

My 2023 Journal

Name

Service

.....



Local green space

You are here

Local library

Local shops

Fill in your
journal throughout
the year and get
to know your
community!

This journal is being released alongside our 'What's On Guide' for 2023 to help you explore your local community and develop connections with those around you. There are focus areas for each month which relate to what is happening at Creative Support throughout the year. Each month will focus on the ways to improve your community connections, and by the end of 2023 you will be able to look back at all the amazing things you have achieved!

Welcome to Your Journal for 2023!

My Journal Goals

Please fill this page out and refer back to it at the end of the year to see if you have achieved your goals!

Introduction

We are very excited to launch our Journal for 2023 as we focus on Community Connections throughout the year. This journal is intended to go alongside our What's On Guide and Festival Poster, and contains a lot of interactive elements where you can document your journey exploring your local community throughout the year.

Every month we will focus on a different aspect of connection, from services and businesses in your area, to accessibility in your communities, and the connections you have to the closest people in your lives. We have come up with a variety of tasks and prompts which will help you to discover how you can increase your connection with your local community. There will be a double page spread to fill out each month but feel free to cut, stick, draw or add anything else to the journal to show what you get up to in the month.

Before you get started why not have a think about the goals you have for the year? Take some time to document them on the following page and see how many you achieve by the end of the 2023!

Your personal goals

Your community goals

Your social goals

Have a think about what support you might need to achieve your goals



Comment



Craft



Connect

January

Friends and Family

This month we are looking at your close circle of connections.

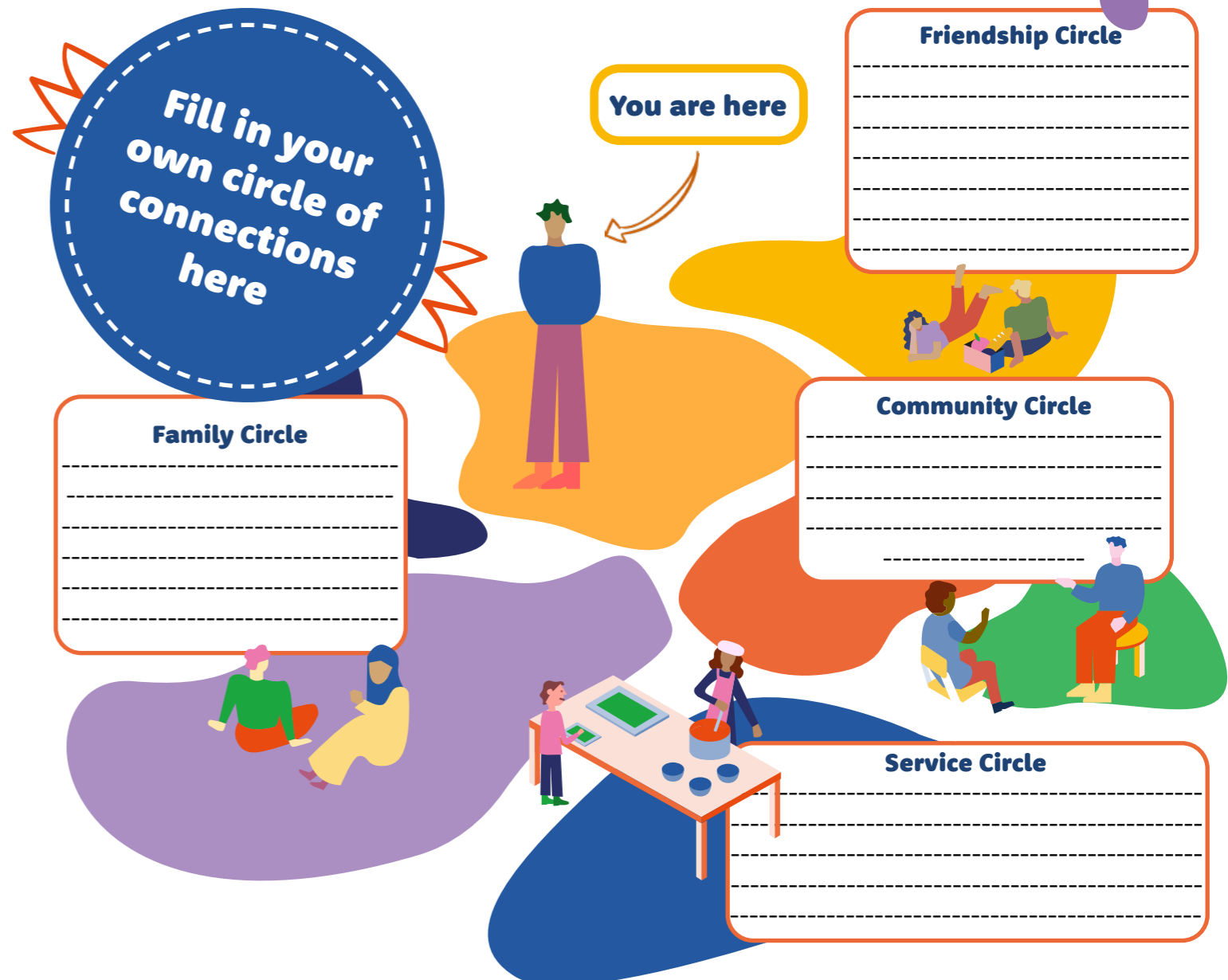
Think about what community means to you, and what things you can put in place to help improve your connections with your local community.

