

### Issue 7.

Welcome to the latest issue of the South Manchester Newsletter! We can't believe that December is here already, 2020 eh? We hope you enjoy the stories and features this month, it's a good one!

### Dawn's Journey

Dawn has shared her journey in the hope that it will inspire others.

"When I first came into Creative Support I was accepted at the Burkhart accommodation. I have been up and down in my recovery. I've had some good days and some bad days. I was really struggling with my addiction, but due to staff at the Burkhart and my key worker, Angela, I have moved in to a new flat (a 2 bedroom, beautiful flat!).

I used to have hardly any confidence and very low self esteem. But with the right medication, all the support here at the Burkhart and the hard work from staff here, they have helped me through. Now I feel like a new person with a good future and if I have done it, you can do it! Good luck to everyone that comes to the Burkhart and works with staff.

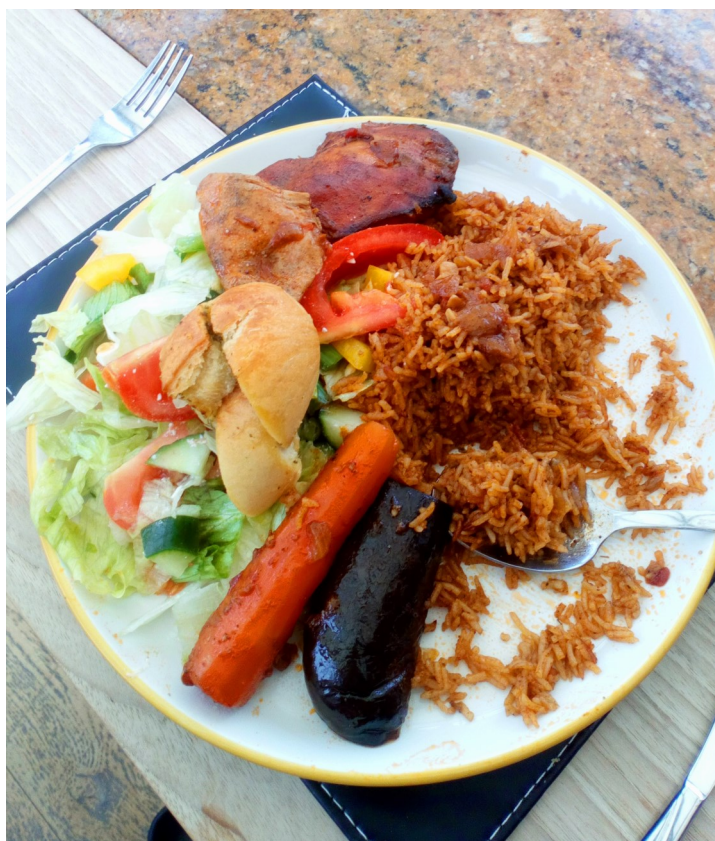
The biggest thank you to all the staff at the Burkhart. - Dawn M"

Congratulations Dawn! Wishing you all the best in your new home.

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## Ready, Steady, Cook!



Every Sunday, tenants at Longley Lane gather together to make a communal meal. Usually it's a traditional Sunday Roast but recently they decided to mix it up and try jollof rice and salad. Lizzie helped staff prepare the meal and it was a huge success!

Kelly (right) at Amherst Road has also turned her hand to cooking and has now made two meals from scratch! Here she is enjoying her homemade cottage pie. She has also made lamb chops which looked delicious.



### Top tip!

When cooking pasta, don't put oil in the water! If you do, the sauce you have made to accompany your pasta will slide off rather than sticking and making the pasta more delicious - Doh, Fletcher Court

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## Managing your mental health this Christmas

The festive season is just around the corner, but Christmas can be a really difficult time for those of us living with a mental health problem. Here are some tips to help you manage your mental health this time of the year.

### 1. Relax

Regardless of what's happening, it's ok for you to need time out. Some people find mindfulness really useful when things are getting stressful, while others prefer to exercise, or spend time on a hobby, like colouring in.

### 2. Alcohol

Although alcohol can initially make you feel more relaxed, it is important to remember that drinking too much can make you feel irritable, aggressive and low. Stay within the recommended limits.

