

creative
SUPPORT



2022

CREATIVE LIFE

ISSUE 36



30TH BIRTHDAY
EVENTS BLAST OFF!

Pages 12–13



CONTENTS

- 3. Introduction**
Our CEO Anna Lunts welcomes you to this edition.
- 4 – 5. Your Good News Stories**
A round-up of what's been going on within the Creative Support community.
- 6 –7. Dean's Car Show**
A personal car show that lapped the rest, for Dean and the team at Grove Court.
- 8 – 9. Rachael's New Job**
Rachael turned her voluntary role at Mencap into a paid position, and has even started her own craft business.
- 10 – 11. Your Goals and Achievements**
Meet some of the people we support who have shared their commitments and goals for the year ahead.
- 12 – 13. Start of the 30th Birthday Events**
We've kicked off our 30th celebrations in Durham and Doncaster.
- 14. Little Steps to Improve our Lives**
Rebekah from the Yardley Hub gives some ideas and tips for positivity and change.
- 15. Virtual Reality and Mental Health**
Katy at Knavesmire House explores how virtual reality can help with mental health.
- 16. Vibrant Volunteers**
Amy and William share their volunteering experiences, and explain how you can volunteer in your local area too.
- 17. Reunited with Family**
Flamur was reunited with his family in Albania after almost a decade.
- 18. Achieve Q Gold Winners**
The Marley Gardens team in Birmingham recently won our Gold Achieve Q for their outstanding support to Lorraine.
- 19. Become a Creative Star**
Our Service User Awards are now the Creative Stars, reflecting the brilliance of our wonderful nominees.
- 20. Green Stories**
Hear from our Eco Champions in Halifax and Doncaster, who are doing their part to help the planet.
- 21. Green Grants**
Town Lane in Tameside used their Green Grant to turn their car park into a communal green space.
- 22. Animal Magic**
Creatures big and small have settled into Mansfield View and made it their home.
- 23. Quiz and Word Search**
Challenge your knowledge with our special Jubilee Quiz made by Sarah in Halifax.



Welcome to the 36th edition of Creative Life magazine!

Hello, I'm Anna Lunts, CEO of Creative Support. I'm honoured to welcome you to our first issue of Creative Life in 2022. We have a very exciting year ahead of us, as we celebrate our **30th birthday** at six regional events across the country. We hope to see you there!

Inside this issue we have so many wonderful stories from our staff and the people we support. One of our features is the heart-warming story of staff at Grove Court really going the extra mile, surprising Dean with a fabulous car show right on his doorstep.

As we've started a new year, we spoke with some of the people we support to find out about what their goals are for 2022. We will catch up with everyone at the end of the year to check in with their progress!

Our Service User Awards have been revamped to reflect the brilliance of our wonderful nominees, and are now called **Creative Stars**. We have four new categories, and we look forward to nominating many of you as our Creative Stars in the months to come.

We have such a diverse and talented community, and we always welcome stories from the people we support. On pages 14 and 15, Rebekah and Katy offer some personal insight on ways to improve our mental health. You can also read about our **Achieve Q Gold** winners at Marley Gardens, who went above and beyond to support Lorraine through her cancer diagnosis. They are a fantastic representation of our ethos and values, making a difference every day.

I hope you enjoy reading this issue as much as we enjoyed putting it together. Please do get in touch with our Communications Team if you would like to feature in the next edition!

Anna Lunts, Chief Executive

Would you like to appear in this magazine?
Email: marketing@creativesupport.co.uk and send in your story!

We would love to hear what you think of this issue!
If you'd like to get in touch, please email: marketing@creativesupport.co.uk

YOUR GOOD NEWS STORIES



Dog Days

Poplar Tree Court in Bedford had a 'dog day afternoon', when Milo the fluffy German Shepherd came to visit! He visited all 18 tenants and got plenty of love and treats from everyone. Surinder, Zoe, Liam, Jason, Elaine, Leigh, and Sally (pictured here) made sure Milo was a highly honoured guest.

Just Keep Swimming

Andrew from Vaudrey Lane in Tameside used to love swimming when he was growing up, and really wanted to start again. Now that the pools have reopened, Andrew's been supported to get back into the water and had a splashing good time! His team and the lifeguards helped him into the pool, and it was clear he really enjoyed the water. He was walking around the pool, bouncing and laughing in the water and can't wait to go back again. Great work Andrew, you'll be growing gills in no time!



Art Gallery

Samantha at The Green in Trafford is a keen artist, and attends weekly workshops with Venture Arts, a fantastic local organisation. Last year, Samantha's artwork was showcased at Manchester's Central Library Art Gallery for all to see! She was so happy that her work was chosen and loves going to the weekly workshops. Amazing job Samantha, we can't wait to see more of your work in the future!

