

MARCH 2024

CREATIVE TOGETHER'S COPRODUCED NEWSLETTER

ISSUE NO 3



# CREATIVE CHRONICLES

## NO.3



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David interviews his support worker and friend Liam about his passion for Manchester City Football Club

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### WE ARE YOUR FRIENDS

Creative Together members give their tips on overcoming your worries about visiting the national coproduction hub in Manchester.

**Look at what we have been enjoying at the centre! International Women's Day, recipes, poems and much more!**

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### TRAVEL

Creative Together members share their day out to the Portland Basin Museum and a sneaky trip to Ashton Market! With photos, bus information and costs.

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### CONTACT AND INFO

Everything you need to know to visit us and a run down of what we've been up to! PANCAKES!!

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### INSPIRING QUOTES FROM MEMBERS

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### THE TIMETABLE

# PAULINE HOLT ARTIST

Pauline is a wonderful artist. She is both a member and a volunteer and is a calming and encouraging presence at the centre. Pauline's ideas for the Monday art session means we are always in for a new treat! Here she is being interviewed by Imran Baron.

## When did you start painting?

I dabbled a bit before Covid but during the lockdowns I took a Rod Moore course online and my painting really took off.

## What types of paint do you use?

Mainly acrylics. I've tried other mediums but always come back to acrylics for its quickness in drying and its covering power.

## What styles of paintings do you do?

Mainly landscapes, some beach scenes and flowers.



## What pictures did you paint with Rod?

I have done sunflowers, a waterfall, Monet's garden, some beach scenes and a cottage.

## What is next?

I'm doing a six week online course with Rod Moore. But I've done a parrot, an eagle and a chameleon in my own way and want to develop this more.

I've been told my Monet's Garden painting is going to be made in to cards (for Creative Support)!

Three of my paintings are also in the online shop if anyone fancies a nice picture for their wall, look out for them! Have a wonderful day and I'll see you in art class!

**The art class is 10.30 - 12.30 on a Monday morning - an inspirational way to start your week, it is a calm and nurturing space.**



# 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 this lady that had found love.

It made me feel so happy for them that I cried with happiness. I thought that's nice that they have found love and friendship and they'll always be together.

I come to the centre for friendship and companionship. I wanted to share this with people at the centre because I thought they would be inspired and would give people hope that they are also able to find love.

This is what people said about the news item:

"It's good that they encouraged each other to set goals and go further and further. That's good for your mind as well as your body."

"It proves u can do anything no matter what your disability – we all have **ability**."

"It had a happy ending! Not many things on the news have a happy ending!"

"They are both achievers!"

"They had a bond together. People find a bond when they do things together."

"We have other members that inspire us as well. We create things together and chat and discuss food a lot!"



Kelly Barton and Mike Leatherbarrow picture from Salvation Army

"She is did not let her disability stop her finding friendship and love – it's like he is her body guard – wherever he goes she goes and they work together."

"She looks very independent – she doesn't really look like she needs much looking after! We encourage each other to be independent and have confidence at the centre."

"With (my husband) we have companionship and friendship and love and it means that I feel more secure. "

" We can share with one another – I have a bond with my sister and my cat, Reddy. They are the ones that make me feel happy and not alone. Reddy is always happy to see me, well it's cupboard love – which means he loves me because I get his food out of the cupboard."

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



# DAVID'S ACTIVE COLUMN

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.

## David's exercise class

Was your new year resolution to improve your mental health, meet new people and improve your fitness at the same time?

Are you struggling for motivation to meet your goal? Well come on down to David's exercise class every Tuesday afternoon at 13.30 where we watch a beginner's exercise class video on YouTube lasting twenty minutes with the focus on arm and leg muscles.

Here are quotes from some of the people who took part in the class.

Celina said " I liked the movements and I would do it again"

David said " I was surprised by the turnout of the class and I liked that everyone took part and wanted it put on the timetable for April.

Lauren said " David's class got me energised and it was great to see everyone getting fit and having fun"

Edward said "it was therapeutic. Everyone worked at their own level and speed. I enjoyed it!"



The class will be led by David and supported by staff member Lauren. The class is "held in a open and safe space and current or new members are most welcome to attend."

