

# CREATIVE LIFE

ISSUE 29  
2018



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Please contact the marketing team if you would like to access this magazine in other formats - large print, Braille, audio, easy-read and other languages are all available. Call 0161 236 0829 or email [marketing@creativesupport.co.uk](mailto:marketing@creativesupport.co.uk)

If you contribute to this magazine, you will get a £10 Love 2 Shop Voucher. Love2Shop vouchers offer plenty of choice. They can be used in over 20,000 stores including Argos, John Lewis, Boots, Debenhams, New Look and Waterstones.

# Stop Press

Sadly, this is my last time signing off as the editor of Creative Life magazine, as I'll soon be leaving Creative Support. I'd like to thank all the wonderful service users and staff whom I've had the pleasure of working alongside for the past five years. I also want to thank all of those who have contributed to this magazine over the years and who have made it the feature that it is today.

From the next issue onwards, Creative Life will be edited by my colleague Katie Hodgson. You can get to know her by reading her profile below. And remember, this is your magazine, so if you'd like to share your ideas you can call her on **0161 236 0829** or email

**[katie.hodgson@creativesupport.co.uk](mailto:katie.hodgson@creativesupport.co.uk)**

*Joseph Bratton*



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# New Editor

Hi, I'm Katie, and I'll be the new Editor of the Creative Life magazine. I work in the Marketing Team at Creative Support and you may have seen me around as I sometimes go out and photograph events that take place across the country. If you have any ideas, stories, poems or art for the next issue, please get in touch, I'd love to hear from you!

We wish Joe all the best in his new adventure. He made a lasting impact on the magazine, creating memorable and engaging content with everyone who contributed and it is really sad to see him go! You will be missed!

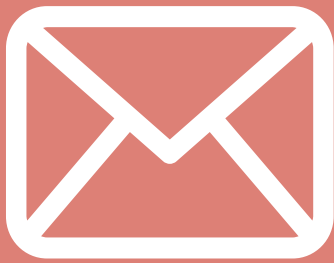
*Katie Hodgson*



## BE INVOLVED WITH CREATIVE LIFE

Have you been to one of Creative Support's recent events? What did you think about it? What do you think about the magazine? If you have an opinion on an article in Creative Life or an idea for something we could write about, please email your comments to: [marketing@creativesupport.co.uk](mailto:marketing@creativesupport.co.uk)

or write to: Marketing, Wellington House, 131 Wellington Road South, Stockport, SK1 3TS.



# Your Stories

## Sports Day Fun in Reading

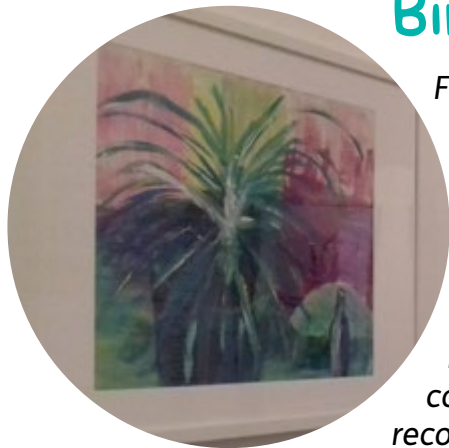
Over the last year, the residents at Oak Tree House have been visited every week by their local Preschool, Ranikhet Rainbows. Oak Tree House is an extra care scheme in Reading and home to approximately 60 older adults. The final intergenerational session of the year was celebrated by a special Summer of Sport event! The children, their families and residents took part in a sports day event, featuring egg and spoon races, target shooting, race car rallies and hook a duck! The egg and spoon race was definitely a favourite with wheelchairs whizzing round and eggs flying everywhere! Residents awarded the children with their winning certificates before everyone departed – for a well-earned nap!

The weather was fantastic with everyone enjoying the fresh air and the beautiful garden. It was a great opportunity to invite the local community into the service to find out more about what we do. The residents said that they love the energy that the children bring and will be looking forward to their return in the autumn term.



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## Birmingham Art



From the 4th-12th of May, Creative Support's Birmingham Mental Health Services hosted the Art for Recovery Group Show at the Artefact Café, Stirchley. The exhibition included work from members who took part in our Art for Recovery and Photography sessions. On opening night, the artists attended to talk about their work and discuss their inspiration. It was a fantastic evening and we want to say a big well done to everyone involved. In the future, the group are hoping to organise another similar but bigger exhibition in a different community location, to continue raising awareness for mental health recovery.