Pub Lunch

Daniel at Attwood Terrace in Durham used to find going for meals a tough experience, but thanks to help from staff and his communication skills growing strength on strength, he recently had a fantastic meal out with the team! Daniel thoroughly enjoyed his pub lunch with staff, and has since been out for meals with his three house mates. Staff are now arranging a pub lunch date with Daniel's mum and dad, which has never happened before. Support Coordinator David said: "The changes in Daniel have been led by himself at his own pace, every day Daniel is surprising us in so many ways." Wonderful news Daniel, we hope you have a great time at your next lovely meal!



Scooting Around

Karen from Lingwood Court in London was supported to upgrade her scooter, and recently received her fabulous new pink wheels! Karen was "really happy" to get her new scooter because her previous one would run low and lose power fast. Now she can get out and about across London whenever she likes, leaving everyone in the dust behind her. Looking fantastic Karen, we love the colour too!



Have you got an interesting story, some exciting news or a photo of something that you're really proud of?

WE WANT TO HEAR ABOUT IT!

We can share your story on our website, social media, or maybe even feature you in the next issue of Creative Life!

Keep up to date with our good news by following us @crtvspprt



DEAN'S CLASSIC CAR SHOW

Ferrari fan Dean and his very own car show!



Last year, Dean (right) at Grove Court in Doncaster was sadly unable to attend a local car show which he was really looking forward to. This was hard news for him as he is a big fan of cars, and wanted to see all the different fantastic models at the event. Not to be deterred, the wonderful team at Grove Court wanted to turn a negative into a positive and thought 'if Dean can't go to the car show, we will bring the show to him'. The team got to work, and contacted the organiser of the car show to try and organise their own version outside the service.



"We explained the situation and the importance of it to the organisers, and they were really helpful and sent over the details of some people who might be able to help. The team got in touch with them all, and managed to arrange for people to bring their cars, which included a Lamborghini, a Ferrari, and lots of vintage cars including a Porsche to come to the house." explained Abigail Harker, the Area Manager.

"The team planned the day for all of the cars to come and we had an hour's window for Dean to come down and see them all. A member of staff made the balloon arch and others put all the decorations up, and arranged for Dean's dad to come too as he is also a fan of cars."

The team got Dean really excited about the day, and emptied the car park ready for all of the arrivals. "We made sure there was space between each car for Dean's wheelchair so he could have a proper look inside at all of the details as he's a very detail-oriented person, especially when it comes to cars."



All of the cars arrived and Dean said it was "absolutely terrific" to have both brand new and vintage cars come to his home. He said his favourite part of the day was seeing the Ferrari.

Dean explained "I have loved cars since I was a young boy, and my favourite car is a Ferrari followed by a Lamborghini. I once helped my dad to build a garage, and like watching the Grand Prix."

Abigail said Dean "absolutely loved the show and it really uplifted him." After looking at all the cars, Dean wanted to show the car owners his bedroom which is all car themed. He has a cabinet of his collection of toy cars, which they were really impressed by, and said that it was "the dream bachelor pad!"

Since the car show, Dean's health has gone from strength to strength, and seeing the cars was the start of a really positive journey. In 2022, Dean is excited to keep in touch with his family on his new mobile phone and that he's looking forward to his amazing staff "taking me out to different places."

"The team who put the whole show together deserve 100% of the credit, and it's a mark of the ethos that they all embody," said Abigail. "They go to work and do incredible things day in and day out. The car show for them was an example of the work they do to enrich the lives of people they support."



"If Dean can't go to the car show, we'll bring the show to him!"
– Abigail Harker, Area Manager.



PORSCHE





RACHAEL'S NEW JOB

Rachael in Bury first began receiving support when she was 21. Now at 30, she has increased her confidence, gained management skills and even discovered a new talent. From turning her voluntary role at Mencap into a paid position, to running her own craft business, Rachael has now reached the point where she no longer feels that she needs support.

“Volunteering has helped me realise that I can be good at it and get things right, and be part of a team. It’s brought me out of my shell a lot more.”



How did you start volunteering with Mencap?

I was going to start volunteering at Oxfam, but it was closed that day and I saw Mencap right down the street – I believe it was fate! I got a place right away and volunteered for a month and a half, and then a paid position became available and I ended up getting it.

What inspired you to go for the interview?

I thought I’d just use it as experience, as it was a good opportunity to get some job interviews under my belt. I didn’t think I’d get it at all! I thought I’ve only worked there two months, I’ll do my best and that’s all I can do. I thought that even if I didn’t get it, I’d still volunteer. My boss said I’d smashed it! They told me half an hour later that I got the job – I cried when they told me. It just meant so much to me to get a paid position. My mum and dad always said that if you try your best that’s all that matters, and you can look back and say that you couldn’t have done any more. I think it’s a really good mantra to have.

How has the role helped you personally?

It’s definitely helped me to feel more confident. I’m also learning about leadership, as I help the volunteers, and I like doing it in a co-operative way. It’s helped me realise that I can be good at it and get things right, and be part of a team. It’s brought me out of my shell a lot more, and gives me a reason to get up in the morning.

