Creative Times

ISSUE 1 – 2026

Birthday Celebrations
Barnsley Extra Care celebrates Creative Support's 35th birthday in style

Famous Faces
Catherine reflects on her career as a poet and talks about her published works

Brain Games
Put your puzzle-solving skills to the test!

Hello from

ANNA LUNTS Chief Executive

Hello and welcome to the very first *Creative Times* magazine. This magazine has been specially created for older people across our services, with your input and ideas throughout. I'm excited for you to discover the stories of people we support, including writer Catherine in London, knitting wonder Janice in Tameside, and many more besides.

I hope you enjoy reading *Creative Times* as much as I did, and look forward to hearing your feedback on our first issue.

"I really enjoyed everything, the fancy dress was so fun, but my favourite was the dancing."

Quote from Nan at The Laurels from their annual Sponsored Walk. Read the full article on page 19.

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If you would like to be featured in the next issue, email:
communications@creativesupport.co.uk

Knitting for Good

Janice's Story

Janice, who we support in Tameside, knows the power of creativity. Since picking up a pair of knitting needles in her youth, under the careful tutelage of her sister Yvonne, you'd be hard pressed to find Janice without her knitting supplies nearby.

"My sister Yvonne taught me to knit," explained Janice. Next to her chair is a bag full to the brim with knitting supplies. She pulled out her latest work in progress, which is set to be a bag made of red wool. "I went into Calderstones Hospital when I was 16 and stayed there for nine years. I knitted a lot while I was there."

The act of knitting isn't the only thing Janice loves about the craft; it's what she can do with it. "I remember visiting the hospital once and seeing lots of poorly children. I wanted to make a difference, and so I began to knit things that I could donate to the hospital, like blankets." Over the years, Janice has 'lost count' of the amount of handmade creations she's donated to people in the hospital.

There's another very meaningful reason why Janice knits for people, and it's in memory of her two nephews who sadly passed away at 21 and 13 respectively. "It helps keep their memory alive, and I want to help others," explained Janice, who knits stitches of love for her family into every piece she makes.

When Janice joined the Extra Care Service in Tameside, she was initially hesitant. "I didn't know what it would be like," which is something we can all relate to when opening the door on a new chapter. It wasn't long before she settled in and knew she had made the right decision. "Diane, the Area Manager, helped put together knitting boxes for her services, and that started a knitting group . Now I knit with others on Wednesday afternoons and show them how to get started. I've shown Manager Nina how to knit too." In a welcome coincidence, a childhood friend of Janice's moved into the service not long after, and the pair wasted no time in carrying on where they left off.

Janice also talks about the benefits of being creative. "I know it keeps your brain healthy," she said, as she showed us how to knit a row. "Keeping your brain and your body occupied helps your mental health and helps you to stay sharp." She's not wrong - a recent study has shown that engaging in crafts like knitting, woodworking, painting, or anything else that requires hand-eye co-ordination, can reduce the risk of cognitive impairment by an astounding 45%, according to a study conducted by the Mayo Clinic.

Being creative has lots of other benefits too. It can lower stress hormones while also increasing feel-good hormones like serotonin and dopamine. Engaging with creative hobbies can boost your confidence as your skills develop, so picking up a new creative hobby can do much more for your health and wellbeing than simply just passing the time!

Janice shows no sign of slowing down her donations, and will keep knitting for as long as she can. "It helps me let my feelings out, and I love helping people."

It's never too late to learn a new hobby, or pick up an old one. If you have been inspired by Janice's story or already get creative in your spare time, let us know and you may be featured in a future issue of Creative Times. Get in touch via: ***communications@creativesupport.co.uk***

"I've never done anything like that before in my whole life"

– Caroline talking about her experience on the show

Photo credit: © Sophie Giddens Photography

Starring in *The Assembly*

Caroline in London has appeared as a panelist in ITV's hit show *The Assembly* for two seasons. *The Assembly* invites a team of neurodivergent and/or learning-disabled journalists to interview a range of celebrity guests.

In season one, Caroline got to meet actors Danny Dyer and David Tennant, musician and former member of *Little Mix* Jade Thirlwall, and broadcaster and former professional footballer Gary Lineker.

In the second season, released in April this year, Caroline had the pleasure of meeting actor and broadcaster Stephen Fry, Scottish politician and former leader of the Scottish National Party Nicola Sturgeon, comedian Sir Lenny Henry, actress Anna Maxwell Martin, rapper Aitch, and TV presenter Rylan Clarke. Caroline shared "My dream guest would be Hugh Jackman, I loved *The Greatest Showman!*"

What surprised Caroline most was that "people talked differently when discussing different topics and things they did in the past. It was interesting to hear about Nicola Sturgeon's life and her experience of being the leader of the Scottish National Party."

