

CREATIVE LIFE

ISSUE 32
2020



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If you contribute to this magazine, you will get a £10 Love2Shop Voucher, a Be Involved certificate and pin badge!
Contact marketing@creativesupport.co.uk for more information.

A Word from Anna

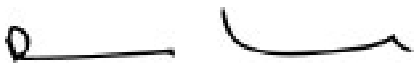
Hello, I'm Anna Lunts, CEO of Creative Support.

Welcome to the latest edition of Creative Life magazine. This year has been an immensely challenging time for us all as COVID-19 has put strain on services, communities and families. I would personally like to thank all of you for your continued dedication to Creative Support, without you we wouldn't have been able to keep moving forward.

This edition of Creative Life is packed full of positive and inspiring stories and features that have taken place during the Coronavirus pandemic. It has been great to hear that many of you have been busy in your gardens, from the Tameside Allotment which has produced some fantastic vegetables, to the Doncaster Gardening Competition and the complete garden makeover at Durham Road, County Durham. I was very proud to read about Ian, Kerry and Tara's weightloss journeys, they have all done so well. Take a look at our wellbeing and healthy eating sections to give you some ideas on how to achieve a healthier lifestyle.

This month was also the month we released our 'Black Lives Matter: Manifesto for Action' which we hope will encourage many of you to be active participants in the work that we have to do to ensure equality and opportunity throughout our organisation. We will also be releasing a special Black History Month edition of the magazine in October which we are very proud of. It has been produced in partnership with service users and staff, we hope that it encourages discussion and appraisal.

For now I hope you enjoy reading this edition as much as I have, please get in touch if you would like to take part in the New Year edition of Creative Life.



Anna Lunts



Magpies by Emlyn Scott
June's Photographer of the Month

What does 'Pride' mean to you?

In an ordinary year, Pride celebrations would offer the LGBT+ community a chance to gather together, celebrate the achievements of the community and reflect on the future for social change. This year has seen many Pride celebrations cancelled and the opportunity to come together lost. We believe it's more important than ever that our LGBT+ community has a voice and we want to know what 'Pride' means to you, especially in these difficult and uncertain times.



Please email marketing@creativesupport.co.uk with your thoughts and ideas.



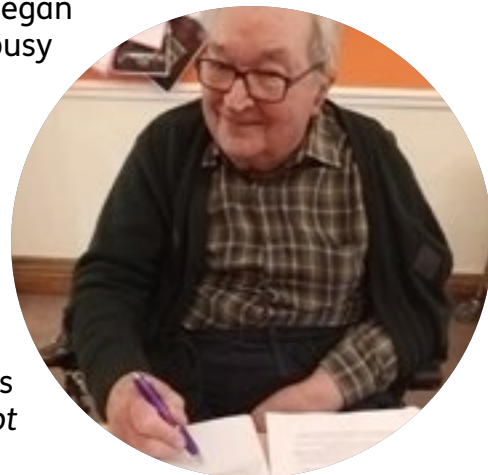
YOUR STORIES

In memory of Harold's Fundraising Success

Harold, a resident at The Laurels in Carlisle began writing down his childhood memories to keep busy when the Coronavirus restrictions began.

Harold, who sadly passed away on 3rd September, aged 93, was a family man, whose last achievement before passing was to raise over £1,400 for the Laurels Care Home in Carlisle, by writing down his memoir and selling it to his friends and family.

He was a very active gentleman and was used to going out, so he was keen to find something to keep him busy once his daily outings had to stop. *"I can't sit doing nothing for long,"* said Harold. *"So I got thinking about my childhood. It took a couple of weeks to write".*



Harold, his daughter and The Laurels staff then began hand delivering letters to nearby residents asking if they would like to make a small donation in return for a copy of Harold's memoir. He quickly smashed his initial target of £200!



Since then, Harold's fundraising efforts have featured in the local newspaper The Carlisle News and Star and he set up an online giving page: chuffed.org/project/help-harold-raise-300-for-the-laurels-care-home-carlisle

Harold had raised a total of £1,488 before he passed away. The money raised will go to the residents' fund to help pay for entertainers, day trips and activities for the 21 residents who live at The Laurels in Carlisle.

Sue Taylor, Administrator at The Laurels said Harold *"Was a colourful character, who was fiercely independent, he was always out and about. He had a good sense of humour and liked to include a joke for everyone in our monthly newsletter. He will be greatly missed by his loved ones and everyone at the service"*.



Bonnie the Dog



Animals can reduce stress, anxiety and depression; they can ease loneliness and encourage exercise and playfulness too. So you can imagine the excitement of the residents at our Bedford Supported Living service, when Senior Support Worker, Nicole Rideout brought Bonnie, the King Charles spaniel in for a visit!

"They were over the moon! One of the service users was scared of dogs, but he dealt brilliantly with it. Bonnie won him over and they shared a cuddle!" - Nicole

Africa Day Celebrations

On the 25th May, residents and staff gathered at our Burncross Road service in Sheffield, for a day of celebrating African culture, food, music and dance! They were treated to homemade samosas, beef stew and authentic African dishes such as mandazi – a form of fried bread that originated on the Swahili Coast and fufu – a staple food common in many countries in West and Central Africa. They listened to African beats and showed off their dance moves – even attempting to ‘Dhaanto’ which is a style of traditional Somali folk dance.



