



CREATIVE LIFE

2024
ISSUE 41

A person with short hair, wearing a silver tiara, a long-sleeved teal dress with a white top, and white sneakers, stands in a park. The dress is decorated with several autumn leaves in shades of red, orange, and yellow. The person has their hands on their hips and is smiling. The background consists of green trees and a path covered in fallen leaves.

**Celebrate
your style**

Following your passions



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Would you like to appear in this magazine?

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

Hello from Anna



Hello and welcome to issue 41 of Creative Life!

A very warm welcome to the latest issue of Creative Life, where you can read more wonderful stories from people within our Creative Support community. In this issue we'll be hearing from people about their passions and interests, ahead of our 2025 yearly theme of 'Doing What Matters to Me'. Read about Adam's love for dance competitions, Amanda's passion for handmade creations, and Caine's fantastic upcycled fashion.

You can also read more about Wilmer, who we spoke to in our last issue, as he has reunited with a sister he had never met before. Paul in Salford shares a touching tribute to his late wife Jane. Paul in Swinton chats to us about his radio show that he hosts each week, and Mo in Tameside did a sponsored skydive to raise £2,000 for her service! We hope you enjoy reading this issue of Creative Life, and we'll see you in the next one.

A handwritten signature in black ink that reads "Anna Lunts".

Anna Lunts, Chief Executive

A Word From Our Contributors



Paul

"I hope that sharing my story will give others awareness about what life can throw at you and how, with love and support from people around you, you can overcome life-changing events. This is why sharing my story is important. I am hoping people will be inspired to keep going like I have."

Adam

"I feel proud to see my article in Creative Life and I hope others like it too. Ballroom dancing is fun and I like to tell people about it, they might like to learn it too."



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

YOUR GOOD NEWS STORIES

It's time to take a look at some of the wonderful things happening at our services all across the country! We love seeing what everyone gets up to, and if you have a good news story you'd like to share for our social media or the next issue of Creative Life, get in touch at communications@creativesupport.co.uk



Doncaster Race for Life

Staff and the people they support from The Bungalow and Highfield Road completed the Race for Life 5K Run, raising £626.50 for Cancer Research! Sporting their We Care t-shirts, the group loved waving at all the spectators as they ran and walked across Doncaster. Victoria, Leanne and Michelle at The Bungalow were chatting about raising money for a charity of their choice, and Victoria suggested the Race for Life. Soon, they had eight people signed up and gained sponsors from family and friends. "I felt excited and happy," said Victoria. Afterwards, everyone was tired but proud of what they'd achieved. Well done everyone!

Brighter Living Banquet

Folks in London received a £250 grant from Wandsworth Council as part of their Brighter Living Fund. They used the money to host a healthy banquet, where residents took part in preparing the meal. Everyone felt inspired to start making their own food from scratch! They made mushroom and leek pie, squash and butterbean stew, beetroot and feta salad and rosemary potatoes- all accompanied with a healthy amount of fresh bread and cheese! "It was so satisfying seeing the whole process through from start to finish," said Caroline, one of the residents.



Stu's Cruise

Stu in Leicestershire recently went on his first ever cruise! Starting in Southampton, Stu, his mum and his stepdad embarked on an incredible four-night overseas adventure, stopping off in France and Belgium. It was an all-inclusive experience, and Stu enjoyed the luxuries of his own cabin on the enormous ship. "I had a fantastic time. The food was great and the weather was amazing, it was 16°C all the time," said Stu. "I had a fab excursion to Belgium - walking along the beach and visiting the local hypermarket." How wonderful, we're very jealous!



Miami is My Home!

Amy in London fulfilled her lifelong dream of visiting Miami, where she was born. With the help of support workers Ash and Verity, Amy crafted a perfect itinerary filled with sun, sea and sand. Highlights of her trip included a breathtaking boat cruise, bustling markets, and mouth-watering Cuban cuisine. The trip was made even more special as Amy reunited with her mother and close relatives in Port St. Lucie, cherishing invaluable moments together. Amy's days were filled with joy as she soaked up the sun on the beach and indulged in her favourite activity—shopping! A particularly memorable experience was her enchanting encounter with dolphins, which left her beaming with happiness.



Viva Las Vegas

Shaun in Newbury went to Las Vegas last year, where he saw the Grand Canyon and soaked in the atmosphere of the strip. Since then he's got the travel bug, and jetted off to Florida in October where he was joined with some of the people who were with him on his Vegas trip. He had a wonderful time enjoying the parks, seeing shows and even swimming with dolphins. He's been collecting hats on his travels so he was able to add another to his collection this time. Next on his list is Memphis, so he can perform a tribute to Elvis!