If you want more information, please do not hesitate to email us at [creative.together@creative.support.co.uk](mailto:creative.together@creative.support.co.uk) or ring us on 07966 286217



# PREPARE TO ENTER OUR GREAT CENTRE



## Creative People by Sarah Strutt



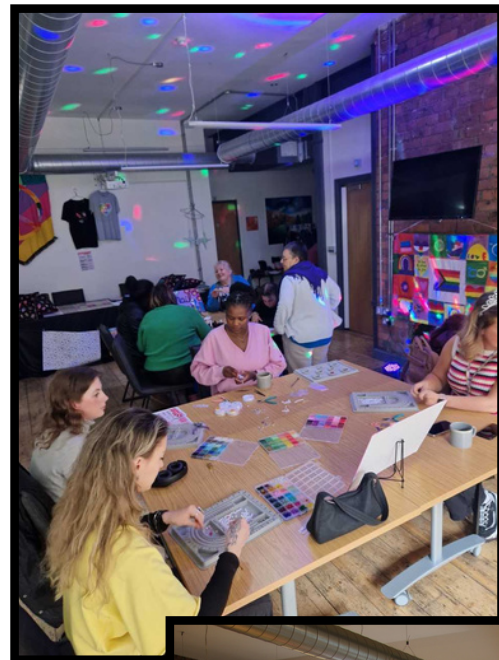
A space to be yourself  
Celebrate creative wealth  
Not pigeon hole based on mental health

Painting, textiles, writing  
And much more  
Welcomed and Respected  
From first entering the door

A friendly atmosphere  
Between members and with staff  
A break in the loneliness  
With chatter and a laugh

Your history not important  
Neither where you're from  
Celebrating the fact that  
Of you there's only one

Everybody's equal  
Not names or numbers, people  
When you're feeling down a smile can be found  
Before continuing your work  
Of which you can be proud



# 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

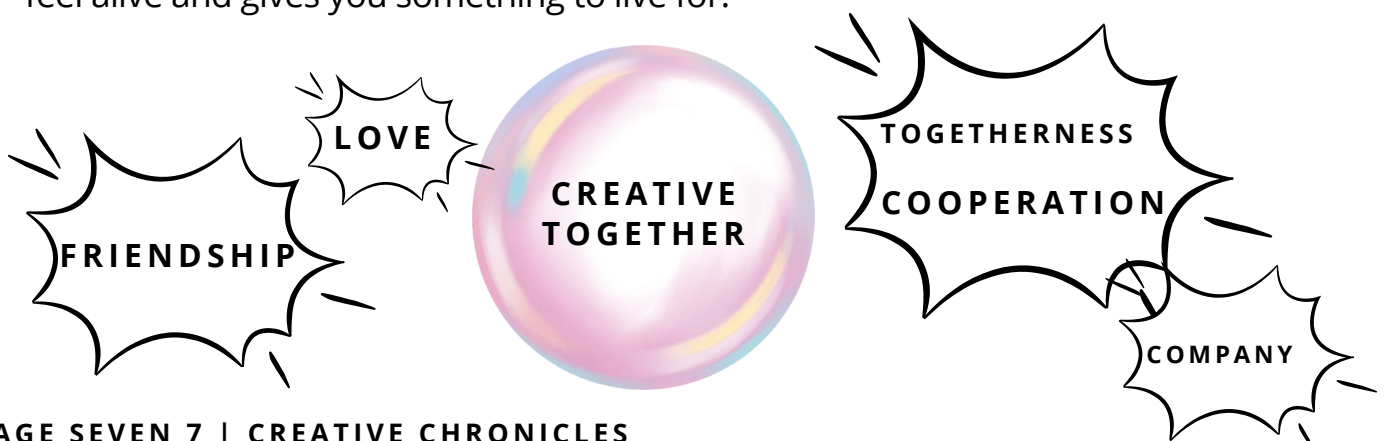
At the centre we work on co-creation and co-production. We share our ideas and encourage each other. We like to offer our explanations and opinions to help people with their creative techniques. We can offer new experiences, but you could also teach us something new!

"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 wanted a fresh and healthy breakfast! So when we spotted someone enjoying fruit, yogurt and granola we decided we wanted some of that! We made our own GF, vegan, low fodmap granola, chopped fresh fruit and offered a choice of oat or cows yogurt! Try out our recipe below!