Ifrah a Support Worker at Burncross said *“Over the pandemic everyone had been so used to being separated but today I felt very connected. I really felt at home”*

A day at the Seaside



Patrick from Bedford recently took his first trip out following the lifting of the lockdown restrictions. The first place he wanted to visit was the seaside!

So on a beautiful sunny day, Patrick and his Support Worker did just that, heading to the seaside town of Southend! They went to the arcades, took a walk along the pier and ate fish and chips, finishing the day off with a cooling strawberry slushy! Patrick had a really lovely day, saying that *“It was just superb”*!

Giving Back to the Community

Creative Support’s long standing Sandy Lane Gardening Group has been diversifying to provide fresh produce to food banks during the Coronavirus pandemic.

The group was established 11 years ago by Creative Support Service Users and others with mental health needs, to design a garden haven at the Sandy Lane project in Accrington. Since then they have expanded creating accessible gardens for others with mental health needs, a learning disability or mobility issues.

Now the group is using all their resources to grow more than 100 tomato plants along with kale, spinach, onions, peas, courgettes, broccoli, celery, peppers, chillies, cucumbers and salad leaves. It’s a huge commitment according to one of the group founders, Gerry.



“We’ve drastically increased our output to directly supply two food banks and the Hyndburn Hub to provide fresh food for people who are shielding”. It’s great for the self-esteem of everyone in the group to be doing something to help others,” said Gerry.



CREATIVE GREEN FINGERS

Doncaster Gardening Competition

The staff team at our Doncaster Supported Living Services decided to run a gardening competition across all sites, encouraging the people they support to get in the garden and enjoy their outdoor space more!



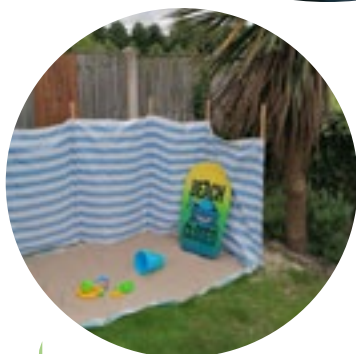
18 service users took on the challenge to create their perfect garden and with the help and support of staff, seeds were planted, flowers bloomed, veg has been harvested and creativity has been flowing! Each person who entered the competition received a certificate to commemorate their efforts.



Phil, from Grove Court doesn't have a garden, however he was very eager to take part in the competition. So he created this beautiful pot of tranquillity, using various succulent plants and blue stones to replicate a calming stream.

Clive and his support worker Donna, from Limbreck Court created this fantastic up-cycled shed, decorated in the style of a VW Campervan. Complete with personalised number plate and VW wheel trims, the shed is 'parked up' next to a serene beach scene, creating a perfect place to relax in the summer. It impressed the team at Doncaster Supported Living so much, that it won first prize in the competition!

"We were working on a very small budget, so we had to be creative to bring Clive's idea to life. We mostly used recycled materials and thrifted paint for the shed, it was a great project for Clive and we took our time to make sure it was all done just how he wanted it!" - Donna



"Not only has it helped the people we support focus on something positive during a difficult time, it has also been a great opportunity to improve our services outdoor space, meaning they all now have beautiful gardens!"

- Leanne

Town Lane Allotment



Town Lane in Tameside have been developing their green fingers at their local allotment and also improving on their cooking skills.



FROM FIELD
TO FORK



Staff and residents have been working hard tending to their allotment plot each week. They have been weeding, planting and growing plenty of vegetables! So far, they have produced a variety of vegetables including onions, garlic, sprouts, peas, courgettes and potatoes.

Residents have been working together to come up with a meal plan for the week ahead, with individuals deciding on a different meal each night to be eaten and enjoyed together. Once a menu has been created, they head to the allotment to harvest all the vegetables needed for the meals that week. The most popular meal is a roast dinner - which all 17 residents agree, tastes much better made with vegetables grown from their own allotment.

Everyone has been getting involved; some harvest the vegetables and pick any herbs that they need from the communal herb garden. Others prep the vegetables, cleaning and peeling ready for the person who will be cooking the meal.



Latour, who features on the front cover of the magazine, told us how much he enjoys going to the allotment *"It's good exercise and I'm learning a lot. I like picking the herbs for my cooking. It's my choice what I pick and it makes the food taste nice"*.

Most recently, they have planted some beetroot and leeks and we can't wait to hear how they are coming along and what meals they are going to make with them!



Let us know what you've been growing in the garden this year!