Circle of Connections

When we consider the importance of connections in your community, it is helpful to understand the roles people play in our lives. Below is an illustration of a circle of connections to show the roles of different people.



Your Circle of Connections



How do you connect?

e.g. I speak to my mum once a week.

- _____
- _____
- _____
- _____
- _____

How can you improve your connections?

e.g. planning a walk with a friend you haven't seen in a while.

- _____
- _____
- _____
- _____
- _____

February Community Kindness

This month we are celebrating kindness. We'll be looking at some small acts of kindness you could perform in your local community to develop great links with your neighbours, local people, and services.

Join us for a **Creative Coffee Morning** on Tuesday 14th February at 11am. Keep an eye out on our socials for more information!



Kindness Ideas Board

This month we are focusing on ways you can be kind to others in your community. Below are some ideas on ways you can be kind this month. Let us know if you come up with any kindness initiatives in your service by sending an email to marketing@creativesupport.co.uk.



Your Ideas

Think about what kind things you can do in your service or in your local community. See if you can come up with three acts of kindness to do over the month.

↓	↓	↓
How do you get started? E.g. Who do you need to contact? ----- -----	How do you get started? E.g. Who do you need to contact? ----- -----	How do you get started? E.g. Who do you need to contact? ----- -----
↓	↓	↓
Planning? Consider time, location and transport. • ----- • ----- • -----	Planning? Consider time, location and transport. • ----- • ----- • -----	Planning? Consider time, location and transport. • ----- • ----- • -----
↓	↓	↓
Outcomes/ feedback: ----- ----- ----- -----	Outcomes/ feedback: ----- ----- ----- -----	Outcomes/ feedback: ----- ----- ----- -----

March

Love Your Library

March is 'Love Your Library' month, and we will be doing a deep dive into what exciting things our libraries have to offer.

We will also be releasing a help pack looking at ways to access your local library.

Library Facts

Libraries are often an underused resource but they are integral to local communities. As well as offering a wide range of books, there are other key things they do to support people.

We have a help pack which you can download for more information.



Did you know most libraries across the UK have an extensive stock of CD's, videos, DVD's and so much more? If you have a library card you can rent them out for a few weeks at a time.



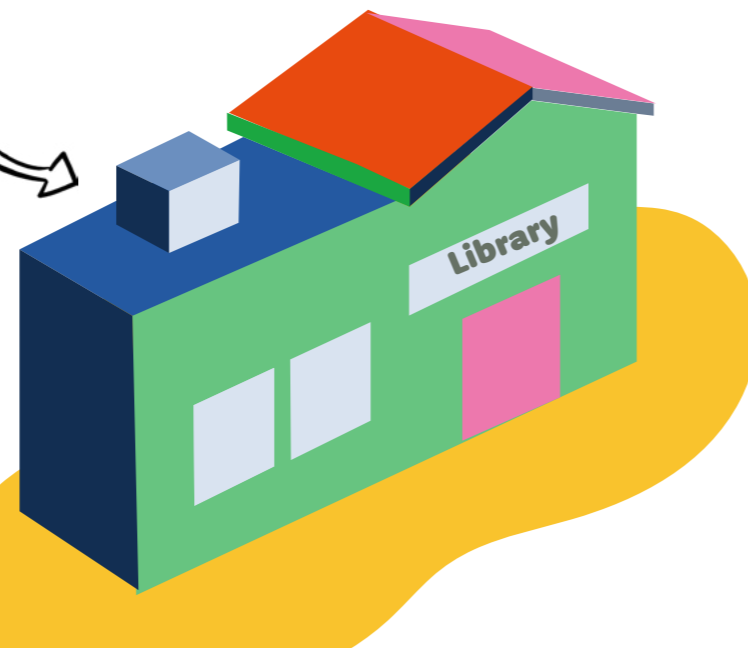
Documents
Did you know that some libraries offer assistance with document reading and writing?