## Ingredients

- 110g Maple Syrup
- 50g melted coconut oil
- 160g Gluten free oats
- 60g chopped walnuts
- 2 tablespoons of hemp or chia seeds



## Method

- Preheat electric fan oven to 140°
- Mix together all the ingredients together using a (wooden) spoon in a large bowl so you can coat all the oats
- Space out all the ingredients on one or two baking trays
- Put in oven and check after 10 mins, will still be soft but space out a bit more - put back in oven
- Check again after 10 mins, space out - put back in for another 10 mins
- Take out tray and smack with the back of the spoon to separate - leave to cool - smack again! Once cool the granola will be crunchy and amazing!
- Eat for breakfast / lunch / dinner. Try on ice cream or fruit crumble! Sent us your pics please!

**Look out for music updates!! If you love music get in touch ASAP!!!**





# PREPARE TO ENTER OUR GREAT CENTRE



**Creative Together invited the Creative Support community to spend the day celebrating this year's International Women's Day! Members organised an event with self-love workshops on various themes from 'expressing your style' to 'attaining life goals.'**

Some stand-outs from the day were Pelumi's jewellery-making station, Jean's collage workshop, Helene's nail bar and Kim's positive portraits which saw members of the community and public having their portrait drawn throughout the day. RSPCA Manchester & Salford supplied materials for a 'Second Hand Style' station and The Menopause Charity also offered free health advice.

Lauren said "It was such an uplifting day, right from the moment we opened the doors until the last person left. We welcomed people of all genders through the door to celebrate the amazing women that come to Creative Together, and we were supported by some incredibly talented staff to host our workshops. Even a power cut couldn't stop us from painting nails and making jewellery, and we managed to raise £174 for the two charities that supported us on the day. We plan to continue our momentum with an Art Exhibition in May, and will be inviting our collaborators back to enjoy the space once again.



# PREPARE TO ENTER OUR GREAT CENTRE



Read on to find out what International Women's Day means to the staff, volunteers and members of Creative Together:



“IWD is great because it reminds us all to celebrate women in every way. I may not be particularly interested in most stereotypically feminine things, but being a woman is something that is very important to me and something I enjoy to the full. Today and every day, all the women in your life, past and present should be celebrated in whatever way works for you.”

– Kate



“Today is about connection and freedom of speech. I am a strong woman and all the women in my family are strong – it’s hereditary. I believe in Emmeline Pankhurst’s saying, ‘deeds not words’. I can’t sit there and see someone struggle; I open the door for them. I grew up after the war when women had a huge sense of pride, and that continues into today.”

– Carol

“I’m enjoying displaying my work as a woman. I’ve done very well to achieve what I have I have achieved in the past 12 months. I’ve taught myself to draw and it’s been trial and error, but worth it. It’s so nice to be around all the women at Creative Together. Everyone’s so lovely.”

– Kim

# PREPARE TO ENTER OUR GREAT CENTRE



Following our International Women's Day event, Grae and Annabel received their personalised portraits from our resident portrait artist, Kim. They both asked us to share their messages of thanks, and included a couple of photos for us to enjoy:



"It was an absolute joy to receive my portrait by Kim in the post. It came wrapped up in orange tissue and tied with a colourful ribbon. Kim is a really talented artist, and also such a kind and interesting person, so I completely trusted her to do a wonderful job.

I think the painting is a very accurate representation of me, with the curly hair, glasses and smiley face. I've had many compliments about it already and am so proud to have it on my wall next to my desk at work.



It is clear Kim has real aptitude for visual art, especially since she's only been painting for a year. Her style reminds me of some pop artists from the 70s and 80s including Andy Warhol and David Hockney whose work I love. Thank you and keep making art, Kim!"

**Grae**

A BIG thank you to Kim for such an amazing piece of work! She was so helpful on the day, and it was great to be able to see her very full portfolios of her previous artworks. Super work Kim and keep it up!

**Annabel**



# PREPARE TO ENTER OUR GREAT CENTRE



## IWD by Carolyn Mclean

What is IWD all about?