Contact marketing@creativesupport.co.uk

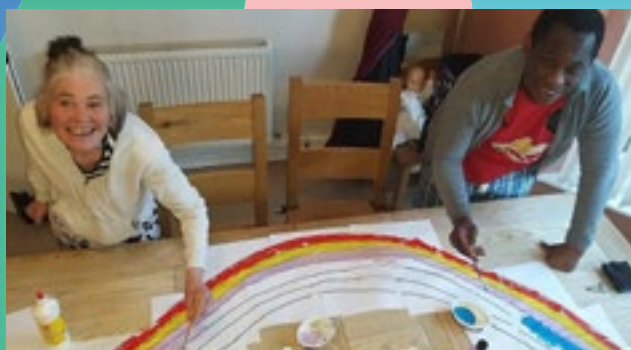
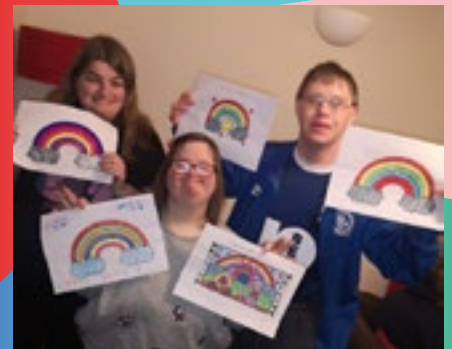
THANK YOU!

Throughout the Coronavirus pandemic we have been consistently impressed with the resilience, innovation and resourcefulness of both Creative Support staff and the people we support. We have all had to change the way we work and go about our day to day lives. We have really enjoyed reading about the exceptional work of our staff and also all of the interesting ways the people we support have been keeping active during this time.



YOU DO YOUR WORK WITH DEDICATION
THE CARE YOU GIVE IS TRUE MEDICATION
BEHIND THE MASK IS AN UNSEEN SMILE
YOU TAKE OUR CARE TO THE EXTRA MILE
EVERY DAY YOU FACE THE DANGER
BUT STILL ARE THERE TO HELP A STRANGER
SO I RAISE MY GLASS IN ADMIRATION
YOU ARE A CREDIT TO OUR NATION!

Written by
Hetty Goodman, London



CREATIVE SPACE CENTRE

Providing Opportunities and Experiences for People with Additional Needs

The Creative Space Centre is a place where people with physical, learning or emotional difficulties can develop skills and enjoy experiences not usually accessible to them. We are the largest and most versatile multi-sensory centre in the UK, providing three sensory environments, which can be adapted to suit anyone of any age.



EVERYONE'S WELCOME

We welcome families, individuals with carers or groups and all of our Creative Support services into our sensory environments, including a large garden and sensory woodland walk. Whether your aim is to have fun, relax, move in safety or have specific sensory stimulation, the Creative Space Centre can meet your needs.



KEEPING YOU SAFE

The Creative Space Centre is a COVID-19 secure environment, extensive social distancing measures are in place, temperatures are taken on arrival and thorough cleaning is carried out in all rooms in-between visits ensuring you have a safe and enjoyable time.

"The residents at Chester Avenue have always led busy lives, enjoying weekly swimming and trampolining. Due to their complex needs and the restrictions of COVID-19, they have been unable to access these meaningful activities.

The Creative Space Centre reopening has been such a life line, Space is one of the only places they are currently able to safely visit. It has had such a positive impact on their wellbeing.

Thanks to the COVID-19 risk assessment provided, the families have felt reassured of their loved ones safety during their visit.

Thank you from all the service users, their families and staff!"

Halima Begum, Manager for Chester Avenue

SPECIAL OFFER

Only £25 for your first visit if you are a Creative Support service or service user

(Please state this when making the booking)

OPENING TIMES

Monday to Friday: 9am to 9pm

Our rooms can be booked for regular sessions or on a one-off basis. To make a booking either phone or email us on:

 01772 760 403  thespacecentre@gmail.com

We look forward to seeing you at The Creative Space Centre!



A Day in the Life of...

Wilmer from Bedfordshire

Wilmer is currently volunteering in his local bakery and is going to tell us about a typical day.

How long have you worked at the bakery?

I have been volunteering at the bakery for three months now on a Monday morning. I have two other jobs, one in a local animal charity shop and the other at the British Heart Foundation shop. At the moment both of these shops are closed, but I am looking forward to starting back when they re-open.

Tell us about a typical day at the bakery?

I start at 10am, the shop can be quite busy at this time with people coming in for their bread. I usually start by making the bread, this is all done from scratch. We mix the ingredients together, proof the bread (leaving the dough to rest for a bit) and then we place it into the large bread oven. After this I sometimes help out with customers and do the cleaning ready for the next set of staff who are on shift.

I finish at 12pm and will go home to have some lunch and chill out before I start helping staff out with making dinner at the service.

Is it just bread you make?

I have also made pizza dough and scones including Chilli Cheese Scones – they were quite nice, although a bit hot! I enjoy tasting the food that I have made, I think it makes it taste even nicer!

What are you favourite parts of the job?

I am really enjoying learning how to bake the bread from scratch, sometimes I am allowed to bring some home after my shift so I like to share it with my friends back at the service.

I also enjoy learning how to make other things from scratch and I now help staff at my service with cooking which I find really fun.

What are your hopes for the future?

I would like to be more independent and hopefully get a full-time paid job. I would really like to be a Travel Agent as I enjoy learning about different countries and working with customers.



Would you like to appear in this feature?

Email marketing@creativesupport.co.uk and tell us about a day in your life!



QUIZ TIME

Find the
answers at
the bottom
of page 14

Our Town Lane service in Tameside have been keeping busy holding the Covid-19 2020 indoor Olympics - which included playing sports such as Brush Golf, Basketball and Pin the Flame on the Olympic Torch. As part of their Olympic games they also created a special sports themed quiz, which you can have a go at yourself, below.

