



**creative**  
**SUPPORT**

# WHAT'S ON GUIDE 2023

Helping you feel connected  
to your community



# Welcome to your guide 2023

Our What's On Guide this year is all about making 'Community Connections', and celebrating all the incredible ways communities enrich our lives.

Communities come in all shapes and sizes, and show up in ways we don't always expect. Whether it's loving your library, encouraging kindness or living local, you can look forward to getting involved with all of your individual communities and making lasting connections!



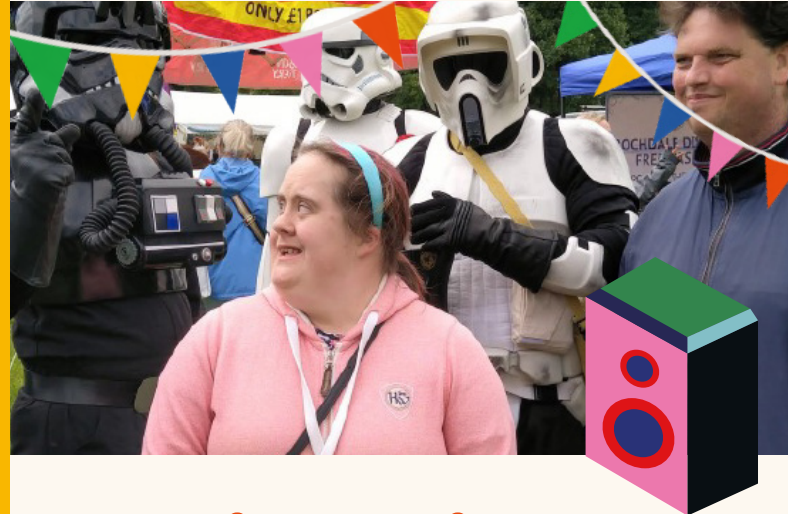
## My Journal

To help you get the most out of each month, you can use your very own **journal** which we will post out soon.

Use the checklists, activities and tips for each theme to help form your Community Connections, and explore the world around you!



Email [marketing@creativesupport.co.uk](mailto:marketing@creativesupport.co.uk) to request more copies!



## Festival Fiesta

In August we're going to be focussing on all things festivals. Use our handy **Festival Guide** to find out about all the amazing events happening near you!



Download  
from the  
website



Look out for grants throughout the year to help you build on your community connections



## Creative Stars



Our Service User Awards are becoming Creative Stars! We have four new categories for you to nominate someone who you think is a Creative Star: **Positivity, Eco Friendly, High Flyer and Community Champion.**



Each category winner will get a £30 voucher, certificate and badge.

If you would like to join a service user panel to help decide the winners, please email [marketing@creativesupport.co.uk](mailto:marketing@creativesupport.co.uk)





## JANUARY

### Friends & Family

To start off the year we're exploring your circle of connections, and how we can strengthen connections with family and friends.

**World Religion Day (15th)**  
**Chinese New Year (22nd)**



## FEBRUARY

### Community Kindness

Take part in our kindness challenge and make a difference to those around you, and remember to always be kind to yourself.

**Time to Talk Day (2nd)**  
**Creative Coffee Morning (14th)**  
**Random Acts of Kindness Day (17th)**



## MARCH

### Love your Library

Libraries have so much to offer, and are amazing places for information and (of course) books! Discover your local library and see what they can do for you.

**World Book Day (2nd)**  
**International Women's Day (8th)**



## APRIL

### Get on Growing

Go green in your community and make the most of the gardening season - find your local allotment, plan a garden party, and apply for our gardening grants!

**World Autism Day (2nd)**  
**Earth Day (22nd)**

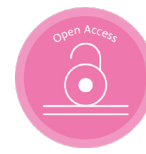


## MAY

### Getting out, Feeling Great

It's time to explore! From walking groups, to wildlife spotting, to exercise and fitness; ditch your screens and enjoy the fresh air.

**National Walking Month**  
**Screen Free Week (1st-7th)**  
**Mental Health Awareness Week (15th-21st)**



## JULY

### Open Access

July is all about accessibility, including knowing your rights, accessing your community, and finding creative ways to meet like-minded people.

**Good Care Month**  
**Islamic New Year (18th)**



## SEPTEMBER

### Safety First

September is all about safety, with important information to help you access your community safely, both in person and online.

**World Suicide Prevention Day (10th)**  
**International Day of Peace (21st)**



## OCTOBER

### Meaningful Connections

Our connections and relationships with each other are an important part of our lives. We'll be taking a closer look at the impact of these bonds on our mental health.

**Black History Month**  
**World Mental Health Day (10th)**



## NOVEMBER

### Live Local

Our local areas and communities are full of hidden gems, and this month we'll be helping you to explore and make the most of all they have to offer.

**Disability History Month**  
**Men's Mental Health Day (19th)**



## DECEMBER

### Be the Difference

What's missing in your community? You can use everything you've learned so far this year to develop and contribute to your community.

**International Day of People with Learning Disabilities (3rd)**  
**Human Rights Day (10th)**



## JUNE

### Big Idea, Volunteer

There are so many benefits to volunteering, from meeting new people, finding new places and learning new skills.

**Pride Month**  
**Volunteers' Week (1st-7th)**  
**Carer's Week (6th - 12th)**



## AUGUST

### Festival Fiesta

Party hats at the ready for Festival Fiesta! Plan your dream festival and find out about all of the fun and unique celebrations near you.

**Notting Hill Carnival (27th)**  
**YAM carnival (28th)**

Remember to check out our festival guide!

# CONTACT US



marketing@creativesupport.co.uk



www.creativesupport.co.uk



0161 236 0829



Wellington House, 131 Wellington  
Road South, Stockport, SK1 3TS

Keep  
up with all  
our Community  
Connections plans  
by following along  
on our social  
media pages



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