We hear you also have a craft business! Have you always been creative?

When I rejoined Creative Support at 25, my support worker took me to an art class in Bury for people with mental health conditions. It surprised me because I didn’t feel like I was very creative until I started going there! It was such a lovely group. I went every week for about four months. I found that I prefer making real things than paintings and drawings, so I make coasters, mobiles, and wreaths!

How has being creative helped you?

It’s really relaxing. When I first started doing crafts I was still experiencing some symptoms, so it was a good distraction. I have my own Instagram for my crafts that I sell, it’s called The Piece That Fits. It came from a tattoo of a jigsaw piece that I got when I was 19. At the time I was ill, so it felt like a bit of me was missing. I made a promise to myself that I’ll get the piece that fits when I’m well again.



What would you say to somebody who has thought about volunteering?

Don’t be hard on yourself! If you don’t understand something, just ask. It’s always better to ask than try and get things wrong. It’s not overnight – be easy on yourself, and take it a step at a time. I don’t think you can go in and understand everything on your first week. It’s easier to build up than build down. I found it really helpful to have a notebook to write things in.

How do you feel about no longer needing support?

It’s bitter-sweet really! I’d like to mention all the staff who I’ve worked with. I’ve grown with the staff, and grown into an adult with them. A lot of the people who I was with when I was 21 I’m still with now. It feels like I couldn’t have done it without everyone’s support. It’s a team effort- my parents, Creative Support, my nurses. It’s a really big achievement for me.

Senior Support Worker Liora (right) would like to give a special mention to her service. “We have a fantastic team in Bury that work extremely hard to ensure recovery and independence.

Supporting Rachael over the years has been an absolute pleasure, and Rachael is always very appreciative of her support. Rachael has been an inspiration to staff and others around her with her achievements and determination to make the most out of life. She is truly an amazing person. We are very proud of her!”



Quiz Answers (from page 23).

- | | |
|---|---|
| 1. Corgi. | 6. 96. |
| 2. Prince Phillip. | 7. A celebration of how many years the queen has ruled. |
| 3. Diamonds, Pearls, Sapphires, Emerald and Rubies. | 8. Four. |
| 4. Windsor Castle. | 9. 21st April 1926. |
| 5. 1952. | 10. Blue. |

CELEBRATING YOUR GOALS AND ACHIEVEMENTS



NEW GOALS, NEW LAUREN

Lauren was supported by key workers Jo and Beth to complete this interview. Lauren has set herself new goals for healthier eating. She spoke to us about this commitment, and what she's planning for the year.

"The main reason we thought to do 'New Goals, New Lauren' was to lose weight and get a bit more active. Me and my mum are going on a cruise and I want to feel comfortable in swimwear," said Lauren. **"It's a Mediterranean cruise and I'm so excited to go. We haven't got a set date yet, but it's definitely going to happen."**

"We've been encouraging Lauren to be a bit more active and do healthier eating, and to eat at set times so we have a bit more of a routine," explained Key Worker Jo. "Lauren's come up with the plan and plays a big part in the cooking itself."

"I like to cook, and I'm good in the kitchen" said Lauren. "I used to do a catering course at college and have cooking experiences working in cafés. My favourite used to be baking, but we're putting the baking aside because it's not so healthy. I love to make bakewell tarts."

"And chocolate cake!" added Key Worker Beth.

"One of my aims is to start cooking so I can be sat down ready to eat and watch Hollyoaks. I'm also busy with adult learning and I spend time at the gym too," said Lauren. "This week I've made chicken and broccoli noodles, steak with rosemary and garlic potatoes, and gammon with pineapple and sweet potato fries."

On top of making tasty yet healthy foods, Lauren has also started doing yoga. "We did a yoga session the other day because Lauren recently hurt her ankle so hasn't been able to go to the gym, but we'll

be back from next week as it should be rested by then," said Jo. "We did some meditation afterwards but Lauren fell asleep!"

Before the pandemic, Lauren was also a very active member of her dance groups, and is brilliant at street dance and creative dancing. "I loved acting and performed in shows too at venues near me, and I was also an extra in the UK version of Shameless!" said Lauren, who said she would like to start dancing again when she can.



NEW JOB TARGET

Thomas in Berkshire has set himself a goal to get a job this year. With the support of a job coaching service, he's hoping this will happen soon. Until then, Thomas is planning to volunteer in his local area to keep his CV updated (and keep him busy!). He also loves to help out in the Rose Buddies office and is looking forward to being able to do this again.



BIRTHDAY IN CUBA

Richard in London has planned an adventure away for his birthday to the tropics of Cuba! He is very interested in cigars and would love to know the history, and so was supported by his Key Worker Steven to book the holiday, as well as a tour on how cigars are made, which he is "very excited about"!