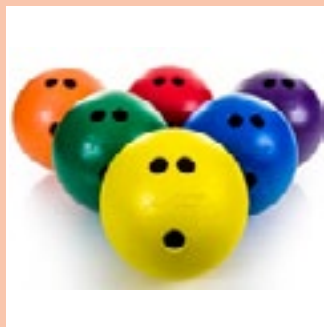
1. Name the colours of the five Olympics Rings?
2. In the Olympics you get a gold medal for coming first, what do you get for coming second and third? (two answers)
3. Swimming – What stroke is named after a flying insect?
4. Football – Which country has won the FIFA World Cup the most times?
5. In which sport can you have a 'Birdie', an 'Eagle' and an 'Albatross'?
6. What do teams pull in a game of tug of war?
7. Which American boxer was known as 'The Greatest'?



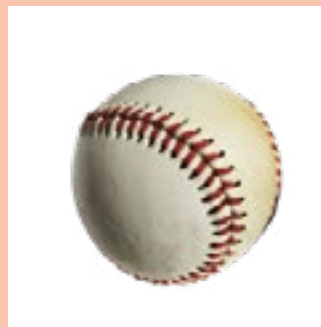
Picture Quiz - Name the Olympic Sport



A



B



C



D



E



F



G



H



UP-CYCLE AND CHILL

Our Durham Road Service in the North East have been busy getting creative during lockdown - improving their outside space and making their own fantastic garden furniture.

The project doesn't finish here, next they have plans to create a remembrance garden for their loved ones.



Staff and residents have created a beautiful, sensory garden in their backyard – building garden furniture, adding sensory plants and putting down astro turf. The project was funded through a successful application for our **Creative Support Gardening Grant**, but staff also raised extra cash by doing car boots sales and approaching local businesses for donations or discounts.

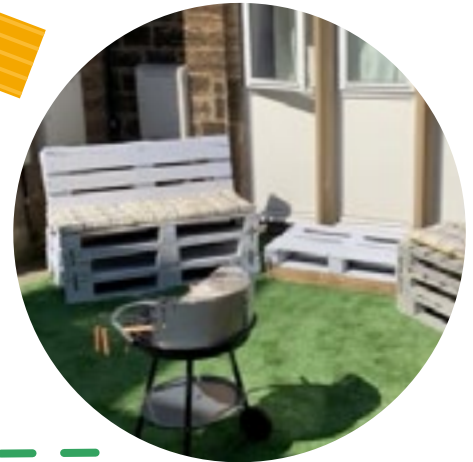
From the start, the project was led by the residents at the service, with regular meetings held to draw up plans on how they wanted the garden to look. They came together every week to discuss any changes and created an activity planner, so everyone knew which tasks needed doing each week.

UP-CYCLING OLD PALETTES



The Durham Road team had a great idea to up cycle some used pallets a local supermarket had donated, turning them into a comfy garden bench and matching table.

Making the most of the sunny weather, the staff and residents worked hard sanding, painting and assembling the furniture. Support worker, Laura told us that there was a bit of trial and error involved in making them! Her top tip if you wanted to have a go at building your own, would be to sand the pallets first to get rid of any splinters!



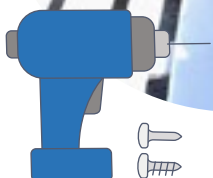
COMING TOGETHER



Laura told us. *“Doing up the garden has really brought everyone closer together. Before, people just did their own thing but this project has helped to build a bond between the tenants. Our neighbours have even been getting involved - before this we hardly knew them!”*

Staff member, Carol mentioned how *“It is a small space, but a real sun trap. Everyone enjoys being out there now and are proud they created it themselves.”*

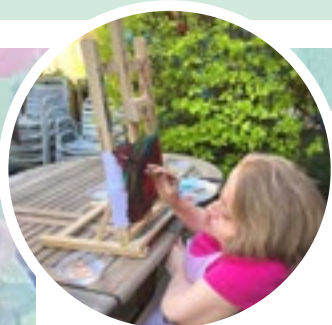
Service User, Les who loves being out in the garden and really got stuck in to the project said that he *“enjoyed doing it, building the furniture and planting the plants – it was fantastic and it has really brightened the place up.”*



Getting creative is a great way to relieve stress and promote positive wellbeing.

Whether you enjoy drawing, knitting, writing, baking, or photography - let us know what creative activities you enjoy! Here are some drawing ideas for you to try...

CREATIVITY CORNER



DAILY DRAWING CHALLENGE

This challenge will encourage you to be more playful and experimental with your drawing. Use the prompts below for inspiration on what to sketch.



COOKING



RAINBOW



EXERCISE



ANIMAL



TRANSPORT



INSPIRE



VACATION



EARTH



Pick a different word each day and really think about the different possibilities. Don't worry about being perfect. Fill a whole page with your doodles!

MARK'S PHOTOGRAPHY ADVENTURES

Mark, from Maxwell Court, Cleveland decided he would like to learn a bit more about photography. So as lockdown restrictions started to lift, Support Worker Lauren, who also enjoys taking photos, asked Mark if he would like her to teach him some hints and tips - Lauren brought her camera into work and off they went to the local park to take some photos!