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## Climbing Ben Nevis for Christmas

Emma Winup and staff from Camden, Barnet and Islington services set up a crowdfunding campaign to raise money for their most spectacular Christmas party yet! Afsaneh, Rory, Emma, Katie and Mahip raised £500 for the Christmas party by climbing Ben Nevis!

Emma said “summiting at 1400m was an incredible feeling after a difficult trek up in the rain. We were delighted to have fundraised money to host a great Christmas party for the people we support.”



## Barrow Carnival

On the 23rd June 2018, our services in Cumbria took part in Barrow Parade at Barrow Carnival. Their float was decorated in beautiful handcrafted paper flowers and masks which were made by service users.

This was made possible by Creative Support's Internal Grants Programme. The service was granted £150 because the parade entry was coproduced and encouraged involvement within the local community.

Hayley Sams, Registered Manager, said:  
"Everyone had such a laugh and the Support Workers who came along said that seeing everyone have fun is what support work is all about!"



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## Fundraising at Rowan Village



Rowan Village organised an Alice in Wonderland themed summer fayre to celebrate their 10 year anniversary and fundraise for their activity fund. Residents painted large cut out cards, made papier-mâché hedgehogs and mad hatter hats! The event was entirely coproduced as the residents ran the tombola, the 'bric a brac' and name the bear competition. As a result, they raised £680!

The day was a great success, mad as a hatter...but all the best events are!

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## Oh I do like to be beside the seaside!

William from the North East has transformed his garden into a seaside retreat. William worked with support staff to design his beach themed garden, this involved choosing colours, painting and purchasing garden furniture and plants. He has created a lovely seaside style area that he can now relax in.



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## 'Dream Team' Design a Strip Competition



In July we encouraged services to design a 'Dream Team' football strip for our Summer of Sport month. We had lots of great entries from across the country. Paul from Blackpool was the winner of the prize draw and received a £20 voucher. Well done!

In Accrington, the Care Team at Hyndbrook House arranged for the League two Champions Trophy to visit their service to coincide with the 'Dream Team' competition. The day was a great success!

# PRIDE

This summer Creative Support services have been showing their support for LGBT+ communities by taking part in Pride celebrations across the country. In preparation, regions have co-produced art and craft workshops that have seen bunting, flags, props, outfits and banners all created for their local parades.

## LONDON

30,000 people from 472 organisations took part in the parade through the capital's city centre. Creative Support were proud to be a part of the celebrations on one of the hottest days of the year!



## LIVERPOOL

In the north, service users from the Liverpool Links centre proudly celebrated their official theme of #AllTogetherNow at Liverpool Pride.



# MANCHESTER

In Manchester, staff and service users celebrated Pride on a big red open top bus! The parade was a brilliant opportunity to celebrate equality and diversity and the 20th anniversary of our Breakthrough day service in Manchester. Service users, staff and volunteers came together to decorate the bus and take part in the parade, wearing colourful outfits with the theme of 'The Circus of Acceptance'.



Thank you to each and every one of you that joined in across the country to celebrate Pride this year! As an organisation we are proud to be a Stonewall Diversity champion which promotes a supportive work environment for LGBT+ employees and works to improve diversity and inclusion across the organisation.

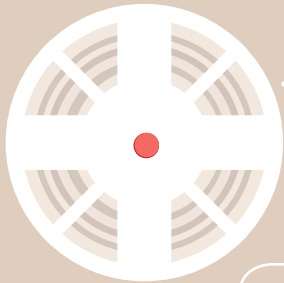


# Fire Safety with Paul

Paul, from our Blackpool services, has recently received a Creative Support Service User Award for his interest and enthusiasm in fire safety. He has recently become the Tenant Fire Marshall for his service and hopes to encourage others to look after their home.

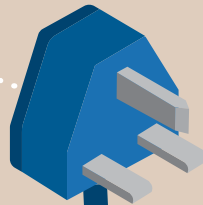


## Did you know?



A working smoke alarm could save your life in a fire

Faulty electrics cause around 6,000 fires in the home each year



Most fires start when people are cooking



Keep candles away from things that may burn. For example: curtains, cardboard and paper



Cigarettes start a lot of fires. When you finish a cigarette, make sure to put it out



## Have your Say:

Got a hot topic you want to discuss? Something that you feel passionate about, or just want to let people know about? Send in your thoughts to [katie.hodgson@creativesupport.co.uk](mailto:katie.hodgson@creativesupport.co.uk). If you want to be involved but aren't sure what to write about let us know and we can give you a hand!