GETTING FIT

Damian in Halifax set himself a goal to build his stamina at the gym, and has really enjoyed going back already. He's set himself weekly goals to increase the amount of time he spends on the exercise and has already reached a whopping 15 minutes without stopping! You'll be doing the Tour de France in no time, Damian!



HEALTHY YEAR

Brian in Wokingham would like to keep focussing on himself and continue to maintain his good health throughout 2022. Outside of this, he would like to finish sorting and unpacking his boxes that he used to move into his new home a little while ago.



GETAWAY BREAKS

Joe in Berkshire would like to go on holiday this year, and have more breaks away rather than stay at home. He would like to go abroad if possible, but is happy to wait for this as he's already scheduled his first break away! He's going to Wiltshire to visit his friends for two weeks, and afterwards would like to plan breaks to Cornwall and Scotland.



THE PROFS WEEKEND

Raymond has committed to attending 'The Professors', a weekly event held at Weston Park Museum in Sheffield. They hold talks and put on coffee and cake, host arts and crafts stalls, and give everyone an opportunity to socialise. Raymond used to do this before the pandemic, and attended the Zoom lock down sessions regularly, so he's looking forward to going back in person again. He's made lots of friends during his time with the group, and is looking excited to spending more time with them again.



THEY KNOW HOW TO PARTY IN THE NORTH EAST!

Over 150 people in Durham attended our first 30th birthday event! It meant the world to see so many of the incredible members of staff and people we support gathered together again to mark 30 years of Creative Support.

There was a jam-packed schedule of festivities to mark the occasion, with a three course meal, a video of highlights in Creative Support's journey, entertainment from some of the truly talented folks we support, and a disco to round it all off.

Ben, one of the event organisers in our Marketing team, said: "We kicked off our 30th celebrations

with a bang at Durham Cricket club in the North East! The event was a huge success, and it was fantastic to see people getting together and having fun again.

"Our North East services really know how to put on a show as the entertainment was fantastic. From dancing, hoola-hooping, karate performances, speeches and poetry readings, we had some real show-stoppers! "A huge thank you and special shout out also to the Creative Coffee team in Northallerton for making the beautiful 30th celebration cake!"

DANCING THE DAY AWAY IN DONCASTER

On the 26th May we had a fantastic time celebrating in Doncaster, with 160 of our wonderful staff and the people we support at the Hilton Racecourse.

We had the pleasure of having two fabulous hosts, Service Director Lyndsey Downes and Senior Operations Manager Leanne Paterson. "It was one of the best days at work I've ever had," said Lyndsey. "The atmosphere from beginning to end was just electric, and you could see everyone was having the best day of their life."

We had an incredible round of entertainment, with plenty of singing, dancing, and even a fitness class! Holly, a person we support from Grimsby,

treated us to three songs, which got plenty of people up on the dancefloor for a boogie. "Thank you for the best day ever!" said Holly.

Robert, a person we support in Doncaster, was kind enough to help us with the flower arranging. "I thoroughly enjoyed the whole day, from helping out with all the flowers and meeting so many new people there!" said Robert. "The atmosphere was amazing, it was great to see everybody have such an incredible time. I am privileged and very honoured to be a part of Creative Support as a service user, to help and support me to fulfil my full potential and dreams in life!"



Service user feature

LITTLE STEPS TO IMPROVE OUR LIVES

We welcome in 2022 a brand new year, and for many of us, a brand new start for positivity and change. Saying this is much easier than putting it into practice however, but we can all start small and focus on what is really important and needed in our lives. Below are some ideas to get you started.

Food

Trying veganism is a good way to introduce new foods into your daily intake, and to learn what you like and don't. On top of this, you'll be adding more vibrancy to your meals because vegan and veggie foods are brightly coloured and more fun to look at! Eating less meat products for at least one day a week can have a huge impact on the environment, helping us to protect and preserve the planet, so this is an added bonus.

Exercise

A lot of us have been less active due to recent restrictions. Exercise doesn't need to be demanding or feel like a chore; little walks, or starting basic exercises like yoga or swimming can improve both your mental health and your physical health. While you get active, the brain releases serotonin (a happiness hormone) so you feel happy when you're exercising! This can be even better if your friends and family join in too.

Hobbies

Whilst you're on a walk you may notice lots of different things: bird song, wildlife, a new area you hadn't spotted before, all of them intriguing. Being aware of your environment will help keep your mind busy, and could become a new hobby. You could note down the birds you see, watch the wildlife change between seasons, and maybe even start train-spotting if you're by the railway! Whatever you decide to do, keeping your eyes peeled will bring some inspiration into your life and be a talking point with those around you.

Socialising

The past few years have certainly been interesting, especially when it comes to socialising with others! As things start to ease into a new normal, why not make 2022 a year for being more sociable, and meet with others? This could be online via Zoom or Skype calls, or even face to face when possible. You could make new friends, catch up with old ones, chat with family, or just interact with people of similar interests. More now than ever, we need to appreciate the people in our lives and cherish them with everything we have.