Mark told us that he enjoys taking photos of “flowers, insects and nature” and when asked if he had a favourite photo he said “no, I like them all!”.

Mark plans to get back out with the camera again soon and said he'd like to have a go at taking photos of “trains, planes or the boats down at Hartlepool Marina”.

Mark took this beautiful photo of the flowers on their outing to the park



Lauren captured this lovely image of Mark, testing out his new skills.



Photography Competition 2020

Our Photography Competition will continue to run for the rest of the year. Each month we will award a service user with a £10 love2shop voucher, a certificate and the title of Photographer of the Month! Send your photos to: be.involved@creativesupport.co.uk to enter!



London Life

'London Life' is a quarterly newsletter, which celebrates all the fantastic things that go on within Creative Support's London services. Lead by Training and Development Officer Emma Winup, the newsletter has become a real success, with many people who they support anticipating who will star in the next edition!



Here's a taste of London Life...

Promoting Self Care and Wellbeing Activities

Finding positive physical and mental stimulation at home will promote positive wellbeing, especially during times when we can't continue with our usual routines. Poppy (top left) has been enjoying lots of sensory sessions outside with the support of staff at Petros Gardens. Particular favourites included a foot spa massage and sensory play with playdough!



Championing Achievements

Sharing personal development stories helps inspire others to challenge themselves too! With the help and support of staff, Eugene (left) from Melody Road has been stepping out of his comfort zone to become more independent. From taking public transport and doing his own shopping, to enjoying walks around his local park!



Sharing Events and Competitions

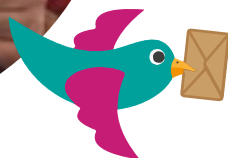
Newsletters are a great way to spread the word of upcoming events, competitions and celebrations. For example Chris (bottom left) from Fortress Road was awarded first place in London's Art Competition with his fantastic drawing of a superhero!

"I really enjoy creating London Life and celebrating all the wonderful activities and achievements in our services. Staff regularly send me stories and photos, so I always have plenty of content to use. Families appreciate seeing what their loved ones are getting up to, especially if they don't live close or aren't able to visit." - Emma



Did you know?

Newsletters are a great way of promoting your service and evidencing your outcomes for any future CQC inspections!



Would you like to create your own newsletter to document and share all your good news stories?

Contact the marketing team for a service newsletter form and our newsletter leaflet, which has lots of handy hints and tips on how to make your newsletter great!

marketing@creativesupport.co.uk

Quiz Answers:

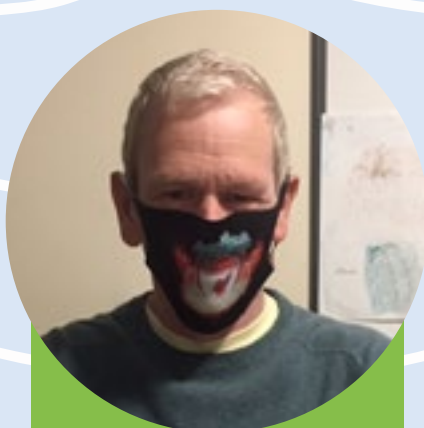
1) Red, Blue, Green, Yellow, Black 2) Silver (second) and Bronze (third) 3) Butterfly 4) Brazil – 5 times 5) Golf 6) Rope 7) Muhammad Ali

Picture Quiz: A.Tennis B.Bowling C.Baseball D.Skiing E.Cricket F.Boxing G.Rowing H.Rugby

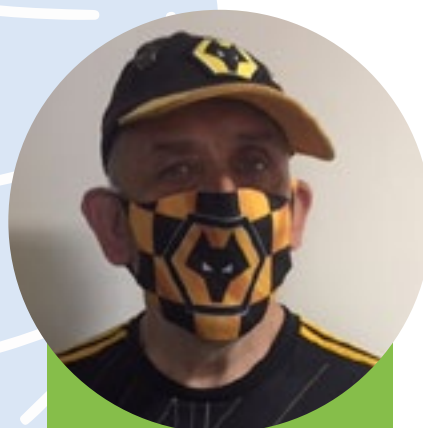
Face masks are becoming the new norm while out and about in public, however some people may still struggle and experience anxiety when covering their face and nose in this way. The staff at Heritage Court in Dudley decided to find person centred masks for the people they care for, bringing a positive spin on this new accessory. Each tenant was asked to pick their favourite design during their key worker meeting, in the hope that this involvement would encourage consistent mask wearing. Rather than being a scary, clinical mask - they are now a form of personal expression!



Adam chose an Albion mask which he wears to get on the bus!



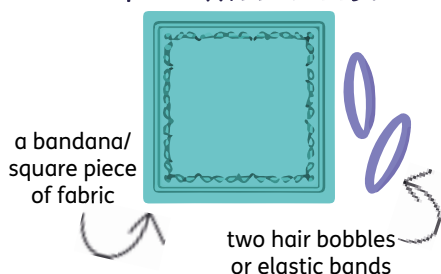
Richard chose an Arsenal mask that he has been wearing to work at Asda.