### 3. Food

With so many tempting treats available, we all have the tendency to overindulge in December. Remember that a healthy diet will help you maintain a stable mood, and prevent irritability and low mood.

### 4. Sleep

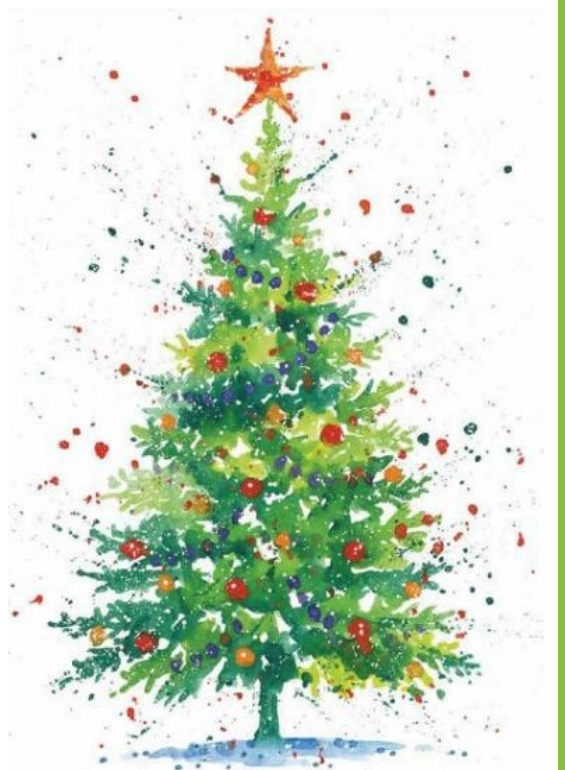
Our sleeping patterns can become disrupted over the festive period. Evidence shows that not having enough sleep has a negative effect on your mental health, so do try and head to bed at your usual time every night.

### 5. Connect with people

You might be feeling anxious & overwhelmed, but connecting with other people has lots of benefits for your mental health. Talk to your neighbours and staff or even look for volunteering opportunities in your local area.

### 6. Exercise

It's difficult to feel motivated to exercise in the winter but it can really make a difference. You don't need to leave the house! Why not try an at home workout video or even dance around your room to your favourite music?



*Adapted from Mind*

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## It's Beginning to Look a Lot Like Christmas...

Or at least it is in Carol's flat! You might remember that Carol recently moved to her own flat and will be spending her first Christmas there. She has put up her lovely tree nice and early to help her feel more at home.

Hastings Avenue have also decked the halls, quite literally, with lots of tinsel and lights! Keep your eyes peeled in the next issue for pictures.



## Kate's Movie Recommendations

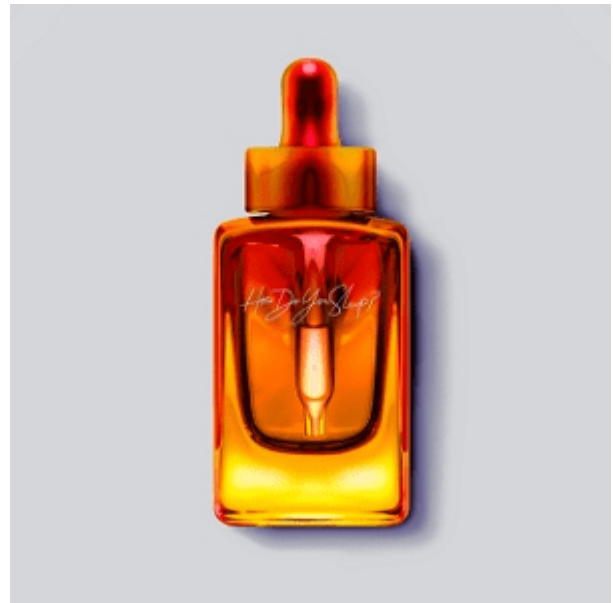


Kate in the Community has a tradition of watching her favourite Christmas movies every year and 2020 is no exception! These are the movies that help Kate get into the Christmas spirit:

- The Grinch - both the classic Jim Carrey version and 2018's cartoon version
- The Muppets Christmas Carol
- Die Hard (controversial, she knows!)