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](#)



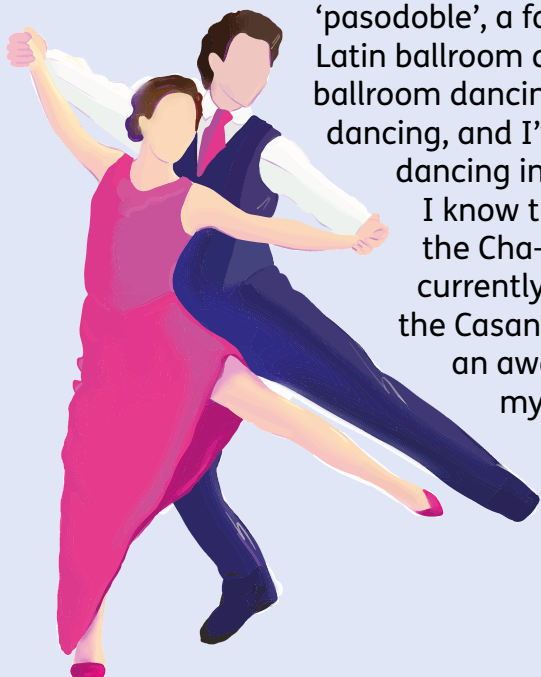
Dance Fever!

Adam has been ballroom dancing for over ten years now and is considered a bit of a pro, taking part in competitions twice a year. Adam shared why he loves getting down on the dancefloor, his nickname, and his journey towards mastering the Rhumba and the Cha-Cha-Cha.

“I started dancing around ten years ago, when I was in Primary school. I’ve loved it ever since then,” Adam explained. Adam lives in Todmorden, and has been working with his support worker Greg for the last eight years.

“Adam’s nickname is ‘Snakehips’,” said Greg. “We used to go to one of the nightclubs in Halifax, but it’s shut down since Covid. Now he mostly enjoys dancing at Christmas dos and parties.” At parties Adam is always on the dancefloor the longest, sometimes dancing non-stop for over an hour and a half! Adam also enjoys a boogie in his room at night, as many of us do. “I like dancing to Robbie Williams,” said Adam. “My favourite is ‘Angels.’”

Adam’s favourite dance is the ‘pasodoble’, a fast-paced Latin ballroom dance. “I like ballroom dancing and Latin dancing, and I’ve done line dancing in the past. I know the Rhumba, the Cha-Cha-Cha and currently learning the Casanova. I won an award for my Rhumba dancing!”



Adam proudly holding his dance certificates

Adam has been slipping into his special soft-soled ballroom shoes and heading round the corner to his local dance studio for the last ten years. The same staff members attend each week so they can keep up with the moves. “I go with Joe and Ross, and I’d say they’re getting better!” said Adam.

Sadly, Greg doesn’t have the same sense of rhythm, as he explained: “I went dancing with Adam once, and I said I couldn’t go again as I was so bad there was no point in me being there.” That’s the sad reality for those of us with two left feet!

Adam has dancing exams twice a year, and is always coming back with a medal, waving a certificate to add to his wall of success at home. “I’ve got proper dancing shoes, and I dress up for my competitions in a shirt and trousers. I don’t really get nervous before the exams.” Nerves of steel, Adam!

When asked his top tips for being a great dancer, Adam explained that having a good memory is important to remember the moves. “I think I’ve got a good memory because of my dad, he used to dance too.”

Adam is also a huge fan of Strictly Come Dancing, and even went to see it live in Halifax! “I like the dancing, the judges and the costumes,” Adam said.

When asked if he’ll be dancing for the rest of his life, Adam responded with a resounding ‘yes’ – we’ll see you on the dancefloor!

You can watch a video of Adam and Greg on our YouTube page, visit:
<https://youtu.be/7Qk9boeqfPc>

Handmade by Amanda

Amanda in Doncaster started sewing sessions at her local day centre just over a year ago. In that time, she's collected a room full of handmade treasures, from stuffed animals and keyrings, to clothes and accessories!

"I found it easy straight away," said Amanda. Amanda was proud to show us her wall full of certificates, including one for her first time using a sewing machine, which was only a year ago. With the quality of Amanda's creations, you would think she'd been sewing her whole life. We were so impressed when she showed us her array of items, such as door stops, coasters, cushions and teddies, which all looked like they could have been bought in a shop.

With a craft table, sewing kits and plenty of fabric, Amanda has her own station to make creations at home outside of the sessions. "It makes me feel better to have time to myself, it makes me feel calmer and passes the day," she said.

