

FEBRUARY 2024

CREATIVE TOGETHER'S COPRODUCED NEWSLETTER

ISSUE NO 2



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KIM TAYLOR'S PORTRAITS

Kim Taylor is one of our most prolific artists. Over the time she been coming to the centre she has been encouraged by the other members to develop her own methods. Kim is currently exploring portraiture in her own distinctive style.



Kim's portraits of staff at Creative Together can you identify them?

We challenged Kim to paint our portraits and we are over the moon with the results! Kim has really captured each character with her individual style.

Kim will be exhibiting her work at Creative Support's International Women's Day event on Friday 8th March 11am - 4pm. Kim will accept photographs to work from and will take approximately ten commissions. These will then be available to collect at a later date. The cost is £5 and all proceeds will go towards the charities that are offering their services on the day and the CT centre.

Look out for Kim's art in our art exhibition scheduled for May 24.

A word of encouragement from Kim:

"I've always not had the confidence to follow (my dreams) because I feel like people have always put me down. But when I come here (to the Creative Together Centre) I feel like people are the same as you and start building your confidence back up again. I can turn my hand to anything."



**OPEN CALL -
LEND US YOUR
CREATIVITY**

We want to make this a day to remember, and we can't do it without your help!

This is an open call to Creative Support staff and service users to share their skills and creativity on International Women's Day. Read more below to find out how you can get involved.

International Women's Day

Friday 8th March 11am - 4pm
Creative Together, M4 5JW

This year International Women's Day is all about **Inspiring Inclusion**. If you have any of these talents we'd love to hear from you!

| | | |
|------------------|---|---------------------|
| Cooking & Baking | ● | Greeting People |
| Hair Styling | ● | Make Up |
| Jewellery Making | ● | Stall-holding |
| Collage Crafts | ● | Charity Fundraising |
| Style Advice | ● | Nail Art |

If you're as excited as we are and you want to help out on the day, contact Lauren on 07980756185 or lauren.norton@creativesupport.co.uk

EDWARD'S NEWS COLUMN

Edward is a warm and welcoming member who is an inspiration in encouraging others to find their voices. His interest in current affairs provides us with many interesting topics to discuss.

I was watching Granada Reports and I heard them talking about a young woman who has a locked jaw. She is called Lauren and she is in a lot of pain.

It really stuck with me because she was upset and so were her family. Her jaw won't move because she has arthritis in it and the treatment is a new jaw altogether! The surgery will take 4 years on the NHS and Lauren does not think she can wait that long because of the amount of pain she is in.

She can't eat anything and only has special milk shake drinks. This might sound good but I think I would get sick of drinking milk shakes all the time. I can't imagine not eating chips and jacket potatoes as they are my favourite thing. It would make me very sad.

As a group we discussed whether it was a good thing for people to go on TV to talk about their health conditions.

"It's a good thing because then people can understand what's going on in your life."

"The doctor said drink milk shakes but that would make you feel sick and is not good for your healthy diet."



Lauren Bolton from ITV News



We would like to donate our session money for today to Laura's fundraising page £18

"The more people know about it is good. If she is in pain all her life then that's not a life and she just wants to get better. If I'm in pain I just want the pain to go away and live a happy life."

"It's important to get the treatments right."

"The medication I take is a liquid but they are saying they want to change it to a tablet because it's cheaper. But I have trouble swallowing tablets and so the thought of this makes me feel nervous. I've been involved in discussions with the doctor but it's going round in circles. It's £300 a bottle but cheaper in tablet form."

"I feel sorry for her because I have empathy for her. I have also been in pain on and off. It's horrible and makes me grumpy sometimes."

"It would be good if we could see her get better. Nobody should be in that amount of pain."

If you have a story you would like to explore please contact Edward at the Creative Together Centre

DAVID'S ACTIVE COLUMN



David and Liam at the centre

David Johnston is a minefield of information on many different sports and is an avid Middlesbrough Football Club Fan. He is passionate about physical mobility and keeping active. In the coming months he will contribute to this newsletter on many different inspiring topics.

What is your earliest Man City game that you attended?

Unfortunately I am unable to recall my first Man City game at Maine Road, but I remember it was the 1999-2000 season after we got promoted from Division 2. Joe Royle was managing us but I currently can't recall which team it was I am afraid as it was around 24 years ago.

