

Connect with your Community

There are so many hobbies and activities we can do where we can meet people, chat about our interests and make new friends.

Keep Learning

We can learn new things every day through trying new hobbies and finding activities that we enjoy, which we can make a part of our lives.

Keep Active

Being active can boost your physical and mental health. Whatever your preferences and level of physical ability, there will be an activity or sport for you.

Create and Give

It is so rewarding to create art and give your time through volunteering. Art is anything we create that expresses our ideas or emotions. You can meet lots of new people and develop your skills whilst volunteering.

Creative Support Limited is a Registered Society under the Co-operative and Community Benefit Societies Act 2014 (Register Number 27440R) and an exempt charity.

Celebrate doing the things that matter to you!

In 2025 we're encouraging everyone to try out new activities, explore their interests and attend events in their community.

The year is split into four themes. Use this poster to track what you have been up to in 2025.

If you complete three activities in each section let us know by sending a photo of your completed poster, plus some photos of you taking part in your activities, to marketing@creativesupport.co.uk



2025

Doing what matters to me



Connect with your Community



Our shared interests can open up new worlds for us where we can meet new people and make new friends.

What are your interests? Think about your favourite...

- Music
- TV shows and films
- Book, magazines or websites
- Hobby or activity
- Sports team

Are there any events relating to your interests in your local area? Use Google to search for your location and your interest to see what activities are held locally.



When you complete an activity that connects you with your community, write it in a box below to give yourself a Connect Award.



Keep Learning



Hobbies and activities are a great way to learn new skills.

There are lots of different skills we can learn through the hobbies and activities we do, for example:

- Cooking
- Gardening
- DIY and repair
- Arts and crafts
- Computer skills
- Musical skills

If you want to learn a new skill with other people, take a look at your local library or community centre for any courses that you may wish to do.



When you complete an activity where you learn a skill, write it in a box below to give yourself a Learning Award.



Keep Active



Being active can boost your physical and mental health.

There are lots of ways we can keep active:

- Trying different exercises
- Taking part in sports
- Getting outdoors and exploring our local area
- Dancing to our favourite music
- Joining group fitness classes

Are there any exercise, fitness or sports groups in your area?

Have a look at community noticeboards for any groups you might like to try out.



When you complete an activity that keeps you active, write it in a box below to give yourself an Active Award.



Create and Give



Creating art and volunteering our time to help others are both really good for our mental wellbeing.

There are lots of different ways we can express ourselves through art:

- Arts and Crafts
- Singing
- Dancing
- Storytelling

You can meet lots of new people and develop your skills whilst volunteering.

You can find out about local volunteering opportunities by visiting your local library, community centre or by using Google to search for opportunities in your area.



When you complete a creative activity or if you volunteer, write it in a box below to give yourself a Creating Award.