# KEEPING YOUR HOME SAFE



## How can you prevent a fire in the kitchen?

In our interview with Paul he explained that most household fires start in the kitchen. At the end of each day Paul will help staff switch off all electrical appliances. Don't switch off your fridge or freezer though – you want to have fresh food in the morning!

*“Switch off the microwave, kettle, cooker, toaster and TV by the plug!”*

It is also important to not leave any hot pans unattended. Chip pans, sizzling sausages and hot oil can quickly catch fire.

## What is a smoke alarm and why is it important?

A smoke alarm can automatically detect smoke that is produced from a fire and warn you to leave the building.

It is important to check all smoke alarms are working properly; Paul helps staff check the alarms each month.

## Why are fire doors important?

A fire-resistant door prevents the spread of fire to other rooms. These doors close automatically when there is a fire.



Paul showed us the fire doors in his house and explained that they have to be checked regularly to ensure they work.



## What if there is a fire?

**Exit the building. Go to the emergency point. Call 999. Don't go back into the building.**

It is important that you know what to do in the event of a fire. If you are unsure where your emergency/fire point is, please ask a member of staff.

Paul stressed that if there is a fire you should not go back into the building to collect any personal items; you have to wait until you get the all clear from the emergency services.

## How do I become a Tenant Fire Marshall?

If you have an interest in fire safety you could volunteer to be your service's Fire Marshall. This would involve supporting staff with the fire safety checks and helping other people in your service.

Paul explained: *“Make sure everyone knows [about fire safety] and explain it.”*

# 10 Q's

In each issue of Creative Life we introduce you to our service users and staff from around the country and tell you a little about them. If you'd like to appear on this page, send your answers to the ten questions below, along with a photo of yourself to [marketing@creativesupport.co.uk](mailto:marketing@creativesupport.co.uk)

## Liz, Sutherland Court

**What do you think is the best thing about Sutherland Court?** Having a place of my own with my own furniture. It's a great space for what I need.

**What's the best advice you've ever been given?** My mother always told me to 'be myself'.

**Tell us something nobody knows about you.**

Sometimes I have trouble remembering something new. I write things down in order to learn and remember them.

**What achievement are you most proud of?** I went to the Lake District with friends from the Bromley Youth Project when I was in my 20s. We walked the Helvellyn Mountain via the Striding Edge trail. It was terrifying but the adrenaline I felt afterwards was amazing. It felt like such an achievement.

**What's your favourite meal?** I have two. I love chicken and veg casserole with dumplings as well as coronation chicken sandwiches.

**What's your favourite holiday destination?** I would love to go to the Kennedy Space Centre in Florida

**What do you do to stay fit?** I like to walk.

**Who would play you in a film of your life?** Velma from the Scooby Doo cartoons.

**If you were an animal what would you be?** Either a cat because you're furry all over, athletic, can jump and make lots of noise. Or an eagle because they have great eyesight and can fly everywhere.

**What makes you happy?** Being in control.



# A TRIBUTE TO BRIAN

Brian, aka the Quiz Master sadly passed away on 31st August 2018. Brian's support staff Samantha, Linda and Cheryl have written a few words about him:

Brian was a very kind soul who could tickle anyone's heart strings; he was always full of laughter and could brighten even the greyest of days with his great sense of humour. Brian was a very intelligent gentleman who wrote quizzes for Creative Life magazine, with only general knowledge and had no access to the internet.

Brian looked upon Creative Support tenants and staff as his family and built great relationships over the years. We thoroughly enjoyed supporting Brian and will miss him dearly, as will his close friends.



As well as writing quizzes for the magazine, Brian also devoted lots of his time to the garden at the project with his friend, Stephen. The garden looks beautiful and they even received an award for their hard work. Brian took great pride in this.

We will cherish every moment spent in the garden and will be thinking of you Brian. Don't worry, we will remember to fill the bird bath.

Brian has hand written this piece that was addressed to his friends Stephen, Kathleen and Elizabeth. I would like to share this as it is very poetic and heartfelt.