Goals

Having a list of things we would like to achieve is an excellent way of rewarding ourselves when they've been completed. Trying to keep busy, or setting yourself mini goals throughout the day or week, keeps us motivated to do more. Setting goals helps with our mental health, and can help structure our days properly so we can feel focused and determined with other aspects of our lives.

These are just some ways that can be used to help guide our lives. Little changes help both our mental and physical health, and help the planet at the same time! This all starts with one small step, and can lead to great things ahead. Change starts with you.

By Rebekah Salisbury from the Yardley Hub, Birmingham.



Service user feature

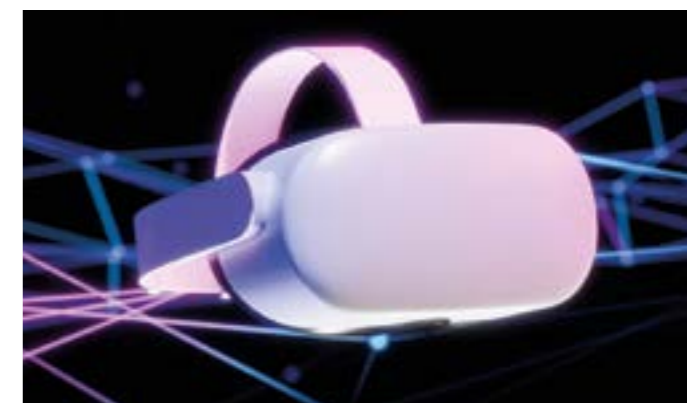
VIRTUAL REALITY AND MENTAL HEALTH

In the early to mid-1990's, video games achieved a whole new level of immersion with the release of the first-ever Virtual Reality (VR) for gamers: an evolution in gaming. Fast forward to the beginning of 2010, an entrepreneur named Palmer Luckey created the 'Oculus Rift', an affordable headset designed to be used with video games. This device revolutionised VR gaming, and also had a wider impact on the people using it.

Over the past few years, VR has become increasingly popular and seen massive commercial success. Game developers have created games that challenge both the mental and physical talents of gamers with this technology. VR allows people to explore areas of virtual space that would otherwise be unachievable without Oculus. This has become an affordable household staple that is everyone's VR go-to.

I first heard about it through my brother a few years ago, and started using the Oculus Rift for myself. Using virtual reality has really helped with my mental health.

Many games, such as Tripp, FitXR, and Myth offer a variety of different experiences. Tripp for example allows you to simulate a sensory deprivation experience by using both the headset and the headphones, limiting your vision and hearing. Such innovations like these offer so many benefits to improve mental health, as the user can experience guided meditation



or go forth on a journey. I find that it helps with calming my mind and preparing for the next day.

FitXR allows the user to experience a boxing exercise to help promote improved physical and mental health. Myth offers puzzle solving, in which the user must choose to apply either a room-scale or sitting position to change the game's environments to complete various tasks. There are also ways to simulate going places in public, which really help that with my social anxiety.

The ever-expanding future for VR, both in video games and in wider use such as with mental wellbeing, opens many possibilities for the industry to promote, offering games with different skill-sets for users to try. With VR technology becoming more user-friendly and affordable, VR gaming offers endless potential for productivity and development. I would highly recommend people to try the Oculus Rift.

In the future, VR will become a go-to for many in gaming and beyond, to deliver unparalleled immersion and interaction. With so much support from companies wanting to achieve the success that other companies have done, the future for VR seems bright!

By Katy Taylor from Knavesmire House, Tyneside.



VIBRANT VOLUNTEERS



Volunteering is a great way to meet people, gain new experiences, and be a part of your local community. We spoke with Amy and William at Windermere Avenue in Clitheroe about their volunteering, and how you can do it too!

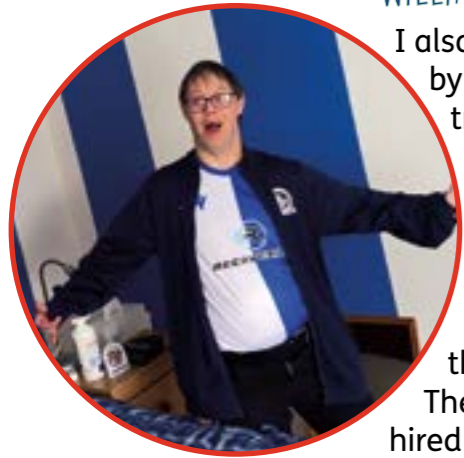
AMY



I volunteer at the YMCA in town, and work three days a week. I help by putting items out, carrying stuff up to the storage room in the back, and helping customers on the shop floor. I also help carry things to people's cars, or help them unload their donations into the shop. **Volunteering gives me something to do, and it gave me new experiences by working there.** I would really like to keep working in the charity shop.