Books, e Books, internet Access
Libraries have a wonderful array of resources for you to try out for free.



We will be uploading our help pack to the website in March so keep an eye out.



Community groups
Libraries often run groups such as computer skills or book clubs.

Name three local libraries in your area:

- -----
- -----
- -----

Have you signed up for a library card before?

If you have a library card you can borrow books, CDs and so much more! You can sign up online or in person. Share your experience of getting your library card and how it has been useful to you below:



What are you doing for World Book Day?
Thursday 2nd March

WORLD BOOK DAY
2 MARCH 2023

As part of Love Your Library month we are encouraging everyone to take a tour of their local library to see what services they offer. Have you taken a tour of your local library? Send a photo to: communications@creativesupport.co.uk

Write down all of the services that your local library can offer you. Make a note of anything new that you have discovered.



April

Get On Growing

April is the month to Get On Growing. We will be sharing ideas on how to garden even if you don't have a green space. Check out our seeding illustration to find out the best time to plant!

Have you visited your local garden centre this year? It makes for a great day out!

Plant Guide

Whether you are a keen gardener or exploring gardening for the first time, see when to plant the following vegetables for the best results. Get your gardening gloves on!



Cucumber
June-Sept



Cabbage
March-July
June-Oct



Sweet Potato
June- Sept



Onion
April-Aug



Potato
June- Sept



Kale
April-May
Sept-Nov



Carrot
March-June
Aug-Oct



Lettuce
May-June
July-Sept

If you do not have a green space:

Urban Gardening:

Urban gardening is the practice of cultivating, processing, and distributing food in or around cities. It means you can pot plants and hang them even if you don't have any green space in your local community.

Parks:

Your local park is a great way to get in nature and you can help maintain them. Many councils offer volunteering opportunities where you can help weed and plant new vegetation.

As an added bonus you will meet new people in your area.

Get involved, get growing!

What are your favourite fruit, vegetables or flowers?

Did you know sunflower seeds are very economical plants and you can use the seeds from the centre of the flower to plant even more sunflowers. They have up to 2,000 seeds per flower!



Would you have a go at growing your own?

Remember you can grow plants anywhere. Old yoghurt pots make great beds for seeds and fit nicely on a windowsill.

What are your green goals for the year?

- -----
- -----
- -----

Take part in our sunflower growing competition! Send us your photos for a chance to win £10!



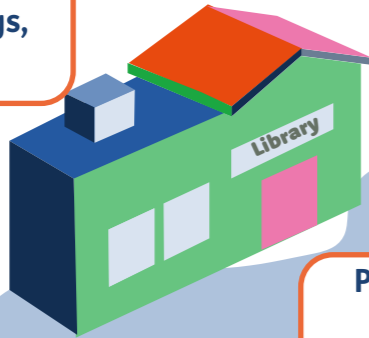
What have you achieved in your green space?

May

Getting Out Feeling Great

This month we are looking at ways you can get out and get involved in your local community. This could be going for walks, trying a new café, and getting to know the services your local area offers.

Libraries, shops,
community buildings,
services



Cafés, restaurants,
food halls



Parks, green spaces,
allotments, lakes,
woodland, nature
reserves



Hospitals, pharmacies, GPs,
dentists, opticians



Supermarkets, corner
shops, greengrocers,
outdoor markets



Transport links, car
parking, buses, train,
tram, cab, airport

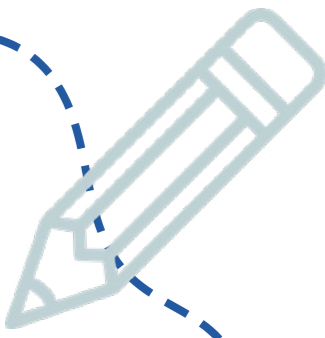


Importance of knowing your local area:

Knowing your local area is important as there are many services which you will need to access on a regular basis, including local shops, supermarkets and your GP. This month we are encouraging people to take a walk around to discover more about where you live. There may have been new developments and businesses opening up which will enable you to shop/ eat local. Make sure you note down any new discoveries on the My Map section on the opposite page. You can add to this throughout the year to see how your knowledge of the local area grows!

