanna



We would like to thank all the staff at Creative Support who helped us for our special day. We couldn't have asked for more, and we also appreciate your continued efforts to support us during married life.

John and Donna

Creative Support is a very exciting company and is passionate about what it does. I wanted to play a part so becoming a Trustee seemed a natural and obvious way of doing so. I do enjoy getting to know people and working on things that really make a difference in the community.

Roy



I've been a mental health service user for over twenty years, so I've seen a lot of changes in the service provided over that time. Since Creative Support took over my mental health service in Newbury I have become even more involved in the shaping of services provided, as a Service User Representative.

Sarah

I have been gamble free now since 4th February 2011. This has been through prayer, friends and Creative Support. Gambling made me seriously in debt and I am only too happy to use my personal story to help other clients and say how good Creative Support is."

Martin



I want to thank Creative Support for their help and encouragement for me to quit smoking. I feel much more healthy, my breathing has greatly improved and I have a little more spring in my step. If I can give up at my age then you can too!

Joyce

Thanks to everyone who voted for me and thank you to Creative Support, you saved my life. Winning is great and this just shows me that life is good

Thomas, winner of 'Creative Support's Got Talent'



I really enjoyed the 'Meet the Board' event! I thought it was a great way for me and other service users to speak about services that could be improved, and to mention the benefits of the services we also enjoy. I am looking forward to seeing what happens in 2012!

Sarah

creative
SUPPORT

Good News Roundup



All year round Creative Support works to improve and enrich the lives of our service users, and in this newsletter we're taking a look back at some of our success stories of the past twelve months. Inside, you can read about the different ways we help our clients to improve their **health and wellbeing**, learn **new skills**, get actively **involved in their local communities**, and enjoy **trips, activities and events**.

2011 FACTS AND FIGURES

- More than **£20,000** of service user Community Involvement Grants were awarded.
- **3,000** copies of our Creative Communities booklet were distributed nationwide to encourage our service users to get involved in activities such as volunteering and fundraising.
- **57** service users and staff stopped smoking with the help of Creative Support's 'I Quit' incentive scheme.
- We held charity events throughout the year and raised a grand total of over **£6000** for good causes including Against Breast Cancer, Children In Need, the National AIDS Trust, Leukaemia and Lymphoma Research, Movember, Samochima Preschool in Botswana, and Sport Relief.
- Over **100** people 'liked' our new Facebook page ([facebook.com/crtvsprt](https://www.facebook.com/crtvsprt)) and almost **2000** people watched videos on our Youtube channel ([youtube.com/crtvsprt](https://www.youtube.com/crtvsprt)).
- Over **£10,000** of funding was provided for service users nationwide to hold festive celebrations.
- We have provided loans to staff and service users of over **£10,000** and awarded grants of **£2,000** to service users to ensure everyone has adequate clothing and heating for extreme weather conditions.

opportunity
choice
and
wellbeing

Highlights of 2011



Howe Top is Creative Support's very own holiday home located in Windermere at the heart of the Lake District. It's the perfect place for a relaxing and affordable break, within easy reach of many activities and attractions including horse riding, lake cruises and restaurants. 45 of our projects paid a visit in 2011.



Back in April, as **Royal Wedding** fever gripped the nation, Creative Support awarded special involvement grants to projects nationwide to enable service users to organise events and activities to get involved in the celebrations of the marriage of William and Kate, and invite their friends and neighbours to join.



Our **Creative Communities** initiative launched this year to encourage service users to get involved in activities such as volunteering, peer support, taking part in fundraising and seeking employment. Read our Creative Communities guide for more information and inspirational success stories, and look out for the Creative Communities film early next year.



Day trips to the beach are a great British tradition, so this year Creative Support provided special involvement grants so service users could make the most of the Summer Bank Holiday. 27 of our projects set off to enjoy the sunshine at destinations including Blackpool, Morecambe, Whitby, Southport and Aberystwyth.



In February, Creative Support organised a nationwide **Health and Wellbeing Month** packed with events to make everybody feel better inside and out. Activities included blood pressure and BMI checks from qualified nurses, reflexology, Nintendo Wii Fit competitions, Zumba dancing, massage, and nutritious cookery classes.



As part of our World Mental Health Day celebrations, '**Creative Support's Got Talent**' showcased the talents of people with mental health needs. Nine amazing finalists performed in front of an audience of over 200 people and a panel of judges featuring celebrity guest Aaron McCusker (star of TV's 'Shameless'). Winner was dancer Thomas Regan.



This year saw Creative Support's first ever float in the **Manchester Pride parade**. The theme we chose was 'icons', and service users and staff wore fantastic fancy dress outfits. Lady Gaga, Boy George, Cheryl Cole and Madonna were just a few of the celebrity lookalikes who joined in the fun! This event is just one of the ways we celebrate equality and diversity.



Every year, Creative Support holds a 5-a-side **charity football tournament**. The event brings staff and service users together to have fun, socialise and improve their health. 32 teams entered the 2011 competition, held at The Soccer Village in Rochdale, and the winner's trophy was lifted by Stockport United.



'I Quit' is a scheme provided by Creative Support to encourage both staff and service users to **stop smoking** and avoid the well known health risks posed by tobacco use. After 13 smoke free weeks, successful participants are rewarded with £130 of gift vouchers. In total, over **£7,000** of incentives have been handed out this year.



Creative Support provides a range of courses as part of our **commitment to staff development**, and our service users also have the opportunity to access training. This year we held the equivalent of almost **1,000 days of training** for over **6,500 attendees**, delivered **124 Health and Social Care NVQs and Diplomas**, and provided placements to **65 social work degree students**.