If you want to volunteer by working in a shop, go into the store and ask! It's pretty straightforward, all you have to do is fill in the form and sign up for shifts when you want them.

WILLIAM



I also volunteer at the YMCA with Amy. I work two days a week, and help by putting things out and I work in the back as well. I've found some treasures working there, and you get money knocked off if you buy anything. Alongside my volunteering, I used to work in Sainsburys for 15 years, and two days a week I go to an activity centre near me.

My favourite part about volunteering is working with the people. I've volunteered for seven years, and I get to see old friends from the past and work with colleagues who I've known for a long time.

There are two people there who are very special to me because they hired me, called Laura and Natalie. **Volunteering is really worthwhile because it's lovely, and a really good way to get experience.**

Would you like to volunteer in your area? There are lots of ways to do it and lots of things you can do, so have a think about if you would like to work in a shop, or if you would like to be outside, and then head to the Governments Volunteering page by going online and searching 'how to volunteer in your area'. Click the link here if you're reading this issue online to bring you straight to the page.



Would you like to appear in this feature?

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



REUNITED WITH FAMILY

We caught up with Flamur in Manchester, who has reunited with his family in Albania after almost a decade. Staff at St Stephen's Court supported him to fight for his right to a passport and finally have proof of his identity.

Flamur is from Albania, and has been living in the UK for 21 years. He hasn't been able to visit his home country since 2008 due to problems with getting a passport. After many years of trying, he was finally approved, and was able to visit his family.

"The Home Office was saying that Flamur was here illegally, and we had to go all out to prove that he has the right to be here. It was a lot of work. We didn't think we would ever get his passport. He is so happy he finally has proof of his identity – it means so much to him" said Wendy, Registered Business Manager.

"Everybody helped me, and I appreciate everything they have done," said Flamur. "It means everything to me to go back to Albania." Flamur had previously lost contact with his family and was isolated for a number of years. Two years ago, a contact in Albania reached out and put him back in touch with his mother. "I never expected this to happen," said Flamur. "She was crying- I didn't know she was alive. I just wanted to go and see her because she is very old."

"Staff have worked so hard to get him to this point" said Wendy. "He has come such a long way in terms of his mental health, and he was in a really dark place when he came to us. I didn't realise how hard it was to get a passport, and we're all really pleased. He engages so well with the support from staff."

At the end of December, Flamur spent three amazing weeks reconnecting with his mother.

"I was a little nervous because it's been 13 years since I was there," said



Flamur. "It was a weird feeling being back. My mother was so excited to see me. It's hard to put into words how I felt seeing her again."

Flamur's hometown is a small village. "The first week I struggled a bit because it had changed a lot- I didn't know the places. It's a very poor village." Flamur was able to help his mum out with some of the handiwork throughout the house. "She is 84.

I took her out, and the rest of the time I was doing up the bathroom, it took two weeks!"

"The best thing about my trip was just being able to see my mum again. I feel a lot happier now. I talk to my mum four times a day on the phone, she misses me a lot. I hope to go back in a couple of months."



Recognising our Exceptional Staff

Our Achieve Q awards celebrate outstanding achievements from our fantastic members of staff. The Marley Gardens team in Birmingham recently won Gold for their exceptional support to Lorraine, who has been recovering from cancer over the last two years.

“I would like to personally thank the manager and all of the staff team,” said Lorraine. “I feel that I would not have coped or managed this without the care of the staff team. I feel that all the staff care so much. For the first time in many years, through the gifts that each staff member brings to the table, I have the confidence to learn new things and I can get up in the morning and feel motivated.”

“Thank you for making Marley Gardens my home. Thank you for helping me feel like I matter, thank you for providing me with dignity, and thank you for getting me through COVID safely.”

Huge congratulations to everybody in the Marley Gardens team who have worked so hard to make a difference to Lorraine’s life; you should all be truly proud.



Nominations for the **Achieve Q Awards** are always open, with our exceptional winners announced once a month. If you believe that a member of staff or a whole team deserve credit for their hard work, then nominate them today! You can download the form on our website, or contact: achieve.q@creativesupport.co.uk for more information.

Aspirational | Compassionate | Hard-working | Inclusive | Effective | Value Based | Empowering

Fundraising superstar! ★

In October last year, Lorraine took part in the Race for Life for Cancer Research, raising £234! “It was nerve wracking as I was the only one in a wheelchair taking part. Afterwards, I felt so good and for the first time that I had achieved something. Taking part was so exciting, I didn’t expect to feel happy, but doing something for others takes the focus off yourself.”

“Before this we’ve done a Macmillan coffee morning. The guys at Marley Gardens helped me to make cakes and sell them, and this helped us to raise £170!”

What an incredible achievement Lorraine, and it’s so lovely to hear that everybody pitched in to raise money for a fantastic cause.

BECOME A CREATIVE STAR!