Who is your favourite player of all time?

I had a few growing up, Shaun Wright Phillips and Shaun Goater were my favourites when I was younger, then it was Yaya Toure for many years, but now my favourite and I believe is the greatest player in Manchester City's history would be Kevin De Bruyne.

Did you attend any games at Maine Road?

I attended many games at Maine Road mostly during the years between 1999-2003 as we played in division 1 and the Premier league with Joe Royle and Kevin Keegan managing during that period. I had many great memories there before we eventually moved stadiums.

Have you met any Man City players?

The only Man City player I met briefly was at night time with my brother and friend, the player was Bernardo Silva who I also got a photo taken with him.

Do you have any superstitions before a big game?

One superstition I had quite recently was the game between Manchester City and Aston Villa on the last day of the 2021-2022 season, city were heavy favourites to win comfortably, but we went 2-0 down. I got frustrated and tried to calm down in my garden for 5 mins, when I did, as soon as I came back inside city scored, then they scored another to make it 2-2, then a few minutes we scored to make it 3-2 and win the title. I found walking helped to change things in a strange way.

What is your best and worst Man City games of all time?

My worst man city game would have to be when we lost to Wigan Athletic in the last minute of the fa cup final which gave us no time to respond. My personal worst would be losing to Chelsea in our first champions league final, which I disliked the most. My best would be beating Real Madrid 4-3 in the champions league semi final first leg as I was at the game that night. It was an amazing game and atmosphere. But I would say my favourite ever city game was beating Man Utd 6-1 at old Trafford in our title winning season. It's my personal favourite match ever.



DAVID'S ACTIVE COLUMN



Do you remember Manchester City before the Saudi Arabians took over and what game stands out for you in that era?

Before the huge man city takeover; I was a die hard man city fan my whole life. during that period our most exciting were the Manchester derbies which we managed to win a couple such as 3-1 and 4-1 at Maine Road, before moving stadiums when Kevin Keegan was our manager that was my favourite time before the huge takeover.

Have you ever cried when manchester city lost a big game?

Funnily enough I have never actually cried during or after a football game. I have had many emotions from being frustrated to becoming ecstatic, but I've yet to shed any tears at all, but have felt very disappointed during big defeats.

Did you ever think Manchester City would win the treble in your lifetime ?

Growing up I would've been happy if city could of someday won a league cup final. I never ever imagined that would get to a point of winning a treble and winning every trophy available. Winning any cup is special. but the Premier league and champions league are the best any city fan could dream of winning.

What is your favourite Man City v Man United game of all time

Over recent years, we have won many derbies nowadays, but my favourite will always be the 6-1 win at Old Trafford.

David Johnston

David will be running a chair exercise class on 12th and 26th March - Tuesday afternoon - we'd love to see you there. Please see the timetable at the end of the newsletter.



The new Mayfield Park in Manchester city centre

PREPARE TO ENTER OUR GREAT CENTRE



TIPS TO MAKE YOUR FIRST VISIT TO CREATIVE TOGETHER A VISIT TO REMEMBER

1. Expect A Warm Welcome

As soon as you as you walk through the door, expect a friendly welcome and smiling faces. We like to make people feel comfortable and at ease and like this is their home.

“I had to have staff come and support me the first couple of times I visited because I was so scared and just wanted to go home. The more I got to know people and they talked to me the more comfortable I became.”

