

Welcome to September's North East Newsletter. This newsletter gives a roundup of some of the events and activities people have been doing recently in services across the region. Lots of creative things have been going on as well as celebrations, personal achievements and more. We hope you enjoy hearing about the great activity, stay safe and keep in touch!

Kerry's Fantastic Weight Loss & Claire Keeping Active

Kerry from Middlesbrough has lost five stone in weight during this pandemic, a fantastic achievement! In April 2020 Kerry weighed twenty stone and had reached the stage where he couldn't look at himself in the mirror. With support from staff, Kerry managed to motivate himself to want to lose weight with a goal of eventually finding himself a partner.

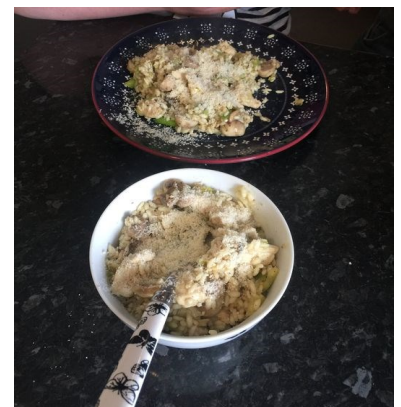
Well done Kerry!



Kerry has 3 top tips to help you lose weight:

1. Cut out sugar and replace with sweetener
2. Walk as much as possible
3. Cook fresh, rather than eating ready meals

Also keeping fit and healthy, is Claire from Stockton (pictured right) who has been active in the garden and also cooked a healthy communal meal for herself and fellow tenants at her home.



Trampoline Fun

Andrew, a tenant at Kennilworth court, has been really enjoying a bounce on his trampoline, which was installed with the support of staff, with a **particular huge thankyou to staff Ben Bradshaw.**

Ben has been fantastic at working with Andrew throughout the ongoing pandemic and helped to dig



out space to create this brilliant floor-level trampoline which allows Andrew to access the trampoline easily so he can enjoy a bounce whenever he likes.

Andrew's time on the trampoline is a great way for him to exercise and have fun .

Many thanks again to Ben and the staff at Kennilworth.

Enjoy the trampoline Andrew, looks like great fun!

GETTING CREATIVE

People have been getting creative recently, entering our monthly photography competition and our 2021 Art Calendar competition. Entries have included these great collages created from buttons, made by tenants at Tyneside's Danesfield service.

Congratulations too to Mark from Stockton services on being placed a runner up in the Photographer of the Month competition with this striking flower picture. Thanks also to staff Lauren, a keen photographer too, who has supported Mark to pursue his new interest.



LUNEDALE'S SUNFLOWER SUCCESS

Tenants at Lunedale service took up our Sunflower Seed Growing Challenge and certainly had success with it! As you can see in the pictures below, the flowers have grown to a huge height. Pictured here towering over tenant Karina.

Well done on some brilliant gardening!



A THANKYOU FROM DEBBIE

Debbie from Darlington wanted to say a thankyou to staff on the Darlington Floating Support service who have supported her throughout the ongoing pandemic and so she brought in a fantastic box of treats for sharing.

A lovely gesture Debbie and I'm sure it was much appreciated!



CONTACT US

Keep sending us your pictures, stories and creative work. Keep in touch and keep safe! michael.edwards@creativesupport.co.uk

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