*“Walking through life with you is proving to be the most wondrous of things.  
You have become and always will be my dearest friends,  
Every minute, hour, day without them is too long”*

Brian had typed up many quizzes on the staff computer and I would like to submit a final quiz for Creative Support magazine:

## A VERY COLOURFUL QUIZ

by Brain Holley

- 1) Someone who is adept at gardening is said to have what fingers?
- 2) Which citrus fruit comes in Satsuma, Jaffa and other varieties?
- 3) Unlike the Beatles I have no desire to live in a what submarine?
- 4) There is a fundraising event called what Nose Day?



# Service User Awards

## Creative Support's Community Champions!

Every month we receive Service User Award nominations for individuals we support who achieve some really inspiring things!

In this edition of Creative Life, we would like to share with you some of the ways people we support have been giving back and showing kindness in their local community. Each award winner below was recognised with a Community Champion Award.



**Caroline** in Thatcham worked hard to achieve a bronze and silver award in her bespoke Girl Guide awards at the Kennet Vale Rainbows. To win her awards, Caroline learnt the name of all of the Rainbows, and designed and led activities for the attendees. Caroline has made some great connections with the local community, as well as developing her own skills and confidence.

Whilst shopping in Morrison's, **Norma** who receives support from us in Cleveland, won a checkout prize of a giant teddy bear. In an act of kindness, Norma gifted the bear to a little girl who was shopping with her Nana. They decided to name the toy 'Norma' to remember her generosity.



**Everton** from Reading was interviewed by two TV crews to promote the new Creative ARC (Active Relaxation Centre). He handled it like a complete professional and spoke about himself, Creative Support and the benefits of the service beautifully and clearly! Everton was calm and polite and was a brilliant ambassador for Creative Support to the local community.

**Andrew**, from Scunthorpe, took it upon himself to participate in a sponsored walk to raise money for a young girl he knows who has a rare illness. Andrew completed the three mile walk and raised an impressive £180! He collected all of the sponsorship money himself, an impressive and honourable achievement!



*If you know somebody who has done something that you think deserves recognition, nominate them for a service user award!*

*Email [business.development@creativesupport.co.uk](mailto:business.development@creativesupport.co.uk) for a nomination form, or download a form from the Creative Support dropbox: [bit.ly/CreativeSupportDropbox](https://bit.ly/CreativeSupportDropbox) in the Marketing and Social Inclusion folder.*

## QUIZ: Answers

- 1) Green    2) Orange    3) Yellow    4) Red

# Walk this Week



As part of our *Summer of Sport Campaign*, we invited the Creative Support community to 'Walk this Week' from the 9th to the 15th of July. The aim was to encourage services across the country be active, get outdoors and Be Involved. *Bounce* supported our campaign and provided all of our walkers with protein energy balls.

On Saturday 14th July, a group of service users and staff from the North West took part in a walk along the Peak Forest canal. Matthew from Manchester has given his account of the day.



I met everyone at 10am in Manchester Piccadilly train station where we bought our tickets and boarded the train. I found the train journey to be super relaxing. We jumped off the train at Romiley, where we met everyone and quickly flew over to the shops to buy some drinks and food. I spotted a Buddha in a shop window but we needed to start the walk. (Guess I'll have to pop back later to get it).



Along the walk total strangers greeted us - since when does that occur? I saw sheep, horses, ducks, geese and a frog. There were canal boats floating past - I spoke to one of the owners about the costings of a boat (let just say it's outta my price range!). I even got to watch a boat go through the docks; interesting stuff. The walk ended with lunch at the park and I popped off for an ice cream to cool off. We then set off to get the train and in Indiana Jones style we just made it before the doors closed.

I hopped off in Romiley. ('What for?' I hear you cry. The Buddha remember!). I picked it up for a fiver and boarded the next train back to Manchester. What a great day Creative Support, keep this up!

Matthew x



Creativities in Scunthorpe brought people together from around the area to do a 2.5 mile walk around their local park, while services in the North East completed four different walks! Everyone involved received a Be Involved badge and certificate for their achievements.



# Volunteer Update

## Introducing our Meet and Greet Volunteers at Head Office!

If you have visited Head Office lately you may have noticed some new faces in the lobby area. We would like to introduce some of our wonderful Meet and Greet Volunteers.