The real showstoppers were Amanda's handmade dresses, complete with a matching bag, purse and hat. When out and about, Amanda looks for fabric patterns that would make fabulous outfits. "The teacher is very nice, she's very talented," said Amanda. "She helps me to measure the outfits and get them to size. She even uses her own time to help measure me."

People have started to put in their requests, and Amanda will be busy making bucket hats and gloves to give as gifts. Count us in Amanda!



Amanda showing her fantastic creations



"It makes me feel better to have time to myself, it makes me feel calmer and passes the day."



Paul and Jane:

Paul still clearly remembers the night they started chatting at a night club in Tyldesley, a town on the outskirts of Manchester. Jane was sociable, funny, and had lots in common with Paul.



Paul and Jane on their wedding day

“After that, it was non-stop adventures,” said Paul. “We went to Thailand quite a few times, and Egypt too.”

In 2003, they married and spent the next ten years visiting different countries. However, in 2014 Jane was sadly diagnosed with Multiple Sclerosis (MS), a condition that affects the brain and spinal cord. Their life changed dramatically; Jane had to leave her job, and Paul left his job to become a full-time carer.

Paul’s sister Karen was there for each step of their journey. She said, “Although Jane’s arms and muscles got very weak, she didn’t want carers in, she just wanted Paul and Paul wanted Jane. They did everything themselves.”

They’d adjusted to their new life until 2021, when Paul had a stroke and they both needed

care. A housing scheme offered them an accessible flat together and Creative Support provided carers. This meant that Paul and Jane could still live together and keep their independence.

“Jane and Paul really did spend every possible minute with each other and loving each other. They were joined at the hip, so it was truly a great day when this flat came up,” said Karen.

Although their lives had changed a lot, they still found ways to help each other and live happily together. On a sunny day, Paul sat in the garden Karen planted, chatting to Jane through the open door. On a rainy day, Jane watched TV and did Sudoku while Paul read a book.

Paul laughed, “Me and Jane bounced off each other and kept each other open-minded.”

Jane sadly passed away in April this year. When talking about making changes to the room, Paul said: “Jane would be going mad if I’d moved the furniture! She made me feel light and warm. She meant the world to me.”

Over the last few years Paul has slowly been building a new life for himself. Just before he had his stroke, he passed the exam for UK Amateur Radio and has recently been trying to get back into talking to people around the world. When he talks about his stroke on the radio, he finds that many people are really kind and understanding.

He’s also got Cheeky the Cockatiel to keep him company. Paul said, “When Jane and I moved into this flat, we weren’t allowed dogs or cats so we got a Cockatiel called Cheeky. Jane loved Cheeky. I would often ask Jane, ‘are you okay?’

A Life Together

“Jane and Paul really did spend every possible minute with each other and loving each other. They were joined at the hip, so it was truly a great day when this flat came up.”

Cheeky began to copy me, and now asks me if I’m okay! It’s nice to have noise in the house.”

Paul is learning to walk again and has become more involved with Creative Support events and groups. “I never got that involved in Creative Support while I was looking after Jane as we just wanted to be together. But now I’m keen to get involved.” In August, Paul walked the Manchester Pride parade with us for the first time, sporting bright yellow crocs and waving a Creative Support flag.

Paul hopes sharing the story of him and Jane will move people to live their lives to the fullest and love people with all their heart. Karen said, “It’s important to make the most of every day, just like they did – together.”



Paul and his sister Karen



Paul in the Manchester Pride parade

ON AIR WITH PAUL

Every Tuesday morning, Paul from Swinton heads down to the studio at Salford City Radio and gets comfortable behind the console. His show, Paul Hallows, is live on 94.4FM at 11am for an hour of 80s and 90s hits, interviews with artists and a quiz. Paul tells us more about how he got into radio presenting, what it feels like to be 'on air' and the ways in which radio changed his life forever.

"My interest in music production and radio began as a kid. My mate Marc and I used to borrow his dad's disco equipment and DJ at our high school discos," said Paul. "After getting a bit of experience in the industry, I got a job at Salford City Radio in 2007. I play upbeat music, host a quiz called 'Spot the Intro', bring on special guests and also do a bit of a roundup of local events."

Over the years, Paul has interviewed some big names including hit singer Chesney Hawkes, folk band The Houghton Weavers, and actress Su Pollard. His favourite interview, however, was Tony Berry, lead singer of The Houghton Weavers.



Paul behind the decks at Salford City Radio



"Tony was amazing and very nice. I must have done a good job because at the end of it he asked, 'how many radio interviews have you done?' and I replied this was my first one. He said 'well it was very good, you know.' I used to go to his shows after that. Once he found out I was in the audience, he got me to stand up and everyone applauded. I felt really proud."