Recognising our Service Users’ Achievements

Our Service User Awards have been revamped to reflect the brilliance of our wonderful nominees. We would like to introduce you to our Creative Stars!

Every month, you can send in nominations for people who you think deserve to be recognised in four new categories. There will be four individual award winners, and everyone who is nominated will become a Creative Star and help to inspire others with their achievements.

OUR FOUR NEW CATEGORIES ARE:



For someone who makes a difference to the environment, whether at your service, in the community, or by learning about climate change.



For someone who brings joy to the people around them, and inspires happiness in others.



For someone who makes a difference in their community, such as attending classes, making friends, or volunteering.



For someone who achieves their goals and works hard to fulfil their commitments.

Every nominee will be a Creative Star and receive a badge, £30 Love2Shop voucher, and a certificate to recognise their achievement. Anyone who uses our services, including anyone who attends our day services or receives support in the community, can be nominated.



★ STAR PANEL ★

We are also looking for services to host judging panels to decide each round of Creative Stars. You will decide who wins each award and receive £10 for refreshments. There will need to be a minimum of three judges on the panel. You can choose which month suits you best, all you have to do is email: creative.stars@creativesupport.co.uk

Our latest judging panel were the fab folks from Brookfields in Leicester and they did an amazing job. Judge Daniel said: “Being on the panel made me keen to get nominated after reading what other people had achieved.” Judge Leah said “It was enjoyable and gave me something to keep me busy. It was interesting to see what other people we support were doing.”

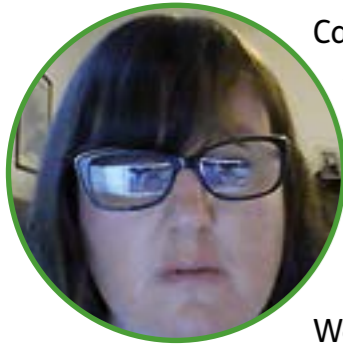


GREEN STORIES



Eco Warriors

Recycling Superstar



Carole in Halifax has been getting involved with the recycling at her service. **“I go through the recycling every Monday and sort it out, as sometimes people put it in the wrong place. I find tops and lids in there, and I make sure to take them out. I like rectifying it all and putting them in the right bins. I’ve been doing it for months now.”**

“We’re all responsible for recycling! I even put the bins out in the car park the night before they come to collect it.”

Well done Carole, it’s fantastic you’re making the effort to help out at your service. You’re right- we all have a responsibility to recycle correctly!

Litter Picking Heroes

The folks over at Grove Court in Doncaster have set up their own litter picking group! **“It first started as the bin area at Grove Court was sometimes an eyesore when you walked in,”** explains Abi Harker, Area Manager. **“Leanne suggested that we create a group to increase our awareness of recycling, and to keep Grove Court and the surrounding area clean.”**

The group then contacted the local council, and received their own black bags, litter pickers, and hi-vis vests. Philip says his favourite thing is collecting all of the leaves to make sure the grounds are clean and tidy.

Over the past few weeks he has filled five bags already! Sharen, who is part of the group, said **“It is really important to look after the environment and not to litter. You have to take care of the environment, it needs to look nice, and you also need to care of the animals and make sure they don’t eat anything they shouldn’t!”**

We couldn’t agree more Sharen, your local area will be looking beautiful and clean, all thanks to your group!



GREEN GRANTS

Town Lane
Tameside



We gave out our ‘Green Grants’ to help services enjoy the great outdoors, and to improve the wellbeing of staff and the people we support.

Lyn at Town Lane in Tameside applied for the grant to make use of their rear car park, and turn it into a homely communal area! With the grant money so far, they have purchased two sets of tables and chairs, and this summer plan to buy a gazebo. They also planted different herbs, so the fragrance and texture can create a sensory aspect to the space.

The service also has an allotment, which has encouraged everyone to get involved with the gardening. **“The allotment is for anyone who struggles to bend down and can’t work in a large area or plot and still wants to be a part of the community.”** said Lyn.

The service has gone through the heart breaking loss of two staff members due to COVID. As part of the funeral service held in the house, they had a tree potted in their memory. **“The**

funeral service gave them that closure. The tree is something they can now look at and remember.” This heart-warming tribute can now stay at the service for years to come, to always remember their friend and colleague. Although not everyone is invested in gardening, everybody still pitches in. **“Those who don’t want to come up to the allotment and get dirty help to peel, chop or cook for the communal meals. We’ve had meals for Easter, V-Day, St George’s Day – any excuse for a party!”**

Recently the service held a Jubilee party in the outdoor area. **“We held parties a few times before lockdown. It’s nice for everybody to meet up. Once, each house picked a country and made a dish from there that everyone could try.”** The service even held their own ‘Outside Inn’ when the pubs were shut over lockdown bringing the pub to them! **“We set it up like a bar and everybody could play giant versions of games, like Connect 4.”** What a fantastic idea, invite us for a pint next time?