Since moving to the new Head Office building last year we have been really keen to involve the people we support and offer rewarding volunteer opportunities. This new role was created to assist our reception team with greeting visitors and to help people with enquiries.

We have now got a brilliant team of 10 volunteers and we are aiming to recruit more over the next year. Here you can meet some of our volunteers, learn about their interests and find out what they like about being a volunteer with Creative Support.

### Meet Fraser



#### Hi Fraser! How long have you been volunteering?

I'm part of the furniture now! I've volunteered here for a few months.

#### What do you do in your role?

I volunteer meeting and greeting, opening the front door for visitors, serve drinks and show visitors to the office they're going to.

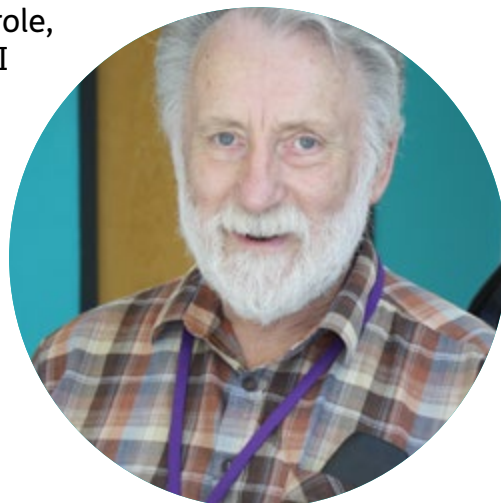
#### What's been the highlight of volunteering?

I've liked getting involved helping in big meetings, like the Exec meeting and the Development Officer meeting. I have gained experience and met lots of new faces.

### Meet David

I think that you have a winning idea with the Meet and Greet role, my Tuesday morning is an enjoyable learning experience and I believe quite successful; I receive positive responses from the people that I encounter at the door. Very encouraging!

The Meet and Greet Volunteer role was a new project for Creative Support, outlined to me by Samantha; a simple objective to help visitors arriving at the door, provide welcome and guide them to Reception. This service is well received by our visitors and appreciated by the reception team. For me personally, it is a way of giving back for the support I have had over several years. I enjoy the experience!



## Meet Lesley

This has been very successful with many volunteers joining in, we are a fantastic team and support each other massively. I think adopting this stand has been an awesome idea. We have greeted many customers, learnt new skills and some of us have gone on to do new roles - I would personally like to thank the whole team for their support. Doing this role has given me more confidence, new skills and development of old skills I forgot I had. I have met a lot of people and most of all I am smiling and happy in my role.



*"I feel I have my life back on track."*

## Meet and Greet Training

Samantha, our Volunteer Services Coordinator, ran a special Meet and Greet training session where the volunteers learnt about customer service and developed new skills to use in their role.



Nigel, who attended the session, said *"I enjoyed the training, it was very interesting. I learnt about customer service and the importance of professional boundaries while volunteering."*

Our Reading services are recruiting for Meet and Greet Volunteers in their office. We would love for more of our regional offices and training centres to replicate this volunteer programme! If you are interested in setting this up in your area please contact the Volunteer Team using [volunteer@creativesupport.co.uk](mailto:volunteer@creativesupport.co.uk) and they will be happy to help you.

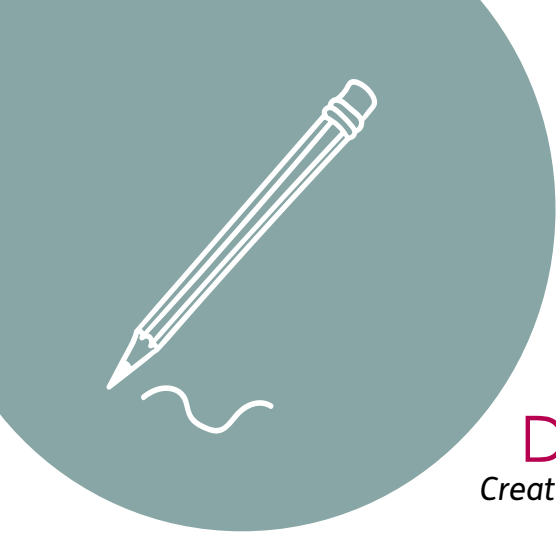


## We need your help!



We have heard some great success stories over the last few months of ways that volunteers have benefitted our services and service users. We are keen to continue developing volunteer opportunities which enhance our service provision and in order to do that we need your help!