Paul enjoys the freedom of hosting his own show, and says he has become the best version of himself since he began. "I get to make a lot of the decisions. I feel it's really developed my confidence too. When my dad passed away, I wasn't doing great and moved around a lot to get support. When I first joined Creative Support and got into radio, I was very shy and quiet and wouldn't really talk to anyone, but then I began to feel a lot better and started to rebuild my life again. Now you can't shut me up!"

Outside of doing his show, Paul is a creative person. He's part of a writing group called Switch in Swinton and his poems and stories feature in their recent anthology, SPAM. He also acts and has been in productions such as Guys and Dolls with Salford Musical Theatre Company.

"I guess I just like making new connections and meeting new people. This is what I look forward to in the radio show every week. I just love it. I don't really know who is listening specifically, but I know my mum listens and a mate of mine from school! After a long journey, I feel proud to be in Salford and proud to be a creative – I've finally found who I am."

You can listen to Paul's show on the Salford City Radio website or tune in to 94.4FM.

Sporty Summer

This year we launched 'Sporty Summer', giving out grants of up to £800 to help people come together and throw a sporty event in their area. We were delighted to give out 12 grants to services across the country, and you can read about some of them below!

Tameside

11 services in Tameside used their Sporty Summer 'Celebration' grant to throw a sports day to remember! With activities spread across the track, people could take part in hoop toss, splat-the-rat, egg and spoon races, inflatable darts, tin can throw, penalty shootout, and much more.

"I've had a nice day, I enjoyed being on a bike and I'd like to come again,"
– **Linda, who we support in Tameside.**



The North East

"I felt a sense of community with everyone being so welcoming."
– **Katy, who we support in Tyneside.**



Bromley

"It was so lovely to see people forming connections and feeling sociable,"
– **Jess, Senior Development Officer.**



Blackburn

"There was a lot of games. I like it here and I have got a lot of friends here."
– **Paul, who we support in Blackburn.**

Find a full list of articles on our website: www.creativesupport.co.uk

Finding My Family

You might remember Wilmer from our last issue, who reunited with his sister after 20 years. Wilmer's story continues as he meets up with his two other siblings, including a sister he had never met before!

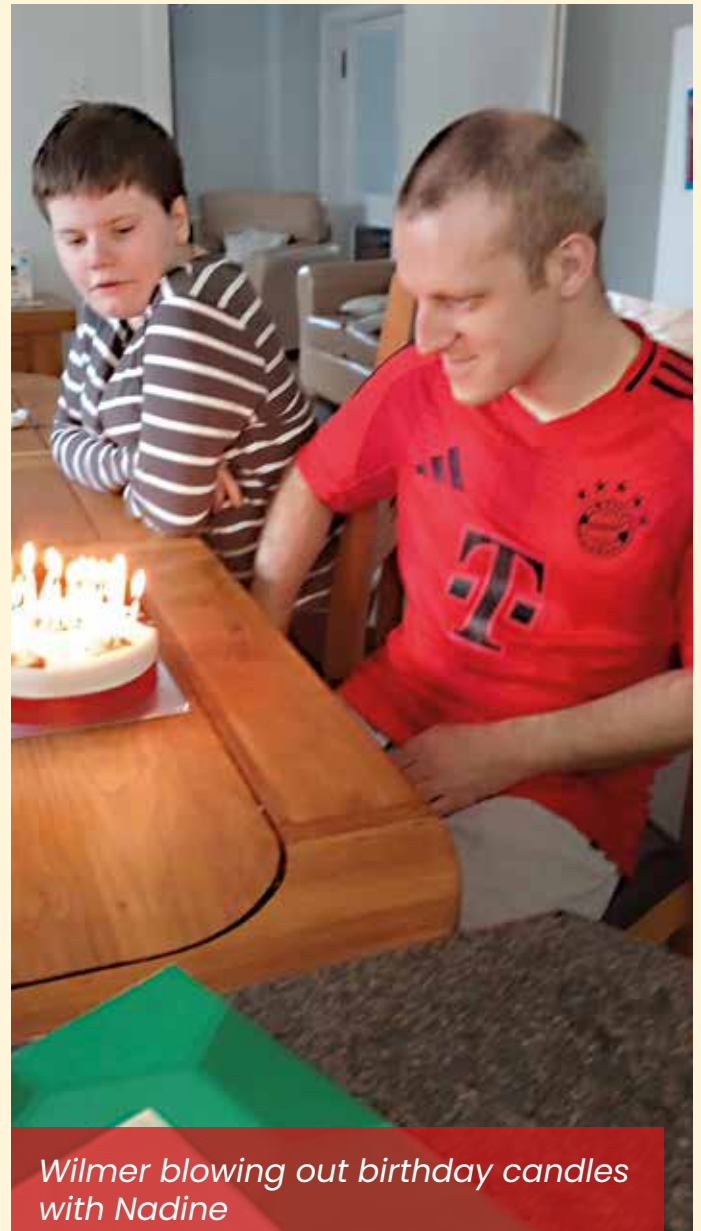
Earlier this year, we shared the story of Wilmer, who lives in Bedford. With the support of Registered Manager Serah, they managed to contact his sister Kerrie, who was adopted around 20 years ago. They had to wait until she was 18 before they could contact her, and Kerrie wanted some more time before she was ready to meet with her brother. After reuniting for a meal in Nandos, Wilmer said: "The weight I have been carrying was lifted, as this was a missing piece in my life."