My Map

Draw out your
local area and
note down any
new places you
discover!



Location	How do you get there?	How long does it take?	What do you go there for?	How often do you visit these places?
Medical Services E.g. Hospital, GP etc.				
Transport Links E.g. Trains, buses etc.				
Shopping E.g. Charity shops, high street shops etc.				
Food and Essentials E.g. Restaurants, café's, bakeries, etc.				
Green Outdoor Spaces E.g. Woodland, Parks, lakes, etc.				
Local Spots and Services E.g. Libraries, cinema, etc.				

June

Big Idea, Volunteer?

Volunteering is a great way to have a positive impact and this year we are encouraging you to explore how you could become a volunteer in your area. Here are some helpful tips on what to do!

The Volunteer

Qualities of a volunteer:

- Kind
- Approachable
- Reliable
- Dedicated

Where can I volunteer:

- In your service
- With Creative Support
- With a charity
- At a local gardening project
- At an animal shelter
- At a care home
- For your local council
- At a school
- At a local shop
- At your library
- At a festival
- At local events




Who can be a volunteer?


Anyone can be a volunteer. If you have a passion and you want to look at your volunteering opportunities all you need to do is ask and get support where needed. Do not discount yourself from volunteering!

How to start volunteering:

1. Consider where to volunteer first
2. Speak to staff and get support
3. Ask the organisation
4. See what support they need
5. Get involved

Useful contacts:

 **Email:** Volunteer@creativesupport.co.uk

 **Phone:** 0161 236 0829

Send us your volunteering stories and photos! We would love to hear all about your experience.

Your Volunteering Journey

A space to document your volunteering opportunities over the year.

Where would you like to volunteer? How will you get in touch to arrange this?

Consider what your strengths are?

Do you have time, knowledge or skills to offer as a volunteer?

How often can you volunteer?

How will you get there? What support do you need to get started?

Have you enjoyed volunteering?

See if you can get feedback from the place you have supported:

WELL DONE

July Open Access

This month we are encouraging services to make and share tools to identify accessible resources in the community.
We want people to know their rights and how to challenge barriers to accessibility.

Accessibility in your local community

Ensuring the community is accessible is hugely important and it comes down to a variety of factors which we will explore. When you are out and about in your community you can consider these things and ask for support to challenge inaccessible environments.

We have a help pack which you can download for more information.



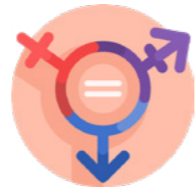
Disability Access

Is it physically inaccessible or not disability friendly?



Affordability Access

How much does it cost? Is there support in place to help it become affordable?



Gender Access

Does gender bias play a factor in making it accessible?



Online Access

Can it be accessed online or are there hurdles in the way of things being accessed digitally?



Location Access

Does the location play a factor in your ability to access it?



Discrimination Prohibiting Access

Is there discrimination of any kind in place that is a barrier?

Identify things you might need to access your community:



Speak to the people who support you to come up with some creative solutions that will enable you to access the community.

Remember to share places that have great accessibility with your friends. Why not leave them a positive review online to let them know what they are doing well!

How have you found accessibility in your local community?

Share your experience of a place which you thought had great accessibility. What are the key things you noticed?

August Festival Fiesta

This month we are looking at festivals going on across the UK. If you are unable to make it to a festival this year don't worry, we have ideas for how you can celebrate at home!

Finding Festivals For You

Take some time to consider what your hobbies and passions are and see how you can celebrate them with other people.



What are your interests, hobbies and passions?

You can consider things you have never tried but have an interest in:

Festivals Board

We have made a poster for you to display in your service showing some exciting festivals going on in UK throughout the year!

