

# EVENTS & ACTIVITIES GUIDE 2020

FESTIVAL OF  
EXPRESSION

Be  
involved  
@creativesupport.co.uk



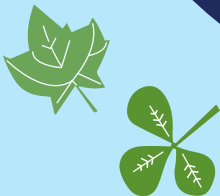
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opportunity, choice and wellbeing

**creative  
SUPPORT**

# WELCOME TO YOUR 2020 BE INVOLVED GUIDE

## FESTIVAL OF EXPRESSION

MAKE 2020  
THE YEAR TO  
TRY SOMETHING  
NEW!


Our 'Be Involved' guide 2020 is a 'Festival of Expression'. We will continue to support you to be an active part of the Creative Support community. This year we would especially like you to have a go at something new!

Whether it's learning a new skill, visiting a new place or taking up a new hobby, we want to celebrate experiences you've never had before. Maybe you're planning to go on holiday for the first time, or trying a different destination this year?

Perhaps you would love to go to a festival, a concert or maybe you've always wanted to learn to sing or play an instrument. This year could be the year you take up dancing, swimming, fell walking, sewing, painting ...whatever it is, let's make 2020 the year to try something new!



## HOW TO BE INVOLVED IN 2020

The 'Be Involved' Guide is packed full of ideas and themes which encourage activities and events across the country. Look out for the Quality Campaigns  we will be running throughout 2020.

Keep an eye out for further information via email, in the post, on social media and our website to find out how you can join in.

If you are learning a new skill or developing a talent you already have, we would love to hear from you. Maybe you could put on a show or get together with others to put on an exhibition of your work? Whatever you decide to do, please let the marketing team know and don't forget to take photographs of your events!

Send your photos to [marketing@creativesupport.co.uk](mailto:marketing@creativesupport.co.uk)



## CELEBRATING YOUR ACHIEVEMENTS

We're creating a shortlist of talented performers to entertain guests at our Annual Celebration Gala in December 2020. If you would like to showcase a skill you have learnt or improved on this year, please get in touch with the marketing team at [marketing@creativesupport.co.uk](mailto:marketing@creativesupport.co.uk)

If you don't want to perform, we would still like to celebrate your achievements at the Gala; we have allocated a number of seats to people who have participated in our Festival of Expression campaign!

Look out for more information on how you can join us at our 2020 Celebration Gala later in the year.

## CREATIVE SUPPORT — GETTING INTO THE FESTIVAL SPIRIT!

We have created a special merchandise pack for those who are hosting a festival at their service to showcase their new skills, or for those who are attending a festival. Contact the marketing team [marketing@creativesupport.co.uk](mailto:marketing@creativesupport.co.uk) to request your 2020 Festival of Expression wristbands, bunting, t-shirts, water bottles and for more information.

We will be publishing a list of local festivals you could get involved in, check out the 'What's On' page on our website to find out more.

Don't forget to let us know what you are up to! We love receiving your stories and photos – we can even add them to our website and social media pages.

# 2020 LINEUP

MAKE 2020 THE YEAR TO TRY SOMETHING NEW!

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DON'T FORGET TO SEND US YOUR PHOTOS!



## JANUARY

### Be Involved Launch

Find out about our 2020 Festival of Expression and how you can get involved.

### Grants Launch

Our Grants programme has a green focus for 2020, we are encouraging services to start or develop existing projects that will enrich the lives of the people we support.



## FEBRUARY

### Expressive Arts

Have you ever wanted to learn a musical instrument, join a choir or even learn how to sew? This February we are encouraging you to step out of your comfort zone and try something new.

### Photo Competition

We will be launching our 2020 photo competition. Submit your favourite pictures and you could be in with a chance of being our 'Photographer of the month'.



## MARCH

### Opportunity, Choice and Wellbeing

We will be continuing promotion of our Opportunity, Choice and Wellbeing Reviews, offering advice and guidance on supporting people to achieve a good quality of life.

### Achieve Q and Service User Awards

Do you know a member of staff or service user who needs to be recognised? Throughout March, we will be promoting our Achieve Q and Service Users awards.



## APRIL

### Get Gardening

April is a great time to get started on your gardening!

### Autism Awareness

An opportunity to raise awareness and promote the positive work we all do around Autism.

### Community Fundraising Challenge

We will be encouraging you to look into mutually beneficial ways you can help in your local community and support local charities.



## MAY

### Mind Matters

As part of our ongoing Mind Matters campaign, this month we will be exploring misunderstood mental health conditions.

### Creative Writing Launch

Writing is a great way to express yourself. We're looking to publish a collection of Creative Writing by the people we support. Send us your writing and your work could appear in the Creative Support Anthology!



## JUNE

### Volunteer Week

Help us to acknowledge the fantastic work of our volunteers across the country during national Volunteer Week, 1st - 7th June.

### Valued Views 2020

Help us to get it right by encouraging the people we support to take part in our annual survey. The survey is an opportunity for us to find out how we are doing as a support provider.

📊 Business Plan Survey



## JULY

### Getting Active Outdoors

July is a great opportunity to get outdoors and try something new, it could be gardening, taking up a new sport or even just taking a picnic to the local park. Don't forget to let us know what you are up to!

### FESTIVAL OF EXPRESSION

Why not host a festival at your service showcasing all of the great skills you have learnt or improved over the past 6 months!



## AUGUST

### Pride

A celebration of our LGBT communities. Look into local LGBT events across your region to take part in and celebrate your identity.

### Art Competition 2020

Our annual Art Competition launches in August, send in your photographs, drawings and other artwork to be in with a chance of appearing in our 2021 Calendar.



## SEPTEMBER

### Harvesting

September is typically the end of harvesting season, we will be sending out hints and tips to get your garden ready for winter and how to use any produce you have grown.

📅 Medication Week



## OCTOBER

### Black History Month

October is dedicated to promoting knowledge of black history, culture and heritage. We will be encouraging services across the country to celebrate this month.



## NOVEMBER

### Creative Writing - Book Launch

We'll be compiling all the Creative Writing entries you've been sending in since May for our Creative Support Anthology. All contributors will be invited to a special book launch event and will receive a copy of the anthology to take home.

📅 Safeguarding Month



## DECEMBER

### Celebrating your Achievements

This December we will be celebrating the achievements of our service users, tenants, staff and volunteers. Let us know what skills you have learnt and the achievements you have made to be in with a chance of attending our 2020 Celebration Gala.



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# GET IN TOUCH

Whether you need advice on how to promote an event, or would like some help branding a service leaflet, newsletter or poster, you can contact the marketing team for any queries. We also have a number of merchandise items for you to use at your events.



CONTACT US!  
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