ANIMAL MAGIC

Creatures big and small have settled into our services in Sheffield and made it their home – you lucky bunch!

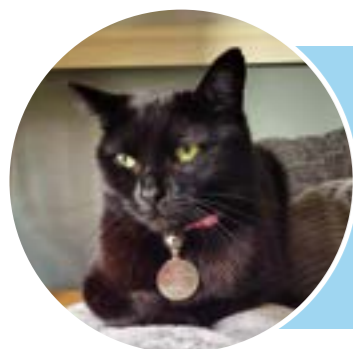


A PRICKLY VISITOR

Burncross Road had a new prickly resident move in last autumn! The team had put in a hedgehog house as part of their garden renovations, in the hope it would attract some new visitors. It wasn't long before their young new tenant took a shine to it, feasting on the meal worms and water they'd provided. She became very sociable, and ventured out during the day and spent time with the service users and staff. What a special experience for everyone!

REELING THEM IN!

Mansfield View's fishing club got back in action recently, and the tenants really enjoyed going out to local beauty spots to check out their fishy friends. The club has been a great success thanks to the skill and support from the staff, who spent a lot of time ensuring everyone's safety around water and using the equipment. All the fish were released unharmed back into the rivers, ready to be caught again in the future!



HELLO COCO

Raymond was really keen to have a cat, and after much research, Coco finally arrived and is already a much-loved member of the family. She enjoys sleeping all day on the sofa, and spending lots of time being spoiled by Raymond!

GRACIE A GREAT SUCCESS

Melrose Road had the pleasure of a very experienced therapy dog coming to visit! Gracie Fields had a great time visiting all the ladies in their home, having a calming effect on everyone and settling down to be fussed over and pampered. Gracie belongs to one of the members of staff, who happily brings her in as much as possible.



QUIZ TIME

A Royal Jubilee Quiz



Sarah at Iona house in Halifax has put together this fantastic quiz to celebrate the Queen's Platinum Jubilee.

1. What is Queen Elizabeth's favourite dog breed?
2. What was Queen Elizabeth's husband called?
3. Name two of the jewels that are in the Queens crown?
4. Where does Queen Elizabeth live?
5. What year did Queen Elizabeth become queen?
6. How old is Queen Elizabeth?
7. What is a jubilee?
8. How many children does Queen Elizabeth have?
9. When was Queen Elizabeth born?
10. What is known to be Queen Elizabeth's favourite colour?



Find out the answers at the bottom of page 9.



Fruit Wordsearch

Y	R	R	E	B	P	S	A	R	T	E	A	L	M
A	E	N	B	L	A	C	K	B	E	R	R	Y	I
B	I	P	E	N	B	W	G	A	A	R	R	W	E
R	R	A	E	A	O	A	A	Y	N	P	R	A	N
R	E	K	W	C	O	T	O	S	A	A	L	P	G
B	R	I	I	A	Y	E	B	T	N	P	E	P	R
W	O	W	Y	A	R	R	L	R	A	A	M	L	A
W	R	I	N	R	R	M	U	A	B	Y	O	E	P
R	A	K	O	O	B	E	E	W	L	A	N	B	E
P	N	L	L	C	I	L	B	B	K	E	E	R	G
A	G	B	C	I	I	O	E	E	B	R	E	Y	A
R	E	E	E	B	M	N	R	R	R	S	E	O	I
A	O	E	N	K	O	E	R	R	E	G	N	C	E
C	E	G	B	Y	B	M	Y	Y	I	E	O	Y	E

We hope this fresh fruit wordsearch doesn't make you too hungry! Look out for the names of these 13 tasty items, some of which you could probably find in your kitchen.

- BLACKBERRY
- LIME
- WATERMELON
- BLUEBERRY
- PAPAYA
- KIWI
- ORANGE
- RASPBERRY
- APPLE
- BANANA
- STRAWBERRY
- GRAPE
- LEMON



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Email: marketing@creativesupport.co.uk and send in your story!

Would you like a copy of the What's On Guide?
Email: marketing@creativesupport.co.uk for one!

30th Birthday Events

Get ready to celebrate!



Durham – Thursday 12th May

Durham Cricket Club on Thursday 12th May from 12pm-4pm

Doncaster – Thursday 26th May

Hilton Garden Inn, Doncaster Racecourse on Thursday 26th May from 12pm-4pm



London – Thursday 16th June

Arts Pavilion in Tower Hamlets on Thursday 16th June from 12pm-4pm

Birmingham – Thursday 30th June

Botanical Gardens on Thursday 30th June from 12pm-4pm



Blackpool – Thursday 7th July

Blackpool Boulevard Hotel on Thursday 7th July from 12pm - 4pm

Manchester – Thursday 21st July

Manchester Monastery on Thursday 21st July from 4pm until midnight



If you are interested in attending any of these events
please email: 30party@creativesupport.co.uk

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