2. Bring Your Ideas

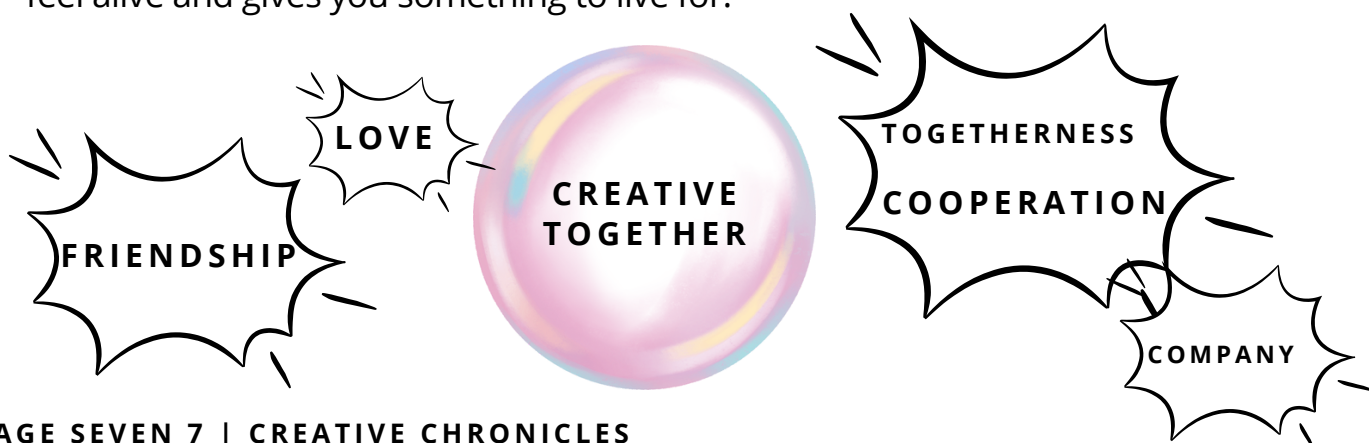
At the centre we work on co-creation and co-production. We share our ideas and encourage each other. We like to offer our explanations and opinions to help people with their creative techniques. We can offer new experiences, but you could also teach us something new!

“It’s a good thing to come to the centre because we’re all willing to help each other.”

3. Have an Open Mind

We all accept each other’s differences and different ways of thinking. If you come to the centre with an open mind you can expect to make new friends, have a great day, gain a sense of happiness and achievement and have a good laugh!

“Coming to Creative Together and spending time with all the people makes you feel alive and gives you something to live for.”



PREPARE TO ENTER OUR GREAT CENTRE



**We organised our own Shrove Tuesday Event and named it CUPID'S PANTASTIC VALENTINE'S PANCAKE PARTY!
We celebrated National Pizza Day and cooked a stir fry!!**

We all had a great time at the pancake party! We made over 50 pancakes and planned all the toppings ourselves and went shopping to buy all the ingredients.

We bought quite a lot of ingredients so we think we will plan another pancake cook up just to use them all up!

We even had crispy bacon and maple syrup but i think we need to cook more of that next time. One of the members has gluten free flour and they weren't left out!

The tickets were £5 and included pancakes with the toppings and drinks and we had a great time dancing, singing together and some karaoke!

Please don't feel scared to join us at the centre - we are all very friendly!



Sometimes it's a bit lonely cooking by yourself so we chose a stir fry recipe and went shopping for the ingredients to Wing Yip Superstore nearby. It was a lot of fun looking around.

We felt like a family cooking together. Then we took it home so we could eat it for tea. It was like eating together even though we were apart!



We love pizza so much. **Nell's Pizza at Common** in the Northern Quarter near the centre has cut price pizzas at lunch time so we treated ourselves!

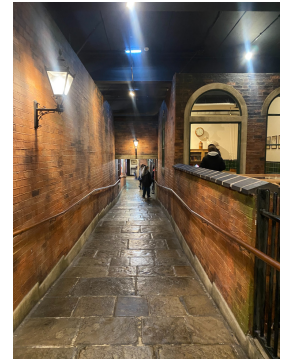
The smaller pizza's are £7.77 each but are massive! But some of us had a lot of toppings so they were a bit more expensive. We like to gain confidence by eating out together and practice ordering and paying for our food. We find that a lot of places don't accept cash anymore so this is sometimes a problem for us.

International Women's Day
Friday 8th March 11am - 4pm
Creative Together, M4 5JW

| | | |
|--------------------|---|---------------------|
| Free health advice | ● | Creative showcase |
| Style sessions | ● | Self love workshop |
| Jewellery making | ● | Market stalls |
| Positive portraits | ● | Charity Fundraising |

Menopause Charity | brook | Menopause Support | Creative Together

INTERVIEW WITH TRAVELLERS



Creative Together's Third Thursday Club is a co-produced travel day where members decide on a destination, times and modes of transport. Discussions around food are animated!

On Thursday 15th February 2024 - Creative Together ventured to Portland Basin Museum in Ashton U Lyne. Despite the weather being cold and damp and a long queue in the cafe - a great time was had by all.