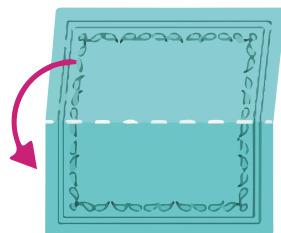
Brett picked a Wolves mask and likes to show it off to friends!

Here is an easy way to make your own. There is no cutting or sewing involved, all you need is a square piece of fabric (such as a scarf or bandanna) and two elasticated bands. Why not try find a patterned fabric which is personal to you?

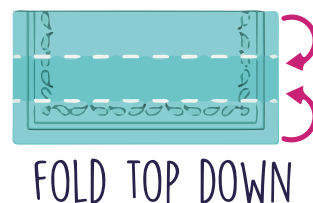
1. YOU WILL NEED:



2. FOLD IN HALF



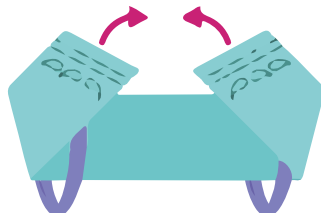
3. FOLD BOTTOM UP



4. PLACE BOBBLES/BANDS AROUND FOLDED FABRIC



5. FOLD ENDS INTO THE CENTRE AND TUCK IN



6. SECURE AROUND EARS



Service User Awards 2020

Recognising our Service Users Achievements

These awards are an opportunity for us to recognise and celebrate all the amazing achievements of the people we support.

This autumn, we have added a special Coronavirus Positive Action Award, to congratulate individuals who have demonstrated positivity and overcome challenges during a very difficult time.

The awards will be taking place monthly, with three levels of prizes to be won:

- One Top Prize winner
- One Coronavirus Award winner
- Six Runner Up's Prizes

Read the inspiring story of Amy, who was January's winner.

Amy won for her commitment to a healthier lifestyle and improved confidence. Amy joined her local slimming group and lost three stone! She achieved this by writing weekly shopping lists and making healthy substitutions.

Staff have also supported Amy to set up life skill sessions during the day. This added structure to Amy's week and gave her a focus on set days. With Amy's skills increasing, her need for support is decreasing. Plans are in progress to further increase Amy's independence in the local community.



Nominations can be sent in by staff members, other service users and family members. Here are some ideas to help you identify what kind of achievements you may like to nominate someone for:



Health

Service users who have made an effort to develop or maintain healthy habits. This could be finding ways to exercise at home, or cooking and eating healthily.



Helping Others

Those who have actively helped others. This could be checking in with potentially isolated service users, staff or family, or simply showing acts of kindness to others.



Activities

Individuals who have tried new activities to develop positive wellbeing within their lives. Things such as arts and crafts, music, writing or meditation.



Coronavirus Award

For taking a positive approach despite the challenges faced during the pandemic. For example, helping with social distancing and supporting others to keep positive.

If you would like more information about the Service User Awards, or you would like to request or submit a nomination form, please contact the marketing team at Head Office:



0161 236 0829



serviceuser.awards@creativesupport.co.uk



Service User Awards, Marketing
Wellington House, 131 Wellington Road South,
Stockport, SK1 3TS



Recognising our Exceptional Staff



Due to COVID-19 the Achieve Q awards were temporarily put on hold. In their place we introduced the Exceptional Staff Awards. These were developed to recognise the hard work of our extraordinary staff throughout the Coronavirus pandemic.

Over the last five months we have seen a great sense of collective purpose to make things work and the Exceptional Staff Awards have allowed us to acknowledge and share with you all the hard work that has been going on in our services.

Below we hear about two of our staff members who have gone above and beyond during this time.



Elle-May Hale, Support Worker, Princess Street

Elle-May was awarded for her dedication to ensuring the people she supports continue to lead full and enriching lives during this difficult time. She organised garden furniture and a Greenhouse to grow vegetables so people could enjoy being in the garden. She has shown that nothing is too much and has kept everyone physically and mentally active during this time. *"The people she supports love her"* said Sonia Wells, Senior Support Worker at Princess Street.

Judith Harris, Recovery Navigator, Birmingham Mental Health and Employment Service

Judith has been highly commended for her initiative in setting up a private Facebook group to support the Recovery Hub members during lockdown. The aim of the group was to provide advice and guidance and to encourage people to connect. The group has been positively received by everyone involved, who have been sharing their ideas as well as photos of their artwork and other activities.



Nominations for the Achieve Q Awards are open again, so if you know someone who deserves to be recognised for their hard work, nominate them today!

Why make a nomination?

Achieve Q can be used to thank an employee or team for their part in the Coronavirus response, or to acknowledge a successful piece of work.

What is different about these Achieve Q awards?

As we are still living and working through the COVID-19 pandemic, we want to continue to recognise the exceptional efforts our staff are making at this time:

- The awards will now be taking place monthly
- There will be specific recognition for efforts relating to COVID-19
- A new dedicated judging panel has been formed with knowledge of COVID-19 internal good practice

Please email achieveq@creativesupport.co.uk for a nomination form or more information.