If you have an idea for a volunteer role at your service, or you would like the support of a volunteer, we'd love to hear from you. You can get in touch with the Volunteer Team by calling 0161 236 0829 or sending an email to [volunteer@creativesupport.co.uk](mailto:volunteer@creativesupport.co.uk)



# creativity corner

## DJ GROOVER IS IN THE HOUSE

*Creative Life interviews Nigel (aka DJ Groover) about his love of DJing*

### **When did you first get into music / DJing?**

I've always loved music throughout my whole life, but when I was 21, I was at a party and girls were coming up to me asking me to DJ and I just wanted to give it a go because I just love music. It turned out I had a talent for putting songs together - I had a cracking night and have been DJing ever since.

### **What do you like most about DJing?**

I love it when people come up to me and ask for a load of requests, I love being able to put songs together that people want to hear like the macarena and YMCA and making people laugh and dance with music.

### **What advice would you give to an aspiring DJ?**

DJing is the best, music is really awesome it makes you happy and feel relaxed. When I listen to music it makes me feel good and I feel like I could do anything.

### **You are at a party and no one is dancing. What are the top three bangers that you would stick on to get people on the dance floor?**

Easy answer! 1. Scooter - The Logical Song, 2. Whitney Houston - I Wanna Dance with Somebody and 3. Black Lace - Agadoo

### **What's your favourite music moment?**

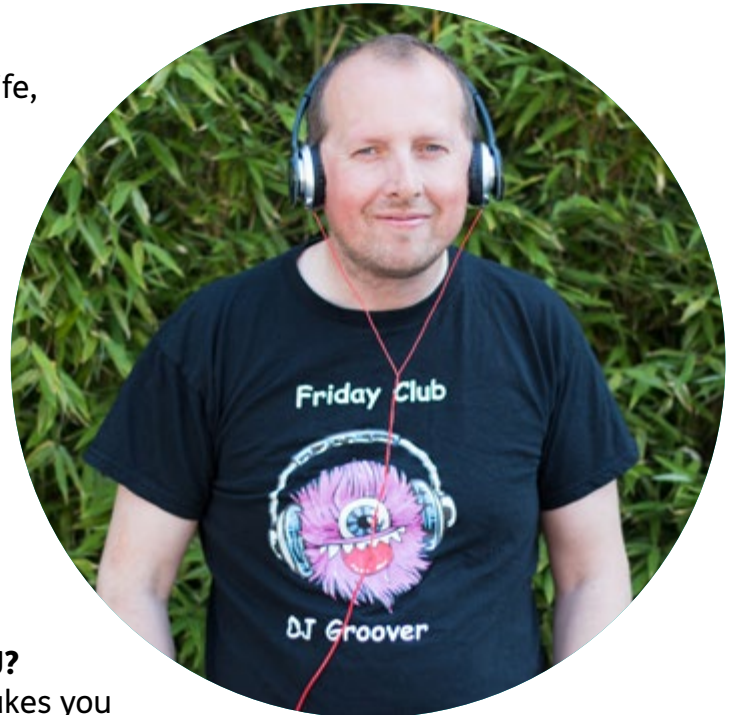
When I first got into music and my girlfriend at the time, who was also dead into music, played the song Red Red Wine by UB40. It made me feel grand listening to it. I've played it ever since in my DJ sets.

### **What are your hopes for the future with DJing?**

I hope I continue doing it forever - because I love it, I just love music. I do it every Friday at the Friday Club in Stockport and I hope I always do.

### **Tell us an interesting fact about you**

I've been called the 'best DJ in Stockport.' I felt dead pleased because that made me feel dead cool. I get free entry, free drinks and free chocolate on a Friday when I am doing a set. When they choose me to be the DJ at Adswood I felt brilliant inside.







## Mod Looks

Justin, from Ancoats, is wearing: a patterned silk shirt from Topman, trousers and brogues from Next, bucket hat from Blackpool seafront, sunglasses from Specsavers, silver rings from Manchester Christmas Markets and leather bag from Uptown Girl in Longsight. Justin said, "I get my haircut from Carringtons and ask for the Rod Stewart look, it's not cheap either!"



# WHAT'S ON THE BOX?

We have recently released two new films on our Youtube Channel, 'Creative Support: Be Involved like Jorden and Daniel' and 'Autism Stories: Catch Up 2018'. One of our videos 'Living with Voices' has also reached over 50,000 views, thank you!