Tell us, how did you decide on the destination Portland Basin?

One of the members, Carole, suggested the Museum. Unfortunately she couldn't come on the day because she was poorly. We liked the idea of this destination because it was close by and we wanted to check it out for when the weather gets better.

What is it like?

It was really interesting to learn about the history in Tameside. The first black professional footballer was Arthur Wharton and he played for Stalybridge Rovers in 1895. We also learnt that that fish and chip shops started in 1830s when fishmongers fried fish to preserve it. Tameside's first chippy opened in 1863 in Mossley by the Lees family. When served it was called "A Basin of Chips" with layered fish, chips, peas and wrapped in newspaper. The museum has a lane with a row of shops inside and examples of a house and school room in the 1900s. It was brilliantly presented. There were lots of interesting facts about the area and we learnt that the phrase "pencil me in" came from the little book girls carried at dances. Men asked if they could write their names in the books for a dance!

Where did you eat?

We chose to eat in the cafe in the museum named the Bridge View Cafe. We had toasties, jacket potatoes and cake. The queue was very long and slow but the staff were very polite and helpful. It was half term so busy. The food tasted great especially the homemade cookies!

What landmarks did you see?

We saw the Ashton Canal and we crossed it to the other side and walked to Ashton market, which took about 20 minutes, where we looked around the shops and bought fruit and veg from the market stalls. We also saw the courts.

How much did it cost and how long did it take to get there?

The session costs £5 for the whole day. The entrance to the museum was free and we used our passes for the bus. We took the 216 bus from Piccadilly Gardens up to Ashton and it took 40 minutes.

Would you go back?

Yes, we'd like to revisit when the weather is better! We also said we'd like to arrange a shopping day in Ashton on a Saturday.





CONTACTS AND INFO

WHERE

CREATIVE TOGETHER CENTRE, 20 SWAN STREET, SWAN BUILDINGS. MANCHESTER M4 5JW
CREATIVE.TOGETHER@CREATIVESUPPORT.ORG.UK
07966 286217

WHO

ZOE GARNER COPRODUCTION CENTRE COORDINATOR

Zoe is passionate about coproduction and championing staff passions. If you have an idea she wants to hear about it!

zoe.garner@creativesupport.co.uk

CLAIRE ROBINSON MEMBERSHIP COORDINATOR

Claire has worked in services and understands the demands on support staff. Claire will help in any way possible to empower anyone in attending the centre.

claire.robinson@creativesupport.org.uk

SONIA ADAMS ART LEAD

Sonia has worked at the centre for many years and is an experienced mental health nurse. Her sessions are full of inclusive ideas and magic!

LAUREN NORTON COPRODUCTION DEVELOPMENT WORKER

Lauren is an experienced creative who is passionate about inclusion and generous with her knowledge. If you would like to use your passion to enhance your job or know service users who would benefit from our activities please get in touch.

lauren.norton@creativesupport.co.uk

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WHAT

STUFF WE DO

Creative Together is the National Coproduction Hub in Manchester. We run art, textiles, creative writing, cookery, hiking for happiness sessions. We also design fabrics and have just launched an online shop where we sell wrapping paper and cushions which are professionally printed and made. We have a Eurovision Song Contest and a Music Festival in the summer.

GET INVOLVED

WE ARE YOUR FRIENDS

YOU ARE SO WELCOME at Creative Together. This centre belongs to the whole of Creative Support. Member ambassadors can visit your service to support you in visiting us. You can get involved. We offer volunteering. Please look at our timetable.

We need you. We are your friends.

scan our QR code for our page on the Creative Support website and check out our timetable



QUOTES FROM MEMBERS ABOUT THE CREATIVE TOGETHER CENTRE

“We are believers and achievers – before, we all lacked confidence.”

“I started coming here after my Mum died and my brother committed suicide. I was scared to open my mouth. But yeah, I absolutely love it. I like spending time with the members. The staff sit with us, talking to us, realising we are who we are and accepting us.”

“The centre is here to build your confidence and show us new skills.”

“Before I started coming here I didn’t think there were many opportunities”

“It’s shown me I have control over my own life.”

“We are not afraid to show people what we can achieve, we want to send a positive message to other people out there who may be in a similar position”

“This (which we have achieved) shows other people that they are somebody, that the world is your oyster.”