The pieces continue to be found, as Serah has helped Wilmer to reconnect with his brother, and even meet up with a sibling he had never met.

"When we were younger, me and my brothers and sisters were put into care," explains Wilmer. "Kerrie was adopted 20 years ago, and Nadine was born after we were both adopted, so I never met her."

"When I first met Kerrie she was quite reserved and shy, so I was wondering if Nadine would be like Kerrie, or a bit more outspoken like me. She was definitely more hyper! We went to a gravity trampoline park and then for a McDonalds afterwards, spending the day catching up and sharing stories. It was a shock to finally meet my baby sister, and I loved every minute of it."

As both Wilmer and Nadine are chatterboxes, the meeting went smoothly. "I wasn't nervous meeting up with her," said Wilmer. "We have each other on WhatsApp now, we like going out to eat and it's more familiar. For my 31st birthday we went out to my favourite restaurant, Nandos, although she can't handle spice as much as me! Her family have even invited me on holiday to Spain."



Wilmer blowing out birthday candles with Nadine

"The weight I have been carrying was lifted, as this was a missing piece in my life."



Wilmer reunited with his sister Nadine

Serah said: “As we’d done the process before, it was a bit easier meeting up with Nadine. Plus, she also lives in supported living so we could coordinate with the staff here.”

Earlier this year Wilmer also got back in touch with his older brother Richard, who they lost contact with after he moved away. The team were able to contact Richard and look into planning a trip to visit him in Devon. “It was a big surprise when he answered the phone!” said Wilmer.

“This has been something Wilmer has been looking for all his life,” said Support Worker Susanna. “We have known him the longest, and all the time he was talking about family and his wish to be united. Lots of things have changed in his life, such as his excitement around Christmas and getting gifts for his family. Previously he didn’t want to celebrate, so this is a huge difference.”

“Our ultimate goal would be for all three siblings to meet up at the same time!” said Serah.



“Since I was younger I was wondering what it would be like to see them again,” said Wilmer. “As the older brother, I felt a duty to protect them even though I didn’t know who they were. I now have the answers about what they’re doing and if they’re happy.”



**Do you have a story that you would like to share with our Creative Life Community?
Get in touch with us at:
communications@creativesupport.co.uk**

In Style: Caine

Caine in Tameside has always been a fashionista. They've designed this incredible autumn look that we can't wait to feature!

They've upcycled a deep emerald skater dress, sewing on a trail of burnt orange leaves to look like they're floating to the ground.

"I love upcycling things from the past. The dress is one of my older dresses that I've had for a few years but I hardly wear it now, so I thought I may as well jazz it up and make something new."

They describe their style as 'a bit of everything'. "The clothes in my wardrobe and the décor in my room is all mismatched, but mismatched is my unique style. I just love colours."

Caine's bag of lipsticks has between 20 and 30 shades, from electric blue to poppy red, but for this outfit Caine settled on a gorgeous nude shade by RuPaul.

For a bit of glamour, they found a dainty silver tiara which looks exquisite when it catches the late afternoon autumn light.



Pride over the years



Vicky and Martin proud to be at Manchester Pride

Vicky, Martin and Luke in Leeds have been spreading queer joy and flaunting incredible looks at Pride events for many years. They chatted to us about what Pride means to them, how it has changed over the last decade, and what they love about drag.

“Pride is about everybody coming together and it should feel like home,” said Luke who first went to a Pride event when he was 18. Vicky and Martin, who are a couple, first went to Pride around ten years ago. “The first Pride I remember really enjoying was Leeds, and it’s still my favourite now,” said Vicky. “Since then, I’ve just wanted to go every time. Pride is the best time of year really.”