Do you have a favourite movie you want to share? Let us know!

## Marks Monthly Music Moment



It's a double whammy from Mark this month!

First up is Sam Smith - How Do You Sleep. It's a great song to dance your blues away to!

Next is a Christmas classic: Band Aid - Do They Know It's Christmas. We don't care what you say, it's never too early for Christmas songs!

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## Wellbeing Walks



The ladies at the Burkhart are keeping up their regular community walks and have sent us some pictures of them feeding the ducks at Plattfields. They all wrapped up warm and enjoyed their time outside, even in the dull weather!

You can find a Winter Walk Scavenger Hunt at the back of this newsletter which you can use to liven up your walks. Keep an eye out for each item and tick them off as you go along. It also doubles up as a colouring exercise!

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## Longley Lane



Speaking of colouring, the Longley Lane ladies have shared some pictures of them enjoying colouring books and word search magazines this month. The tenants all really enjoyed spending time together doing their activities.

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## What's On

Head office and staff are working hard to provide activities and keep you busy over the next few months. Here's a look at what's going on throughout December:



We're hosting weekly online Quizzes, every Thursday at 7pm! Play against other services and staff for your chance to win a £20 voucher for you service.

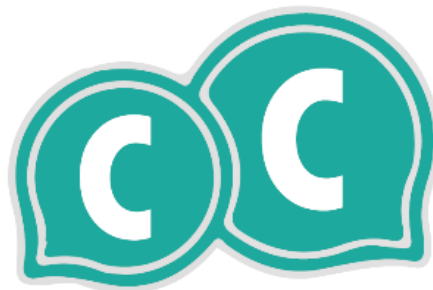
See posters for more details.

## South Manchester Newsletter Christmas Special

Get your submissions in to us throughout December for a chance to be featured in our special Christmas edition! This will be our last issue in 2020, then we'll be taking a break until February so don't wait!

Speak to staff at your service or email:

[caitlin.mulgrew@creativesupport.org.uk](mailto:caitlin.mulgrew@creativesupport.org.uk)



To help us stay connected, our Creative Connections team are hosting online sessions over Zoom:

- 2nd - Self Care & Relaxation
- 9th - Festive Decoration Workshop
- 16th - Winter Warmers Cookery
- 23rd - Sing & Dance With Us
- 30th—New Years Quiz

Speak to staff to sign up!

## 5 Steps to Wellbeing

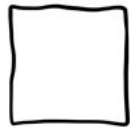
We're launching a new feature in collaboration with Becky (Community Support Worker). Each month, Becky will guide us through steps to wellbeing but they need your help!

The first step is all about staying connected. How have you managed to stay connected this year? Email [becky.brown@creativesupport.org.uk](mailto:becky.brown@creativesupport.org.uk) and we will share your tips in the newsletter.

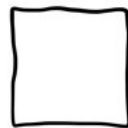
# Winter Walk

## SCAVENGER HUNT

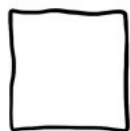
How many things on this list can you find?  
Colour each picture in when you've found it!



PINECONE



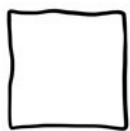
BOOTS



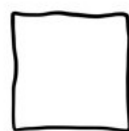
BARE  
TREE



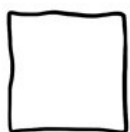
COSY  
HAT



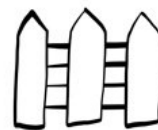
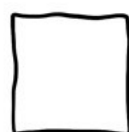
GLOVES



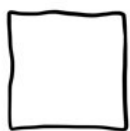
ACORN



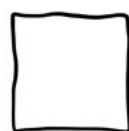
GREEN  
TREE



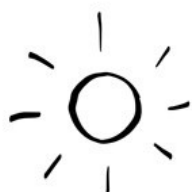
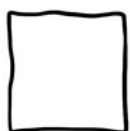
FENCE



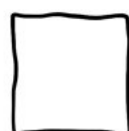
BROWN  
LEAF



MUD



THE  
SUN



MUSHROOM

<https://www.hobbycraft.co.uk/ideas/kids/free-winter-colouring-downloads>