“We want people to know that what they can do can make a difference and really matters. ”



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| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|--|--|---|
| 26 Creative.together@creative-support.co.uk Claire - Zoe - Sonia - Lauren 07966 286217 | 27 | 28 SEE OUR WEBPAGE FOR NEWS AND INFO www.creativesupport.co.uk Click on GET INVOLVED tab Click on CREATIVE TOGETHER Where you'll find podcasts, timetable, events, writing and art | 29 | 1 10.30am - 12.30pm Bingo Coffee Morning (E4) 1pm - 2pm Claiming Our Space On Social Media |
| 4 10.30am - 12.30pm Art Session - (E4) 10am - 2pm Hair appointments with Aimee 1.30pm - 2.30pm Coproduction in focus group (free session) | 5 10.30am - 12.30pm Textiles (E4) 1.30pm - 3pm Coproduction Sharing Ideas (E3) | 6 CENTRE CLOSED | 7 10.30am - 3pm Setting up for IWD event - baking etc | 8 11am - 4pm INTERNATIONAL WOMEN'S DAY FULL DAY OF WORKSHOPS ALL GENDERS WELCOME JEWELLERY, ART, BEAUTY, HEALTH AND SERVICE USERS STAFF AND ADVISOR USERS |
| 11 10.30am - 12.30pm Art Session - (E4) 10am - 2pm Hair appointments with Aimee 1.30pm - 2.30pm Coproduction in focus group (free session) | 12 10.30am - 12.30pm Textiles (E4) 1.30pm - 3pm Coproduction Sharing Ideas David's 20 minute chair exercise 1.30 - 1.50 (E3) | 13 CENTRE CLOSED | 14 THIRD THURSDAY CLUB (E5) 10AM - 5PM CLITHEROE - WE MUST LEAVE THE CENTRE AT 10.15 ON THE DOT | 15 10.30am - 12.30pm Bingo Coffee Morning (E4) 1pm - 2pm Claiming Our Space On Social Media SAT 16TH SORT OUT SATURDAY 12PM - 4PM |
| 18 10.30am - 12.30pm Art Session - (E4) 10am - 2pm Hair appointments with Aimee 1.30pm - 5pm CENTRE CLOSED STAFF MEETING | 19 10.30am - 12.30pm Textiles (E4) 1.30pm - 3pm Coproduction Film Afternoon (staff meeting) (E3) 5 - 7pm OPEN MIC | 20 CENTRE CLOSED | 21 10.30am - 12pm Creative Writing (E3) 1pm - 3.30pm Hiking For Happiness (E4) | 22 10.30am - 12.30pm Bingo Coffee Morning (E4) 1pm - 2pm Claiming Our Space On Social Media |
| 25 10.30am - 12.30pm Art Session - (E4) 10am - 2pm Hair appointments with Aimee 1.30pm - 2.30pm Coproduction in focus group (free session) | 26 10.30am - 12.30pm Textiles (E4) 1.30pm - 3pm Coproduction Sharing Ideas David's 20 minute chair exercise 1.30 - 1.50 (E3) | 27 CENTRE CLOSED | 28 10.30am - 12pm Creative Writing (E3) 1.30pm - 3.30pm Music Workshop with Bill and Wayne | 29 CENTRE CLOSED GOOD FRIDAY |

CREATIVE TOGETHER CENTRE MEMBERSHIP INFORMATION

Creative Together Standard Member

As a Creative Together member you can expect to receive

- ✓ Discounts in our café
- ✓ Discounts to selected events
- ✓ Access to our activities and sessions
- ✓ Keep in touch communication
- ✓ Invitations to members meetings
- ✓ Complimentary copy of our Creative Life magazine
- ✓ annual arts calendar
- ✓ Free Wi-Fi in our centre

£5 | per month **£50** | per year

Creative Together Enhanced Member

You will receive all the same benefits as a Creative Together Member, plus:

- ✓ Meet and Greet service until confident
- ✓ One-to-one support available
- ✓ Quarterly Support action planning
- ✓ Signposting and support to access other services
- ✓ Priority booking onto our activities and sessions

£25 | per month **£250** | per Year

Membership is separate to session/ activity costs