Inspiration for women and all

Agendas from past and present

Empowerment and a future in society

No matter each background

Women against violence and abuse

Emotionally

Physically

Socially

Celebration time for IWD

The future can look bleak

Make a better future together

Listening

Understanding

Positivity in our own lives

Be there for each other

Our own disabilities are our abilities

Individually we have gifts

Talents to offer

Celebrate being as one

What did we do and achieve?

Held an event at Creative Together

Where there were

Fun, laughter, relaxation, activities and good food

New and old faces were nice to see

No discrimination

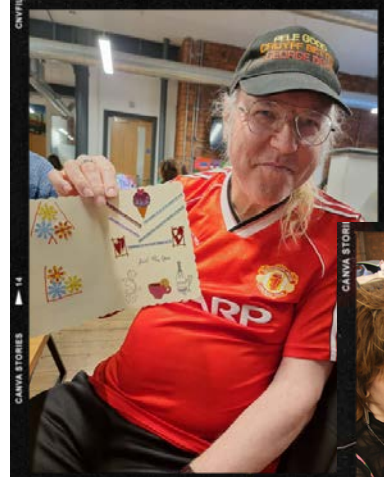
We all had a part to play

Warmth, care and love was given by all

A lot of hard work in the background

Effort given

Altogether an enjoyable day



# 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 14th March 2024 - Creative Together ventured to the town of Clitheroe. It was mild weather and the rain held off for us!

## **Tell us, how did you decide on the destination Clitheroe?**

Zoe saw Clitheroe on the tv program Escape to the Country and thought it looked interesting! We looked at what it had to offer in a coproduction meeting and agreed it looked like a good destination.

## **What is it like?**

It was a really amazing town! It has a lot of history and we walked up the steep driveway to the castle where there was the most amazing view! We thought the soldier overlooking the valley was particularly moving. We stumbled across a shop that sold everything to do with witches! That's because Pendle Hill is close by where so many women were executed in the 17th Century for being witches. There were so many shops and pretty lanes. We went in a crystal shop and bought teacakes at the bakery to take back to the centre. The Information Centre was also a gallery and the locally produced art was inspiring.

## **Where did you eat?**

David did some research before we went and found a cafe called Blueberries. They were so friendly and helpful and there was a very extensive menu so something for everyone. Lauren and Sal went to a vegan cafe called the Secret Garden which they said was also a wool shop!!

## **What landmarks did you see?**

Everything is a landmark in Clitheroe! The Clitheroe Serviceman statue was stunning along with the castle, the views from there were unbelievable. We didn't get to see the Ribble Valley Sculpture Trail but we want to go back to see it in the summer. David and Liam got an impromptu tour of the Clitheroe Football Club stadium!

## **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 castle grounds was free, the museum was £6 but we didn't go in there. The train fare was £7 each on a Northern Duo as most people had passes up to the Greater Manchester border. The staff paid £13 each return from Manchester Victoria to Clitheroe. The journey was 1 hour and 20 mins so we had a good natter on the train!

## **Would you go back?**

Yes, we'd like to revisit when the weather is better! We would like to go to the sculpture trail so we can get some inspiration. The staff in the information centre said they would help us to plan our next day visit which would be very helpful.





# 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

## 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

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“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 WEEKEND