Creative Support took part in the Manchester Pride parade this year and Vicky and Martin came along. “It was so nice to meet people from other services and Head Office,” said Vicky. Martin noticed that Manchester Pride has got busier over the years while other Prides have remained the same. “The nice thing about a smaller Pride is that it feels more like a community,” said Martin. “At Bradford Pride, people liked my outfit so much, they came up to me and asked for my photograph!”

Outside of Pride, Luke, Vicky and Martin love going to drag performances, and Luke

and Martin are also impressive performers themselves. Luke has a drag queen persona called Miss Queenie Martini and has also acted in productions such as the Wizard of Oz. “Sometimes I sing, sometimes I lip sync. The thing about drag is there’s so much freedom!” said Luke, “My grandma came to see one of my productions. We took her backstage. She loves to see my different outfits.”

Inspired by drag cabarets he saw when he was younger, Martin started his drag career in a bar in Manchester’s famous Canal Street. “I feel very much part of the dance and drama community,” he said. “I was in Priscilla recently at Leeds Playhouse. I’ve come a long way and I will carry on.”

Vicky is grateful for the friends she’s made along the way. Going to so many Prides, she is not short of contacts, but it’s the Leeds community she really loves. “Viaduct is always our favourite bar in Leeds because we know everyone in there and we’ve got loads of friends,” said Vicky.

Vicky, Martin and Luke can’t wait for Pride next year, and to start planning their outfits for the parade, knowing they can be exactly who they want to be, and together. Martin said: “The safest I feel is at Pride. Whether you’re queer or an ally, you can just look how you want and not a single person there will judge you. It’s wonderful to be in that world.”



Luke on stage looking glamorous

My Self Care Poem

Sara in Manchester shared her poem all about self care. Sara is a member of the Creative Together Centre in Manchester, where she takes part in creative writing sessions. You can read her poem below.

Sara said: "I wrote this poem because I live on my own. I've always loved writing and poetry since I was a child, I always wanted to be a journalist.

I had a brain tumour when I was seven years old, so I lived at home with my parents for

a long time. I've grown in my confidence a lot recently, and about seven years ago I moved into my own place. I like having my own space where I can relax, think for myself and choose when I do things.

Attending the sessions at Creative Together has improved my confidence as I like spending time with my friends and being social.

When writing, once I've set the rhythm, I think of the key words and their rhymes, and use that to form the poem."



My Self Care

*I am now living on my own,
In a place that I call my home.
My mum phones me every day,
To check that I'm always ok.
I have a lounge, kitchen, bedroom, and a bathroom too,
And I always know what I'm needing to do.
I now have carers coming every day,
And they already know what I'm about to say.
Start cleaning, cooking and mopping my floors,
Before I will give you even more chores.
At times we go shopping to buy different things,
It's clothes and food and even more rings.
I'm happy to be living on my own,
At a place I call my home.
I always lock my front door,
So that I'm safe and secure.
I check all my windows and curtains are drawn,
And that makes me feel so cosy and warm.
During the evening while I'm all on my own,
I relax, watch TV and play on my iPhone.
It's now 8 o'clock so I take all my meds,
Before I decide to go to my bed.*



A New You!

Rebekah Salisbury from Birmingham shares her tips for self-improvement and feeling good.

Wow, hasn't time flown by? It's already getting towards the end of the year! But, there is always time to start thinking about bettering ourselves, and becoming an all-round better person. Here are some of my tips that work for me:

Be healthier

A great first step on our journey is to look into the types of food we eat, and see if we are having the balanced meals that are needed to sustain a healthy life. This will help us mentally too, allowing our bodies to flow with the correct nutrients needed.

Declutter your mind and space

Clear your mind by thinking about what is making you anxious, stressed or worried, and see if you can find a way to resolve these concerns. Ask for help from close ones, your mental health team, or look online for resolutions.

Clear your space by looking through your home and deciding if you need everything that you have. Look in your wardrobe and drawers, do

you still wear them or use them? If not, use apps such as Gumtree, Vinted, Depop and Olio, to sell them or give them away for free.

Writing lists

This can help you remember things, while also rewarding yourself when ticking off tasks that have been completed. I use the Finch app, which is a virtual pet that reminds you about tasks, making it a fun, stress free way to help better yourself.

Start a journal

Similar to writing lists, having a place that is full of ideas, goals and dreams will help guide us from the present towards our future aspirations. You can create a mood board or collage to help you visualise and bring out everything from our head into one place.

Do more for others

Spending more time with family and friends is a good place to start. Supporting charities if you can or even just raising awareness of something personal to you is admirable. Being sociable and helping others brings out the rewarding part of our brain, building confidence in ourselves.