MUSIC FESTIVALS

Liverpool City of Sound	Blue Dot Festival	Latitude	Kendal Calling	Hardwick Festival	Reading @ Leeds Festival
28 - 30 Apr	20 - 23 Jul	20 - 23 Jul	27 - 30 Jul	18 - 20 Aug	25 - 27 Aug
Liverpool	Cheshire	Suffolk	Cumbria	County Durham	Reading / Leeds
Tickets available	Tickets available	Tickets available	Tickets available	Tickets available	Tickets available

ARTS FESTIVALS

Leicester Comedy Festival	Stratford Literary Festival	Leak Arts Festival	Artycraftival	Manchester International Festival	Mossley Folk & Arts Festival
8 - 26 Feb	2 - 7 May	12 May	22 - 23 Jul	29 Jun - 16 Jul	1 - 3 Sep
Leicester	Warwick	Stafford	Essex	Manchester	Birmingham
Tickets available	Tickets available	Tickets available	Tickets available	Tickets available	Tickets available

CULTURAL FESTIVALS

Jewish Book Week	Luton International Carnival	National Halal Food Festival / Muslim Shop Experience	Manchester Caribbean Carnival	Notting Hill Carnival	Leeds West Indian Carnival
26 Feb - 6 Mar	23 May (TBC)	27 - 28 May	12 - 13 Aug	27 - 28 Aug	28 Aug
London / Online	Luton	Birmingham	Manchester	London	Leeds
Tickets available	Free entry	Tickets available	Free entry	Free entry	Free entry

ACCESSIBLE FESTIVALS

Yorkshire Sports Festival	Kalidoscope Club Nights	Download Festival	British Summer Time Festival	Disability Awareness Day	Just So
25 Jan	3 Feb - 4 Aug	8 - 11 Jun	30 Jun	16 Jul	18 - 20 Aug
Sheffield	Chester	Derbyshire	London	Warrington	Cheshire
Free entry	Tickets available	Tickets available	Tickets available	Tickets available	Tickets available

PRIDE / LGBTQ+

Blackpool Winter Pride	Birmingham Pride	Durham Pride	London Pride	Northern Pride	Manchester Pride
4 Feb	27 - 28 May	28 May	1 Jul	22 - 23 Jul	25 - 28 Aug
Blackpool	Birmingham	Durham	London	Newcastle	Manchester
Tickets available	Tickets available	Tickets available	Tickets available	Tickets available	Tickets available

OTHER FESTIVALS

Yorkshire Games Festival	The Festival of British Railway Modelling	Dogfest	Global Bldfair	Carfest	Manchester Food & Drink Festival
4 - 10 Feb	11 - 12 Feb	13 May - 24 Sep	14 - 16 Jul	25 - 27 Aug	22 Sep - 2 Oct
Bradford	Doncaster	Multiple Locations	Rutland	Hampshire	Manchester
Tickets available	Tickets available	Tickets available	Tickets available	Tickets available	Free entry

FESTIVAL FIESTA!

We've rounded a variety of festivals to inspire everyone to find their ideal day out. There are so many different kinds of festivals out there, so why not try something new? Who knows, you could find your next annual trip!

This symbol means the festival has been awarded for their accessibility standards.

Snap a picture of yourself at a festival and send to marketing@creativesupport.co.uk to win a £10 Love2shop voucher.

Follow us @CRTVSPRT

For more information or to download our What's On Guide go to our website: www.creativesupport.co.uk

There are festivals celebrating almost everything, have you found one that sparks your interest?

You have found a festival, now you can check when it is happening and look for tickets.

Time to plan your journey and accommodation if necessary. Make sure you find out if you need to bring anything to get you through the day.

Enjoy your day and make sure to take lots of photos!

Unable to go to a festival? No worries!

You can host a party or find online groups of people with shared interests. Use this space to plan how you will celebrate!

Think of your party theme:

Things I need to do to prepare for my celebration:

Consider: location, time, food and support.

-
-
-

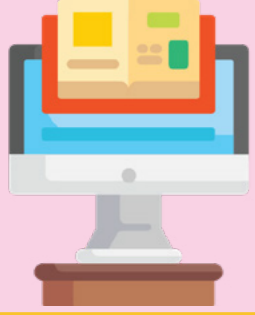

For more information on events going on across the country take a look at our festival Fiesta poster!

Why not hang the poster up in your service and plan a day trip to a festival?

September

Safety First

This month we'll be taking a look at safety, and how you can protect yourself and your loved ones in your community. We'll be sharing information and key tips on online safety, personal safety, and more.