| 1   | 2  | 3   | 4  | 5   | 6/7   |
|---|--|---|--|---|---|
| <b>CENTRE CLOSED EASTER MONDAY</b>  | <b>10.30am - 12.30pm</b><br>Textiles (E4)<br><br><b>1.30pm - 3pm</b><br>Coproductio<br>David's 30 minute chair exercise<br>1.30 - 2PM<br>2 - 3PM Sharing Ideas (E3)                            | <b>CREATIVE SUPPORT STAFF COWORKING SPACE</b>                             | <b>10.30am - 12pm</b><br>Creative Writing (E3)<br><br><b>1pm - 3.30pm - FREE</b><br>ART exhibition research - visiting the Castlefield Gallery and the Open Exhibition at <b>HOMEMCR</b> | <b>10.30am - 12.30pm</b><br>Bingo Coffee Morning (E4)<br><br><b>1pm - 2pm</b><br>Claiming Our Space On Social Media | <b>CENTRE CLOSED</b>  |
| <b>10.30am - 12.30pm</b><br>Art Session - (E4)<br><b>10am - 2pm</b><br>Hair appointments with Aimee<br><b>1.30pm - 2.30pm</b><br>Coproductio in focus group (free session)  | <b>10.30am - 12.30pm</b><br>Textiles (E4)<br><b>1.30pm - 3pm</b><br>Coproductio<br>David's 30 minute chair exercise<br>1.30 - 2PM<br>2 - 3PM Sharing Ideas (E3)<br><br><b>OPEN MIC 5 - 7PM</b> | <b>CREATIVE SUPPORT STAFF COWORKING SPACE</b>                             | <b>10.30am - 12pm</b><br>Creative Writing (E3)<br><br><b>1pm - 3.30pm</b><br>Hiking For Happiness (E4)<br>GREEN TRAIL  | <b>10.30am - 12.30pm</b><br>Bingo Coffee Morning (E4)   | <b>SAT 13 TH SORT OUT SATURDAY 12PM - 4PM</b>                                 |
| <b>10.30am - 12.30pm</b><br>Art Session - (E4)<br><b>10am - 2pm</b><br>Hair appointments with Aimee<br><b>1.30pm - 2.30pm</b><br>Coproductio in focus group (free session)  | <b>10.30am - 12.30pm</b><br>Textiles (E4)<br><b>1.30pm - 3pm</b><br>Coproductio<br>David's 30 minute chair exercise<br>1.30 - 2PM<br>2 - 3PM Sharing Ideas (E3)                                | <b>CREATIVE SUPPORT STAFF COWORKING SPACE</b>                             | <b>10.30am - 12pm</b><br>Creative Writing (E3)<br><br><b>1pm - 3.30pm</b><br>Hiking For Happiness (E4)<br>GREEN TRAIL  | <b>10.30am - 4pm</b><br>COPRODUCED<br>DAY TRIP OUT TO BURY MARKET   | <b>CENTRE CLOSED</b>  |
| <b>10.30am - 12.30pm</b><br>Art Session - (E4)<br><b>10am - 2pm</b><br>Hair appointments with Aimee<br><b>1.30pm - 2.30pm</b><br>Coproductio in focus group (free session)<br><b>3 - 4pm - NEW THE READER GROUP</b> | <b>10.30am - 12.30pm</b><br>Textiles (E4)<br><b>1.30pm - 3pm</b><br>Coproductio<br>David's 30 minute chair exercise<br>1.30 - 2PM<br>2 - 3PM Sharing Ideas (E3)                                | <b>CREATIVE SUPPORT STAFF COWORKING SPACE</b>                             | <b>THIRD THURSDAY CLUB (E5)</b><br>TRIP OUT<br>10AM - 5PM  | <b>10.30am - 12.30pm</b><br>Bingo Coffee Morning (E4)   | <b>cook together SUNDAY DINNER 28TH 12PM - 4PM £5</b><br>Depending on numbers |
| <b>10.30am - 12.30pm</b><br>Art Session - (E4)<br><b>10am - 2pm</b><br>Hair appointments with Aimee<br><b>1.30pm - 2.30pm</b><br>Coproductio in focus group (free session)<br><b>3 - 4pm - NEW THE READER GROUP</b> | <b>10.30am - 12.30pm</b><br>Textiles (E4)<br><b>1.30pm - 3pm</b><br>Coproductio<br>David's 30 minute chair exercise<br>1.30 - 2PM<br>2 - 3PM Sharing Ideas (E3)                                | <b>DATE FOR YOUR DIARY</b><br>ART EXHIBITION<br>FRI 17TH AND SAT 18TH MAY | Creative.together@creativesupport.co.uk<br>Claire - Zoe - Lauren<br>07966 286217   | <b>DATE FOR YOUR DIARY</b><br>EUROVISION<br>FRI 10TH MAY  | <b>DATE FOR YOUR DIARY</b><br>MUSIC FESTIVAL SAT 13TH AND SUN 14TH JULY       |

CREATIVE TOGETHER ACTIVITY CALENDAR



CAFE OPEN TUESDAY 12.30PM-1.30PM

2024  
**APRIL**

## 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

For more information please contact the centre on 07966 286 217 or email [creative.together@creativesupport.co.uk](mailto:creative.together@creativesupport.co.uk)