Throughout 2018, Creative Support has been encouraging the people we support to join our Be Involved campaign. Our aim for the campaign is to increase co-production and engagement in our community. We recently decided to visit Skelton Grange, an environment and conservation centre in Leeds, to talk to Jorden and Daniel who have been volunteering there. We wanted to find out what they have gained from the experience and what their plans for the future are.



Back in 2014, we interviewed a series of people, their support staff and their families to find out about life on the autistic spectrum. You can watch the latest video on our Creative Support YouTube channel and hear about all of their exciting developments since we last heard from them.

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## Daughter for Sale

Film Review by Lesley.



A judge and her daughter live in wealthy surroundings. The mother has been working long hours building her career and the daughter is sad that her mum is not around.

The daughter and mum eventually have a big fight and the daughter runs away. Then she gets kidnapped by someone who is a human trafficker and the rest of film is about the lawyer mum trying to find her child. The mum searches hard and fast for her overcoming all obstacles and she will not give up. Determination and guts doesn't stop her even though she is at risk. I would give the film four stars overall and I really enjoyed it. I think it had strong characters and was a true movie with plenty of drama and thrills. One not to be missed!

# Lauren's Got the Blues

*Creative Life met up with Lauren from West Yorkshire at the home of Manchester City, the Etihad stadium, to talk about football.*

**How long have you been supporting City and how did you first get into football?** I've been supporting them since I was 18 and I went to see the games with my dad who is a huge fan.

**What do you love about football?** Everything about it really. I love having a drink before the game with my family and my dad's mates. We catch the train together and come to nearly every game. Sometimes we put a bet on the game to see who will score first or if Manchester City will win.

**Are your family all into it?** My mum and dad are really into football they even named my sisters after City and they even have the word City as their middle names. Even though my mum was originally a Leicester City fan.

**Who's your favourite player that City have ever had?** My best player was Yaya Toure, he is my hero he always does really good headers in the game and he always tries his best to score as well as being a great defensive player. I was sad to see him go at the end of the season. I loved singing the song for him and his brother Kolo.

**What's your favourite ever memory from coming to see City play?** I loved it when they won the league. I also remember when Aguero scored in the last minute one time and I was absolutely overjoyed - they did the best ever. They always say that they are the best team and I agree.



**Have you got any favourite songs?**

Well apart from the Yaya / Kolo Toure song, I love singing Blue Moon. It's such a nice moment when everyone gets up and sings together.

**What position would you play if you were a footballer?** I'd like to be a midfielder like Yaya Toure going forward and doing some defending as well. It would be fun scoring some goals too like Aguero.



# Meet the Fundraising Team



Ruby



Sophie

The Fundraising Team is a relatively new team at Creative Support, which enables more fundraising to happen across our services.

A question we get asked a lot is – ‘can service users and staff fundraise for Creative Support?’ The answer is, ‘Yes, you can!’. By fundraising, you and your service can raise money to run exciting community events, put on more group activities or get new equipment.

You may be surprised about all the different ways your service can fundraise, especially if you think creatively! For example, you could ask local charity shops to donate unsellable items to upcycle, sell homemade cards at your service or get sponsored to do a themed fancy dress walk.

**Interested in fundraising for your service?** Contact the Fundraising Team by phone or email to help you to ‘Get Started’ with one of our Checklists, or to iron out anything you may be unsure of.

We can also arrange a **visit to your service** to give you that bit of extra support and inspiration.

@ [fundraising@creativesupport.co.uk](mailto:fundraising@creativesupport.co.uk)

📞 0161 236 0829



**NEW All About Fundraising quarterly newsletter!**

Let us know about your fundraising stories and you could be featured in our next newsletter!

## Fundraising Pack

We have a Fundraising Pack available online, which includes a Getting Started Checklist for each of the five ways to fundraise, as listed above. You can ask a member of staff to print one out for you, or contact the Fundraising Team and we will send you a copy.

# Achieve Q



The Princess Street Team won a Silver Achieve Q award in May 2018 for their commitment to being inclusive, empowering and hardworking. The team organised a memorable 50th surprise birthday party for Carl, who lives at the service, ensuring that his interests and likes were at the centre of their planning. They invited friends that he had lost touch with and created a memory book about the party as a visual aid. Princess Street are a fantastic example of a service using Person Centred Planning (PCP). They took into account Carl's needs and aspirations and as a result, Carl now feels empowered to meet his friends and be involved with the community.