	<p>Staying safe online has never been more important. Many people use the internet or a smart phone every day, and there are lots of scams taking place to try and steal your personal information or your money. When going online, make sure you check that the URL has an 's' after 'http' as that means that the site is secure. Never open links in emails or text messages when you can't be sure who they have come from, and if anyone asks you to send them money, make sure that you trust them 100% - it's always better to be safe than sorry.</p>
	<p>Did you know you can complete a course in first aid training? If you are interested in learning about CPR or what to do in a medical emergency then speak to staff about how you can sign up!</p>

Safety in the Community



When you're out and about, there are different ways to protect yourself and others to keep safe in the community. This includes keeping personal possessions safely in your front pocket or bag which you can keep zipped up or closed. If you ever feel unsafe, or someone is making you feel unsafe, please do not speak with them, it is safer to ignore them and try to go into a local shop where there are others around. If you see a police officer or a community officer, you can also speak to them about what is happening and they will be able to help.

If you see that someone is hurt or needs an ambulance, fire engine, or police officer, you can call them on 999 and explain what is happening. Don't worry if you think someone else has already called, they will be able to let you know that this situation is being handled, and it's better to make sure.

- ↓ Speak up if you feel unsafe in any areas
- ↓ Talk to staff and they will do their best to support you
- ↓ Talk to them to see if the solutions are working
- ↓ Remember your safety is important

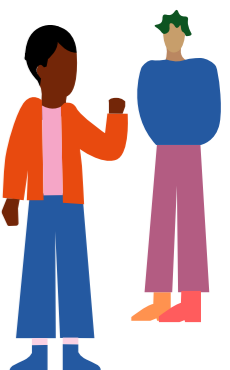


Download our booklet on Staying Safe Online from our website for guidance on how to stay safe in a digital space!

Share any things you found interesting from reading the Staying Safe Online booklet here:

Download the booklet here:

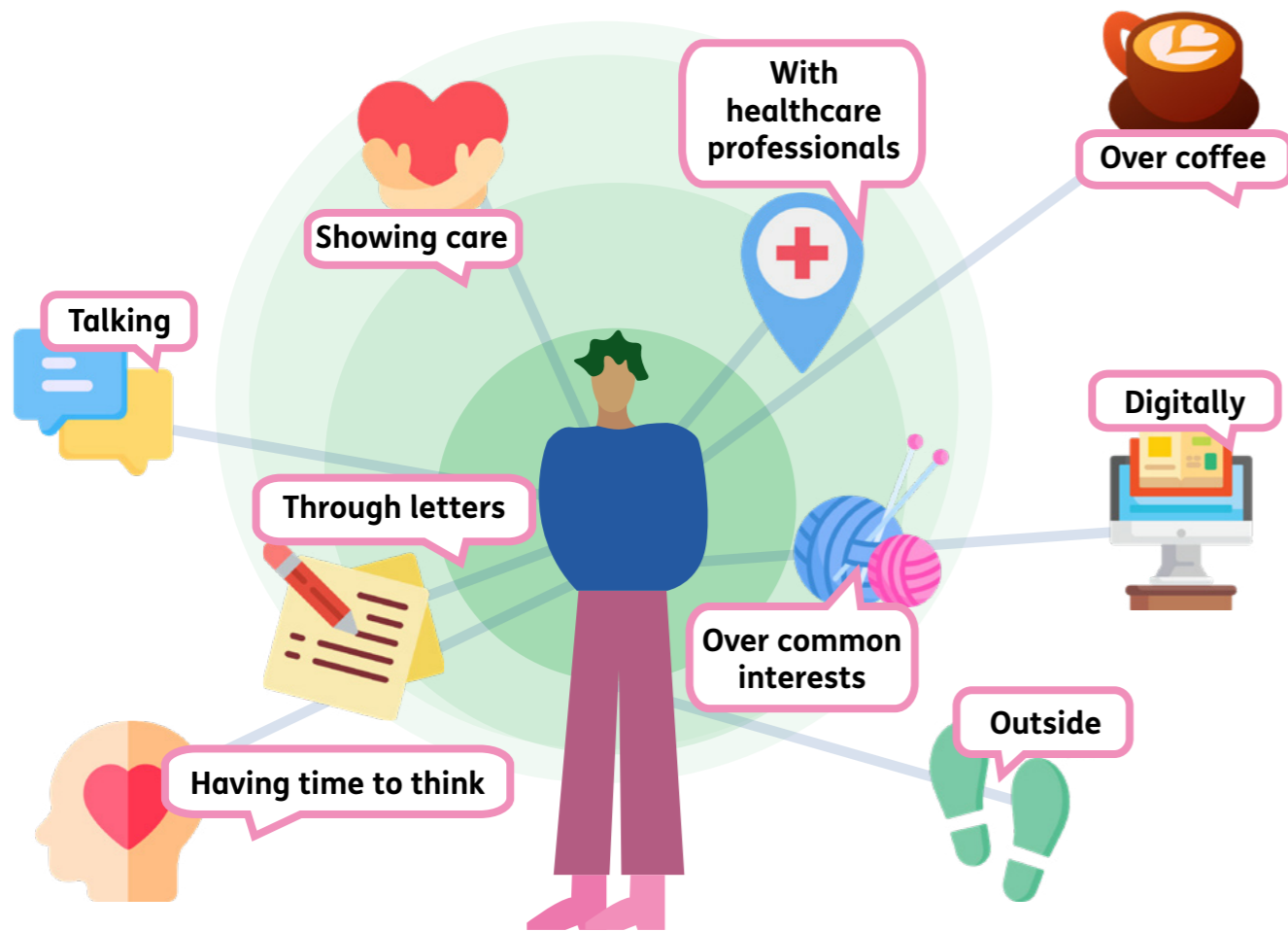
www.creativesupport.co.uk/wp-content/uploads/2023/01/Staying-Safe-Online-SU-Updated.pdf