Healthy Habits



Habits are things we do on a regular basis, without thinking too much about. Maintaining healthy habits will improve our bodies, thoughts and relationships. It's not always easy to make healthy choices over unhealthy ones, so it is advised that you take things one step at a time when it comes to changing your lifestyle - making it more manageable and sustainable. Some healthy habits will naturally lead to adopting others, for example, if you eat a well balanced, healthy diet, you are more likely to have more energy to exercise.



Three lifestyle E's to help make your habits healthier

Eating

Eat a healthy diet, including lots of fruit, vegetables and whole grains. Experiment with different nutritious recipes, finding ones you love to cook and eat. Swap snacks high in saturated fat or sugar for healthier options.

Exercise

A well balanced diet will help you feel more energetic! Aim to get 30 minutes of moderate exercise a day, this will be much easier if you find an exercise you enjoy. Start with gentle exercise and build it up as you feel more able.

Emotions

Exercise releases hormones called endorphins which will improve your mood and help you feel content. Pairing physical exercise with selfcare/wellbeing activities on a regular basis will result in a healthier, happier mind and body!

Self Care – looking after your whole body

Self care is any activity that we do deliberately in order to take care of our mental, emotional and physical health. Although it's a simple concept in theory, it's something we very often overlook. Good self care is key to improve your mood, reduce anxiety and is especially important during stressful, uncertain times.



Caravan Wellbeing

It's really useful to find self care activities which work for you personally - five years ago Philip purchased a caravan which sits on the drive of Manor Croft in Accrington, allowing him to have his own space away from the house. Philip spends a couple of hours each day in the caravan, listening to the radio and reading car magazines - *"I like my own space, so the caravan is my sanctuary"*. In the future, Philip would like to take his caravan away for holidays.



What self care activity have you tried and enjoyed?

Let us know by contacting marketing@creativesupport.co.uk

Outdoor Exercise

The residents at Grove Court in Doncaster have been exercising in the garden, with weekly fitness classes, each led by a different member of the group. To keep things interesting and inclusive, the sessions have involved chair exercise and 'clubbercise' which was great fun! The team are also incorporating a physio plan, which resulted in a compliment from the Physiotherapist who visited!



Kerri's Bootcamp!

Kerri, one of the residents at Highfield Road in Halifax decided to plan and run some exercise classes for staff and service users where she lives. She signed up the people who she thought would enjoy the sessions and it has been a big hit! The classes are well attended and the residents have commented on how much fun they are having together.

Garden Yoga

Yoga is an ancient form of exercise that focuses on strength, flexibility and breathing to boost physical and mental wellbeing. Traditional yoga involves a series of movements paired with breathing techniques. Staff and service users at Hope Street in Blackburn have been giving it a try and even took their yoga mats outside to make the most of the nice weather. Why not have a go yourself?



Rose Buddies Walks

To celebrate Learning Disabilities week and the easing of lockdown restrictions, Petra at Rose Buddies organised a socially distanced walk with some of the members. It was their first meeting in months, so they didn't let the rain dampen their day! The team at Rose Buddies have also reinstated their regular cycling trips 'Woky Wheels 4 All', which are very much enjoyed by everyone involved!

EATING WELL

Eating a balanced diet is an important part of maintaining good health, it helps your mind and body feel at its best.

A well-balanced diet provides you with:

- Energy to keep active throughout the day
- Nutrients for growth and repair, helping you to stay strong and healthy
- Prevention of diet-related illness

Eating a diet rich in vegetables and nutrients not only helps you to maintain a healthy weight, but it may also encourage positive wellbeing.

The NHS '[Eatwell Guide](#)' gives us an idea of how much of what we eat overall should come from each food group to achieve a healthy, balanced diet.

You do not need to achieve the perfect balance with every meal, but try to do it for at least a day and build it up as you go.



HEALTHY EATING HEROS

Over the past few months, some of the people we support have been trying to improve their health by eating a well-balanced diet. We spoke to three people from across the country to tell us about their journey to making these healthier choices.



TARA, BEDFORD

Tara's continuous dedication over the last couple of years has led to her losing two stone, and consequently she feels more active and confident. She has found a new love for home cooking, and enjoys meal planning; making a list of all the ingredients she needs before her trips to the supermarket! Tara also has her own 'Eat-Well' plate, which helps her with portion control. Alongside her well-balanced diet, Tara loves going out for walks around her local town and park – ensuring she incorporates a bit of exercise into each day! Thanks for sharing your journey with us, Tara!

IAN, SHEFFIELD

Since March, Ian has not been able to go to day services due to lockdown, so instead, he has been spending his time at home experimenting in the kitchen. He has enjoyed learning how to make healthy, home cooked food. Pairing his new, nutritious diet with regular gardening and walks, Ian feels much more energetic and has lost two stone! Well done Ian!



KERRY, MIDDLESBROUGH

Kerry decided that this year he was going to try to improve his all-round health and wellbeing by making healthier lifestyle choices. Like many people, Kerry was used to a poor diet, and often overindulged on ice cream and other, fatty comfort foods. His goal was to change his way of living in the hope that he would eventually be in the position to find a partner for companionship.