These are simple yet effective ways of growing ourselves as individuals. Remember, it isn't a rush, these things take time. But, slowly and surely, you will feel the change within yourself, and start to become a better person. You've got this!

By Rebekah Salisbury





Mo's Marvellous Skydive

Mo flying through the sky

Mo Hunt has been a support worker at Wilshaw House in Tameside for nearly 18 years. Recently she completed her second tandem skydive, raising over £2,000 for the activity fund!

Five years ago, for her 60th birthday Mo joked with her children that she would like to try something extreme like a skydive. As a present she received a voucher for a tandem skydive – there was no turning back now! Gathering sponsors from friends, family and colleagues at Wilshaw House, Mo raised an incredible £1,300. The money is used to fund activities and put on bigger events like their summer and winter ball.

“I’ll have worked at Wilshaw House for 18 years in February,” said Mo. “It’s an amazing place to work. Before that I had no experience in the care sector – I’d always been a hairdresser since I left school.”

Looking for a career change, Mo applied to work at Wilshaw House, having cared for her auntie when she had dementia. “I’ve met some amazing people since I’ve been here. They’ve got fabulous life stories and they’re an inspiration to me.”

Sadly, Mo is retiring, and as a last hurrah for her 65th birthday she decided to do a second skydive. “It’s an amazing experience, it’s frightening and there’s the fear of the unknown,” she said. “The second time was much better, the weather was clearer and I’d done it before. You get a strange sense of calm right before you have to jump out. It was strange being filmed while I was freefalling!”

Mo absolutely smashed it out of the park, raising a total of £2,200. “The money goes towards entertainment, singers, musicians, parties, and our Annual Balls! We also do arts and crafts sessions, baking, quizzes, and armchair exercises to name a few. The ethos of Wilshaw House is around stimulation and keeping the mind active.”

Thankfully for her colleagues and the people they support, Mo is staying on the bank team, so she’ll still be around for the annual events. “When you love a place it’s hard to let go. When I retire, I’ll have a new baby granddaughter to keep me occupied!”

When asked if she’d ever do another skydive, Mo replied: “Never say never!”



Find Your Passions

Katy Taylor from Tyneside has recently started an English Literature and Creative Writing Course at Northumbria University. Katy talks about ways she manages her mental health while studying, and what the course means to her.

Following your passion unlocks so much of your hidden potential. Having a hobby or interest can help us to cope with the stress and anxiety of everyday life. Passions can be limitless. However, I will focus on my love of education within this article.

My brother Shaun and I are both passionate about learning and expanding our knowledge and understanding, allowing us to pass on an extensive amount of knowledge to other people.

I have had a passion for writing since I was younger. However, during my school years I was not as confident in my ability as I am of today. Originally, I did not achieve a lot of GCSEs, but I had a tutor who believed in my potential, allowing me to find my own passion for learning. I started off by learning ICT in sixth form, and now over the many years of learning different crafts and educational opportunities, I am now studying an undergraduate degree at Northumbria University in English Literature and Creative Writing.

In the future, I would like to see myself as a video games journalist. Journalism is a way for us to share our outlooks and passions on a topic that holds value to our beliefs.

Starting from the very bottom of education both myself and my brother have built ourselves up to where we are now.

I asked my brother about his passions. He said: "My passion is to learn and help as many people as possible through my volunteering, teaching, or research projects. I found my passion while studying at Tyne Metropolitan College."



Photo: Northumbria University taken by Dun Deagh

Achieving so much and making myself and my family so proud, Shaun is now in his final year of his PhD in Northumbria University. I look up to my brother so much because I have watched over the years how he has developed and honed his skills in an educational field. He is a notable example of how following your passion can make you achieve so much in life.

In conclusion, you can achieve anything by allowing yourself to have a little extra time to hone your skills. Even if it takes years to get to where you are now. You have spent that time not looking back on what you could have been. You are now looking at what you have become and how you have achieved so much. Hold onto whatever you are passionate about and allow yourself time to achieve your goals and aspirations.

By Katy Taylor



*Finola (left) and Ann
at their local cafe*

A Better Life

Finola lives in Doncaster, and started working with her Tenancy Support Worker Ann at the start of this year. Although Finola's support with Ann is coming to an end, she wanted to show some appreciation for how much Ann has helped, and how much more confident she feels now.

"Ann has made life better since moving to Doncaster last year," said Finola. "I moved from Kent in search of a better life. I find life very hard sometimes, with understanding things and my mental health. I met Ann at the beginning of the year and she's been very supportive towards me, she helped me to fill out forms, sort my bills and Universal Credit, and since then I have been coping a lot better."