October

Meaningful Connections

For World Mental Health Day 10th October we are looking at the importance of developing meaningful connections. There are lots of ways of developing your connections with others.



The importance of meaningful connections:

Everyone engages differently. Some prefer in-person conversation whereas others thrive in the digital space. There are many ways to connect with people, communities and groups, you just need to explore what is out there. Delve into what connections you currently have and how you can develop them to suit your needs. Throughout the year you may have tried new ways of connecting with individuals or people groups, so reflect on what your connections look like now.

How Do You Connect?

Take some time to consider what your preferences would be when connecting with people, groups or activities.

In-person ? Online ? One on one ? Through common interests?

Think about what kind of connections mean the most to you and how you can develop them:

Have you found new ways to connect this year? How have your connections changed?

What has helped you the most to develop and maintain connections?

Refer back to January and see if there are any new connections and draw what your connection circle looks like now.

November

Live Local

Throughout the whole of the year we have focused on how to appreciate the things that are local to you. This is the month to live locally!

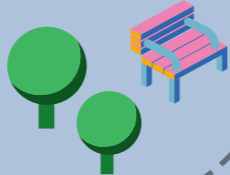
Libraries, shopping centre, services, community buildings



Cafés, restaurants, food halls



Parks, green spaces, allotments, lakes, woodland, nature reserves



Consider how much you have used the services in your local area.

Hospitals, pharmacies, GPs, dentists, opticians



Transport links, car parking, buses, train, tram, cab, airport



Supermarkets, corner shops, green grocers, outdoor markets



Tips on how to support local on a budget:

Living locally has many benefits, such as: sustaining small businesses and supporting the local community. This might mean that items are more expensive when they're sourced locally. Budgeting is great practice in general but especially when shopping local. Try comparing the cost of shopping local to your average budget and see if there are small ways in which you can budget for some key items from local shops.

Live Local

Shopping, eating and buying local can have a very positive impact on the environment



Have you tried sourcing food locally?



Have you tried supporting local small businesses?



Do you need support to use local facilities?

How can you support local businesses?

Have you thought about buying your Christmas bits from local businesses this year?

What are your local businesses and how will you access them?

- 1.
- 2.
- 3.

As part of Living Local, we would love to see pictures of what you're getting up to in your local area, so please send them to: communications@creativesupport.co.uk



December

Be The Difference

What is missing in your local community? Can you be part of the solution to create it, and how can you have a positive impact?

Make a positive difference



Start a hobby group



Show how you care for your service



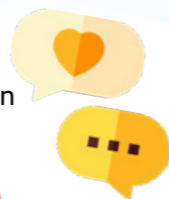
Welcoming
Empowering
Compassionate
Aspirational
Respectful
Effective

Think of something you can do that links to WE CARE.

