

Newsletter

Issue 3.

Hello and welcome back to the South Manchester newsletter. This month we have really enjoyed hearing about your gardening projects, arts and crafts and movie nights. We hope you enjoy!

Hastings Avenue



Chris spent an afternoon creating this mountainscape masterpiece out of bottle tops. He regularly enjoys a non-alcoholic drink with his tea and felt inspired to recycle them into something artistic.

Environmentally friendly and creative! Thanks for sharing Chris.

Looking after your wellbeing



As we enter a new phase of lockdown, we understand that this is still a very difficult time for many people. You may be missing your regular activities or still feel very anxious, and that is completely understandable. Each month we're going to share a free way of looking after your wellbeing and we'd love to hear your suggestions too!

This month's suggestion is from Caitlin at Hastings Avenue. She recommends Yoga with Adriene, a yoga teacher who has hundreds of free yoga classes on YouTube. Videos range from 5 minute relaxations to full length classes. If you are brand new to yoga, she has plenty of videos that are suitable for beginners.

Movie Night at The Burkhart

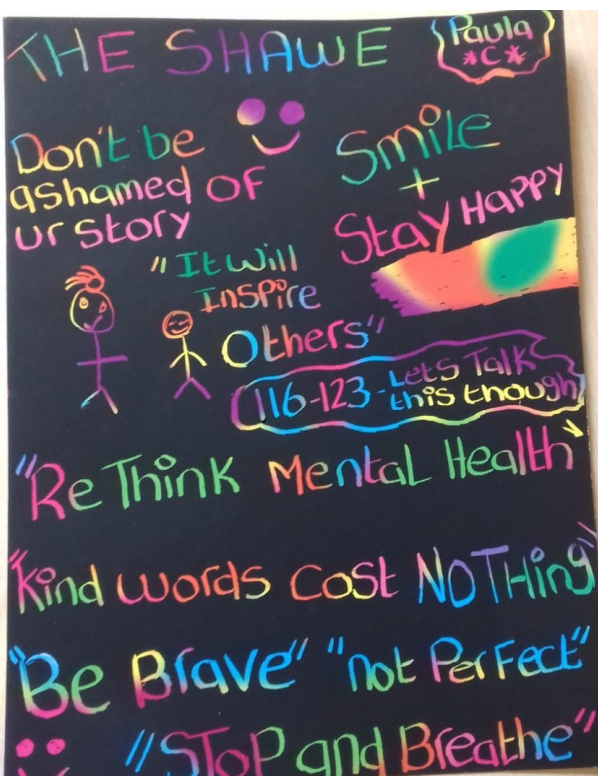
Ladies at The Burkhart recently enjoyed a film night, complete with popcorn, crisps and ice cream. They watched romantic drama “Indecent Proposal” together, all whilst keeping a safe 2 meters apart thanks to some clever table positioning by staff! Everyone who attended said how much they enjoyed it.



Service Director, Sam Priestley, would like to share a recent compliment that The Burkhart team were very pleased to receive:

“Angela, Bolade and the team at The Burkhart Centre have provided committed support to a person that I have been seeing for psychotherapy sessions. They have provided a warm and containing environment where the person has experienced a period of stability. The activities and support that they offer have been of significant value and contribute to a sense of safety and security that had previously been missing for the young person.”

The Shawe



At The Shawe, Paula has spent some time this month working on pieces of art work to be displayed around the service. She has been using a vast array of mediums, such as Hama Beads and cross stitch to reflect upon mental health, stigma and positive self image.

Paula has also recently contributed to the recent Creative Support Patchwork challenge.

In this piece, Paula has used scratch art to send a positive message of solidarity and support.

opportunity, choice and wellbeing

Amherst Road



Carol has recently moved from Amherst Road into her own flat but continues to be supported by the staff team. She is enjoying her new home and has been doing lots of baking to help her get settled in.

Carol, your cakes look wonderful and we hope you are very happy in your new home!



Meanwhile, the ladies at Amherst Road have started to see their hard work in their mini allotment pay off! Staff member Nuria told us that their lettuces are starting to get really big and that everyone is very excited. The ladies have been watering them regularly and taking progress photos.

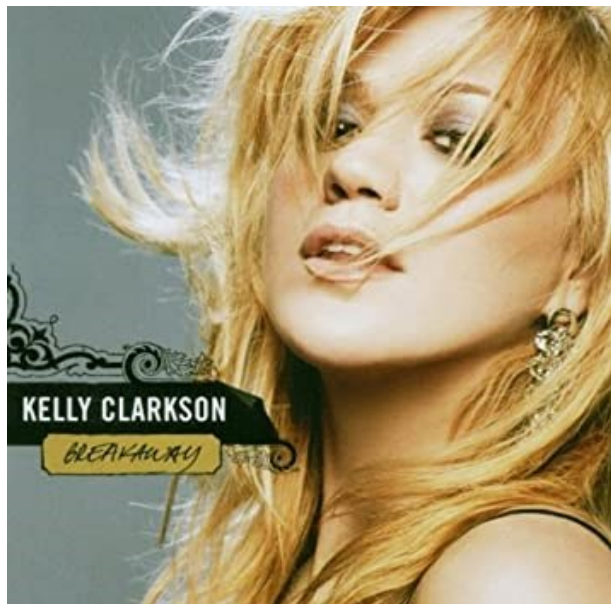


They have also been growing tomato plants, but Nuria tells us that the lettuces have clearly stolen the show!

Spending time outdoors is now more important than ever and the tenants at Amherst Road have clearly embraced this!

We'd love to know how you've been enjoying your outdoor spaces recently.

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This month's recommendation from Mark is Breakaway by Kelly Clarkson. Mark's favourite track is the titular "Breakaway". He says: "It's a song that makes you feel good, one of the best in the world!"

Thanks Mark, we'd have to say we agree!



We would like you to send us your paintings, drawings, sculptures, photography etc. Artwork will be selected by a panel of judges to feature on our 2021 Creative Support Calendar and also our Christmas and Thank You cards!

Ask staff for more information on how to enter!

www.creativesupport.co.uk



We value the views of our service users and are launching our 2020 Service User Satisfaction survey, this survey is an opportunity for us to find out how we are doing as a support provider.

The survey can be completed online, your support staff can help you access the survey. If you would prefer to complete a paper copy, staff can request this for you.

Get Involved!

We're looking for people to help put the newsletter together. Do you have an interest that you'd like to make a regular feature? Or are you a computer whizz and want to help us design the letter?

Speak to staff at your service or email Caitlin or Toni directly:

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