At the start of his personal challenge, Kerry weighed 20 stone, but with the help and support of staff and a bucket load of self-motivation, he has managed to lose an incredible five stone in just a few months! Thanks to the weight loss, Kerry's lifestyle has changed significantly – exercise has replaced hours of inactivity, and long walks have become the new norm. He has also started attending a 'boot camp' and is working out to a level he didn't think he ever would be able to. Kerry said he's feeling great and is concentrating on ensuring he maintains his new healthy, happy lifestyle! What a fantastic achievement!

KERRY'S TOP TIPS

Cut out sugar from hot drinks and replace with sweetener.

More walking.
Walk as much as you can!

HOW CAN I EAT MORE HEALTHY?

Take small steps - Making changes can be tough. It might help to start by making small changes rather than changing your whole diet suddenly.

Plan ahead - Taking the time to plan healthy meals can help you avoid choosing less healthy options when you might be hungry or tired.

Share meals and cooking - Cooking food together and sharing meals can be fun!

Eat seasonally - This involves eating foods that are grown at the same time as you eat them. By eating seasonal foods you are more likely to get the full nutritional benefits, it can taste better and be more environmentally friendly.

Take care of yourself - We can often put a lot of pressure on ourselves to eat a healthy diet, but it's also important to enjoy the food you eat and not be too hard on yourself.

WHAT'S IN SEASON? AUTUMN



APPLES



PUMPKIN



POTATOES



ONIONS



LEEKS



BRUSSEL SPROUTS



BROCCOLI

CREATIVE COOKING

Fancy a go at cooking something healthy yourself? Check out these tasty recipes that Mustafa from Burnley and Stephen from Cumbria shared with us...



MUSTAFA'S CHICKEN STEW

"I love cooking with the slow cooker and making stuff with vegetables that I've grown myself".

INGREDIENTS



3 Chicken Breast	Handful of
1 tablespoon flour	Mushrooms
1 Onion	Tbsp. Rosemary
2 Carrots	Tsp Ground ginger
2 Parsnips	Tsp Chilli powder
Handful of Peas	Tsp Mixed herbs

STEP 1 Cut up the chicken and vegetables into small pieces. Then add to the slow cooker. Next add the flour to the pot and mix together.

STEP 2 Pour the chicken stock into the pot. Add the rosemary, ground ginger, chilli powder and mixed herbs, cover with the lid and leave to cook on low for 7 hours or on high for 4 hours, until the chicken is tender.

Sprinkle over the parsley and enjoy!



STEPHEN'S MUSHROOM RISOTTO

This recipe is easy and very comforting to eat.

INGREDIENTS



250g Chestnut mushrooms
1 litre vegetable stock
1 onion
Half cup risotto rice
Quark, large spoon full
Handful of grated Parmesan
Pepper to taste

STEP 1 Finely chop the onion and cook on a low heat, with a small amount of oil. Chop up your mushrooms into quarters and cook separately on a low heat with a small amount of oil.



STEP 2 Add the risotto rice to the onions. Pour in enough stock to cover the ingredients, stir until the liquid has absorbed into the rice. Then add more of the liquid again to cover, repeat until the rice is soft and cooked. This should take around 20 minutes



STEP 3 Take the rice off the heat and add the cooked mushrooms, Quark and Parmesan, stir for some time to mix all of the ingredients together and enjoy!

What's on



WHAT HAVE YOU GOT PLANNED?

One thing that has really kept our spirits high over the last six months is seeing, hearing and reading about all the wonderful activities and projects you've been up to at your services. So, if you have an interesting story, any exciting news or photos you would like to share, please let us know. We love to hear from you!

Email marketing@creativesupport.co.uk or you can call 0161 236 0829

Black History Month is celebrated internationally every October. It is an annual commemoration of the history, achievements and contributions of black people in the UK.

To celebrate this year's Black History Month, we are producing a special edition of Creative Life magazine, to celebrate black leaders, share black creativity and recognise the significance of the current Black Lives Matter movement.

We have been grateful to have so many members of the Creative Support team who have been eager to get involved, and are looking forward to sharing their stories, photos, poems and art with you... Watch out for its release in October!



[Read our Black Lives Matter: Manifesto for Action. Which can be found on our website. Large print and easy read versions are also available.](#)

COMING SOON



Creative Support Tapestry

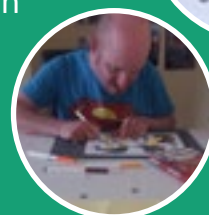
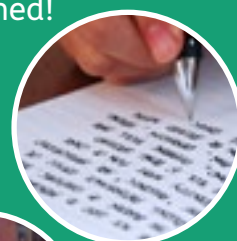
Thank you to everyone who has sent in their patchwork squares for the Patchwork Challenge - we have been really impressed with the creativity and quality of each one! Now we have everyone's patches, they can all be stitched together to make a (very large!) Creative Support tapestry! Stay tuned!

Creative Writing Anthology

Using your fabulous poetry, short stories, limericks, rhymes and letters, we are in the process of publishing our Creative Writing Anthology. Thanks to everyone who put pen to paper and sent in their work. Watch this space to find out how you can get your hands on a copy once it has gone to print!

2020 Art Competition

Once again we have loved seeing all the fabulous art work sent in for our annual competition! We will be announcing the winners in the coming weeks!



If you are learning a new skill or developing a talent you already have we would love to hear from you. Send them to: marketing@creativesupport.co.uk

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