We interviewed Damian, the Support Coordinator at Princess Street, to find out more about the service and Carl's birthday celebrations.

## **Tell us a bit about Princess Street and Carl?**

We are a Supported Living Service and three gentlemen live here.

I've been supporting Carl for seven years. Carl loves being out and about and his weeks are full of activities such as swimming, arts and crafts and volunteering at the clothes shop 'New Life.'

## **How was the party?**

The party was brilliant; it was so nice to have everyone come together. Quite a few people who attended had additional needs so we made sure to plan for this in advance so that everyone could be included on the day.

## **Was it a surprise to Carl and did he enjoy meeting up with his old friends?**

Carl was definitely surprised when he walked in! Everyone had managed to arrive on time and he was a bit shocked when he first stepped through the door! But, when he saw his long lost friend Robert he went straight over to him with a massive smile on his face. Since the party Robert and Carl have been going swimming together every Tuesday.

## **How did it feel to win the Silver Achieve Q award?**

It felt great to be recognised for all our hard work and appreciated by our manager who had nominated us. I think it was the first time we have got anything like this! There was definitely a massive sense of achievement for all the staff involved.

## **What's the best thing about your job?**

There is so many things that I love about my job. I love helping people reach their goals, encouraging them to be out in the community and mostly seeing people happy.



## **Fancy nominating someone for an Achieve Q award?**

If you know a team or individual that you think is doing a great job and deserves to be recognised, why not nominate them for an Achieve Q award? Please email: [achieveq@creativesupport.co.uk](mailto:achieveq@creativesupport.co.uk) for a nomination form or for more information.

# MY JOURNEY

Our special feature where we catch up with a Creative Support member and hear about their journey.

*In this issue we speak with Jolene from London. Jolene gives us an insight into her life, the challenges she has overcome and the support she receives from Creative Support. Jolene is a talented and inspirational writer with a story to tell.*

*If you would like to be featured in the next edition get in touch with [marketing@creativesupport.co.uk](mailto:marketing@creativesupport.co.uk)*

“Hello, my name is Jolene. I have a twin brother called Sam and we were adopted in the late 1980’s. We lived in North London in a block of flats and were unfortunately broken into a number of times. We faced a lot of challenges and moved around a lot.

In 2011, I moved into my own flat and started receiving support from Creative Support in 2016. Since then, I have been involved in lots of activities. For example: knitting, cooking, board games and movie nights! I get on with all the support staff and enjoy having opportunities to do an array of activities and be independent.

I like to keep very busy. In 2004 I got a part time job as a Learning Support Assistant for a holiday programme. We do activities like arts and crafts, music, day trips and much more! I help people on and off transport and get them into paid work. I also help them with mobility equipment like

wheel chairs and walker frames. It is great fun!

My hobbies are knitting, writing newsletters, fundraising and acting! I like to help other people. I have done a sky dive for Creative Support!

I also do acting with Access All Areas and have been on the telly. I have appeared on: This Morning, Live with Kay, BBC Doctors and I was in the Olympic Opening Ceremony in 2012.

I am currently looking to set up my own drama group for people with disabilities, and would like to fundraise for more charities. I believe that you only have one life and have to do what you really want to do. Be happy and enjoy life!

I would like to say thank you to Creative Support for the help and support they continue to give me. Thank you for reading my story.



# What's on

Check out our guide below you'll find plenty of events and activities to keep you busy for the next few months!

## Co-production Month

A month full of activities focussing on how our service users and staff members can work together to achieve great outcomes.

Do you have an idea for an activity or event that you'd like to achieve? We would like to see projects where service users are involved in the planning and process through to completion.

September



October

## Black History Month

October is dedicated to celebrating great achievements and contributions from black people and promoting knowledge of Black History, culture and heritage.

You could get involved by attending local events, experiencing culture through food, holding a film night or creative session based on BME artists.



BLACK  
HISTORY  
MONTH  
Know the past, shape the future.

## Celebration Gala

An opportunity to celebrate our service users, volunteers and staff achievements and thank them for all of their hard work.

This year the gala is taking place on the 29th November. Invitations will be sent to all Achieve Q, Service User, Volunteer and Housing Award winners in October!

November



## Contacts

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