Offer a cup of coffee



Start a conversation



Connect with someone new

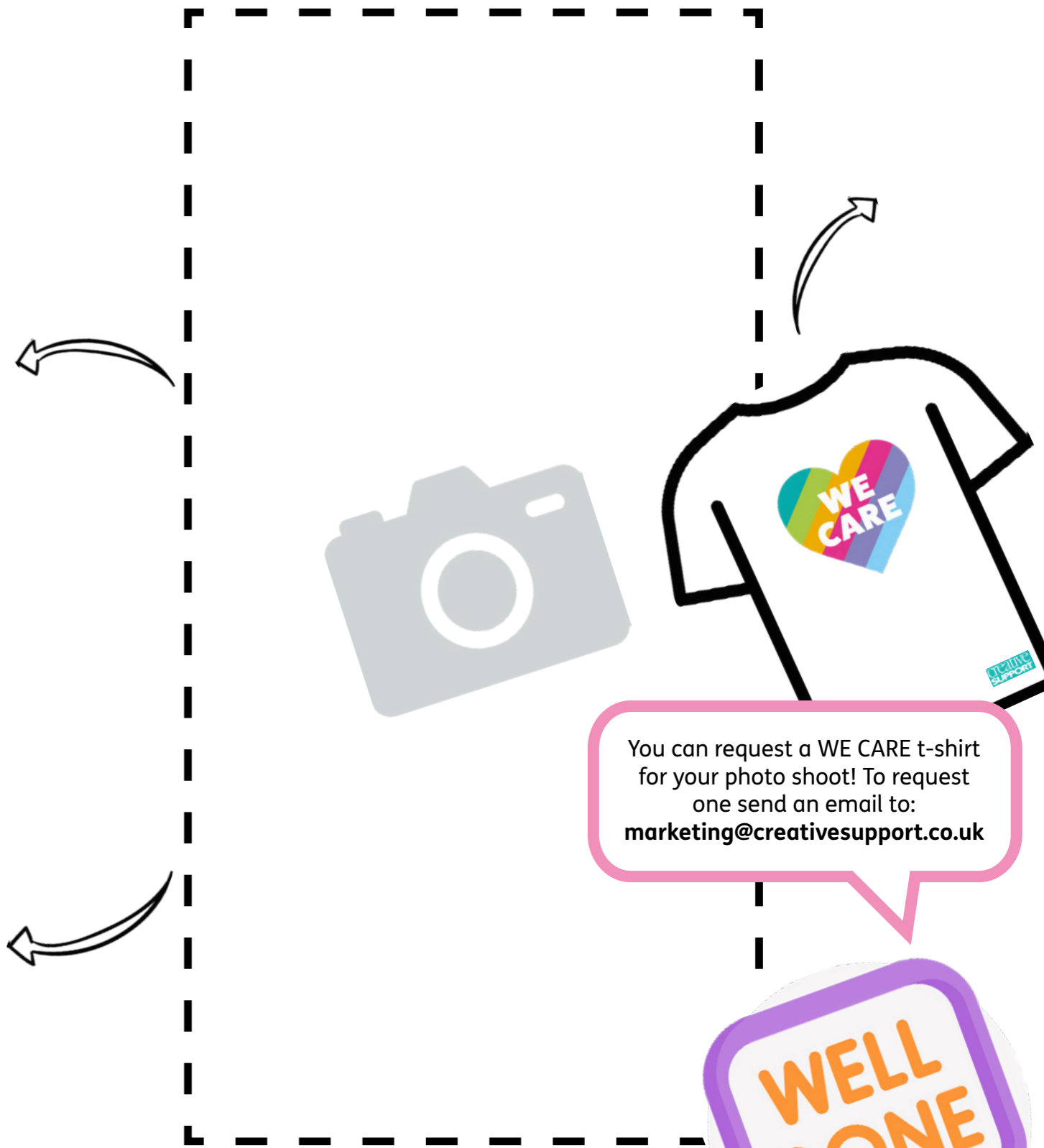


What does being the difference in your service look like?

We want to encourage everyone to make a positive difference. This can be as simple as being a positive influence in your service. What things can you do to improve the quality of the service and ensure the well-being of other residents? Why not become a service advocate and assist with health and safety, engagement initiatives or community projects? Speak to staff to see where you can best help.

Snap a festive photo of yourself!

List all of the amazing things you have achieved this year!



You have made an amazing difference!

Thank You!

Why not end
the year with
our mindfulness
colouring in
page?

