



Photos from recent events!

Wolverhampton Women's Wellbeing Centre (WWWC)

Over the past few months the WWWC has been busy with trips and raising money for breast cancer. Staff and service users visited The Public in West Bromwich to hear a talk by Bobby Baker about her book "Diary Drawings" Bobby is an artist and mental health service user who's book won the MIND Book of the Year, a very proud achievement for her. The WWWC bought a copy, which Bobby kindly signed for them. All the members that attended on the day really enjoyed it and agreed that Bobby Baker is an inspirational woman.



World Mental Health Day, what a success!

To celebrate World Mental Health Day Creative Support projects throughout the country organised a variety of successful events throughout October. Staff and service users in North Lincolnshire set off on a challenging 900 mile journey to virtually visit all of our UK mental health projects and services. Activity and awareness days took place in Blackburn, Leeds, Liverpool and more.



The grand final of our "Creative Support's Got Talent" contest was held at Band on the Wall in Manchester. All the finalists were amazing showing great talents. **Chris Willets** played the electric guitar, **Andrew Lord** danced, **Steve & Pete** sang and played guitar, **Krystyna Lewandowski** played the accordion, **Billy Corbett** sang Elvis, **Martin Maybin** was our comedian, **Ronnie Hoyte & friends**

treated us to some rock n roll, **Brian Aggett** sang and played the guitar and the winner, **Thomas Regan** is a great dancer!

Liverpool's Mental Health Day

On the 6th October, Liverpool services attended a mental health day at Queens Square. Even though the weather was gloomy it didn't dampen their spirits. There was singing, dancing and face painting! Everyone agreed it was a great way to celebrate World Mental Health Day!



Look out for our special edition World Mental Health Day newsletter for more fabulous stories and photos. You can also visit our website www.creativesupport.co.uk.

The WWWC also held a strawberry tea party to raise money for Breast Cancer Awareness. 29 service users attended and enjoyed cupcakes, a huge strawberry shaped cake and a chocolate fountain. The strawberry cake and cupcakes were provided by Stacey Turner of Misschief Cakes and were delicious! Over £40 was raised for Breast Cancer Awareness and everybody had a brilliant afternoon! To find out more information about any of these events please contact **Margaret Wood** on 01902 454130.



Look good, feel good!



On September 28th, Beech House hosted a 'Look Good, Feel Good' day to promote healthy lifestyles within the community. Service users, families and neighbours attended for a day of healthy food and presentations from community groups including Weight Watchers, Smoking Cessation and NHS Health Trainers. The Community Police Support Officer, Ian Hurst, came to talk to service users about health and safety in the community. Dave Morris from Breakthrough spent the day giving demonstrations of massage and holistic therapy. Around 50 visitors enjoyed a feast of healthy recipes including Greek salad, vegetable soup and fresh fruit salad. Although there wasn't a beef burger or fizzy drink to be seen, the food was very well received. A raffle and a fun healthy lifestyle quiz rounded off a very successful day. Thank to everyone involved in the preparation and all those who attended.



Older Peoples Day!

To celebrate UK Older People's day 2011 clients and carers from Durham Floating Support Service for Older People met at St. Catherine's Community Centre. Staff and volunteers from Age UK, Colour Your Life and Creative Support provided a range of activities and lunch. There was hand and foot massage, nintendo wii bowling, painting and a quiz. Everybody enjoyed the chance to make new friends and have a chat. Well done to the winning team "Angels". Thanks to John and Nighean for their donation, which paid for the venue, and to Keith for helping with the shopping.



Pelham House open day



On Saturday 1st October, Pelham House opened its doors to the community for a fun filled fundraising day to raise money for a sensory garden. With the tenants running stalls such as "guess how many sweets in the jar", a tombola, and a cake sale, everybody worked really hard to make the open day a fantastic event. Local businesses also played their part by donating fabulous prizes to the raffle, including massages at the local beauty salon, drill sets

from Jewson, meals for two at The Griffin and a silver money box from Timpson. With temperatures of 26°C and a steel drum band who very kindly donated their time, it felt like a real summer's day. All senior staff from across the service participated in a "soak the senior" contest, which proved very popular! A special mention must go to the local community champions, Tesco, who donated prizes and their time to help make the day a great success. Thanks to everyone's generosity, a terrific £383.84 was raised on the day, and more contributions are still coming in!

Training Opportunity

The National Skills Academy for Social Care have a new programme to develop Black, Asian and Minority Ethnic (BAME) leaders in adult social care. This offers a innovative new approach in supporting participants to develop there careers. There are 30 free places for BAME managers on this project. For more information please contact The National Skills Academy by email BAMELeadership@nsasocialcare.co.uk or phone **020 7268 3279 by 5pm on Friday 25th November 2011.**

New contracts



Manchester Shore Green

We are delighted to have successfully retained our existing dementia specific extra care scheme at Shore Green, Manchester. We look forward to working with our service users to implement a number of quality improvement initiatives in the service.

Stockton, Doncaster Crescent

We are also pleased to have retained our learning disability service at Doncaster Crescent in Stockton. We will be working to revise the service model from 24 hour supported living to a floating support service with assistive technologies for night time support.

Rounders anyone?

To make the most of the good weather our Scunthorpe projects organised a great day in Central Park. 30 staff and tenants attended and joined in a great game of rounders. Those not wanting to play sat and cheered everyone on. There was also a picnic and a game of large skittles. A fantastic day was had by all!



Calendar Artwork Competition

Thank you to everyone who has entered the 2012 calendar art work competition. We have received some fabulous pieces! If anybody would still like to submit artwork please contact marketing@creativesupport.co.uk before Wednesday November 2nd.