"I'm settling in much better now. Since having Ann on board I don't worry as much, and I appreciate everything she has done. It's

helped me get back into work and I've started counselling sessions. Ann takes all my stress away!"

Once Finola's sessions with Ann come to an end, Finola will receive a new support worker so she can have extra support.

"The new support worker will be able to help Finola with more aspects of life to keep building her confidence," said Ann. "She's already improved so much and is so independent. She's just lovely to work with."

Finola has made plenty of friends since moving, and enjoys going to activities such as crazy golf or the cinema.

"I also went on holiday with my friend to Thornberry Park, we had a good time," said Finola. "My confidence has improved a lot."

"I will miss Ann, I wish I could have her with me forever!"

Pets corner



We're thrilled to be back with another edition of Pets Corner! If you'd like to share about your furry, scaled or feathered pals, get in touch with communications@creativesupport.co.uk to be featured in the next issue.

Dude the Cat

"I have a cat called Dude, a boy cat, he is really small and I love him to bits. I am pleased he is mine.

Dude and I live together in the flat but he can stay on his own when I go out during the week to my day centre and art class.

Dude has a lot of tunnels and toys and he loves playing. He also loves music and he sometimes watches the TV.

When I go on holiday he goes into a lovely cattery to be looked after."

– Pippa in Stockton



Smudge, Orion, Harry and Storm

"Smudge is really the most adorable cat. As she's quite old now all she does is sleep, but you know when she wants food! You can't hear yourself think because of how loud she is.

Harry and Storm are the cutest tortoises. They like to climb over each other in their enclosure just for their food. I found out the other day that they're both females so that makes them sisters!

Orion the snake is one of the funniest snakes, he likes to climb over his heat lamp, but falls off it and makes a loud bang! He's very docile, lots of my friends' babies have been allowed to stroke him as he's so friendly."

– Kia, Support Worker in Doncaster



*Want to feature in Pets Corner? If you don't have a pet, don't worry – you can tell us about a friend or a family member's!
Send us your photos to:*

communications@creativesupport.co.uk

Spot The Difference

There are 10 differences in these two pictures, grab a pen or pencil and see how many differences you can find! If you find all 10 you could be in with the chance of winning a £10 Love2shop voucher. Send your answers to: marketing@creativesupport.co.uk

A



B



Remember to take a picture of your answers and send them to:
marketing@creativesupport.co.uk

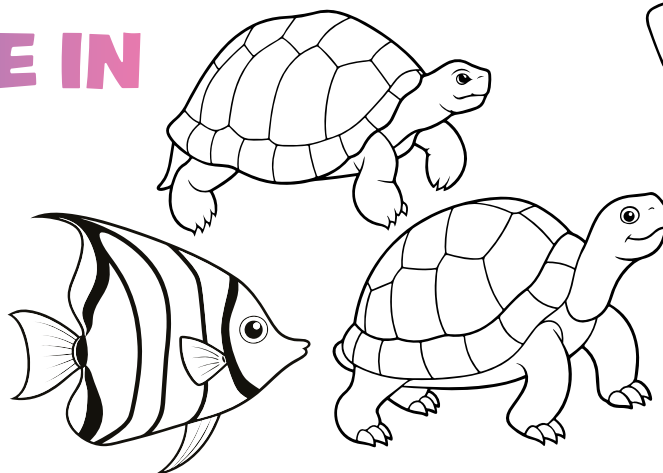
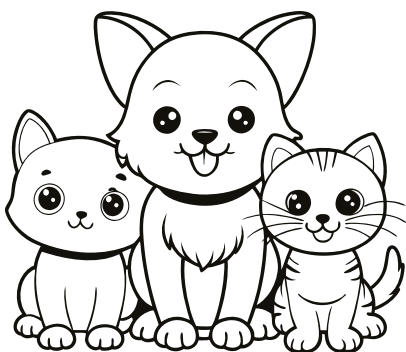
WORD SEARCH

House pets

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- BIRD
- GUINEA PIG
- IGUANA
- DOG
- RAT
- HAMSTER
- CHINCHILLA
- TURTLE
- LIZARD
- GERBIL
- SNAKE
- CAT
- FISH
- CHICKEN
- FERRET
- MOUSE

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We want to hear from you!

Would you like to be involved in making Creative Life magazine?

We are always on the look out for new contributors to Creative Life magazine. Perhaps you would like to share your artwork, write an article, be interviewed by a member of our Communications team, or you may have an idea for a new feature like our popular 'Pets Corner'.

Let us know how you would like to be involved and help us shape future issues of the magazine.

If you would like to get involved, please email the team at communications@creativesupport.co.uk



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