It's obvious when watching the show how much the celebrity guests enjoy speaking with Caroline, even if her questions do catch them off guard sometimes! The Baked Bean Charity, a theatre company who come to Caroline's service to put on drama and acting sessions, put her forward for the show. "I felt happy and shocked they chose me. I've never done anything like that before in my whole life. I couldn't believe it. It was amazing."

Caroline is lucky enough to sit directly next to every celebrity who stars on the show, so she's in prime position for asking her burning questions!

Caroline explained how significant representation is on *The Assembly*. "It's important as we need to see it across the country. We've never seen something like this before. People keep saying *'I saw you on TV'*, and *'you're famous, I want your autograph!'*"

Some of Caroline's best moments on *The Assembly*:

- Asking **Danny Dyer** *"Why do you keep swearing?"* - we've all wondered it!
- Speaking to **Jade Thirlwall** about going to Simon Cowell's house for a roast dinner.
- Finding out **Gary Lineker's** favourite flavour of Walkers crisps; his is salt and vinegar and Caroline's is cheese and onion.
- Asking **Lenny Henry** about his Premier Inn perks.
- Speaking to **Anna Maxwell Martin** about her fear of eating fruit, vegetables and sandwiches, and whether she'd go on *Strictly Come Dancing*.
- Asking **Aitch** why he's a rapper.
- Discovering she's the same age as **Nicola Sturgeon.**
- Asking **Rylan Clarke** *"Are those your real teeth?"* when seeing his glowing white veneers up close!

Finding Community in Today's World

Loneliness is something many people experience. Moving somewhere new, losing a loved one or not having yet found a connection with a person, group or community is a feeling that many of us will be familiar with at some point in our lives. Everyone's experience of loneliness is different, but it usually describes a feeling when our social needs for relationships and conversation are not being met.

Loneliness is not just something we feel. According to the World Health Organisation (WHO): "A large body of research shows that social isolation and loneliness have a severe impact on physical and mental health, quality of life, and longevity." Loneliness can cause insomnia, impact our immune systems, and increase blood pressure. With nearly 1 in 6 of us experiencing loneliness, it's a genuine issue that can impact people's lives.

Society has changed dramatically over the past few decades. Technology has reshaped how we live, work and relate to one another, and whilst a lot of positives have come from this, it has also created "a growing crisis of social disconnection," according to the WHO.

That being said, there are ways we can help ourselves and others to feel less lonely and find community.

Reaching Out

It can start by reaching out to people already in your life who you love and trust.

Psychological research suggests sharing your feelings with others that you feel safe with will significantly improve mood, help shift our perspective, and support us to make positive life decisions. It's also important to look out for others who might be feeling lonely. You can make it a habit to check in on your neighbours, or extend an invite to an activity with someone you see regularly on their own. It's good to help others feel included and let them know that they are seen and valued within their community.

Loneliness can have an impact on your mental health too, which in turn makes you feel more isolated. If you're feeling stuck in this cycle, a therapist or mental health professional can be a great source of support. Talking therapies, like CBT (Cognitive Behavioural Therapy) help challenge negative thoughts about ourselves and can support you to talk openly about your feelings.

Hobbies

If you want something new in your life, then picking up a hobby can not only keep your hands and mind occupied, but can also lead to connecting with people who also have similar interests, finding a community and forming friendships. Hobbies help build friendships by learning from one another. You can join local clubs and activities or simply show your interest by doing your hobbies in communal and public areas. Expressing an interest in a hobby with someone nearby can spark conversation and help them get involved with hobbies too! Have a look at our previous article about Janice's love of knitting on page 3.

Celebrating

Celebration is another great way to combat our feelings of loneliness. This year, Creative Support celebrated 35 years with three big parties across Leeds, Birmingham and Manchester for people we support.

The fun didn't stop there and so many of our regional services also shared their own celebrations with us, like Westmeads' party seen on page 11. Planning events is a really impactful way to bring people together.

Volunteer Befrienders

If you are experiencing feelings of loneliness and would appreciate some companionship to share a hobby or have someone to talk to, you can request a Volunteer Befriender through Creative Support. Our Befrienders dedicate a couple of hours every week to visit people in our services, offering language-specific support for non-native English speakers, but also an extra set of hands to knit alongside, or a challenger to play board games with. If you're interested in having a Befriender, please email **volunteer@creativesupport.co.uk** or scan the QR code in the box below on your phone camera to fill in the Volunteer request form.

Loneliness is a very real epidemic, with more people than ever saying that they have experienced loneliness. No one deserves to feel lonely, and there are ways to help alleviate this feeling. If you are feeling lonely, know you are not alone. It's hard to break the cycle of loneliness, but it's worth it for your physical, mental and emotional health.

Scan the QR code **here** to fill out the Volunteer request form. Alternatively, email **volunteer@creativesupport.co.uk** to enquire about Befrienders.

If you would like further support with anything discussed in this article, please speak with a member of staff or contact the Age UK helpline via ***0800 470 8090***

Creative Support turns 35!

On Thursday 16th July we held our third and final 35th birthday celebration at the Emirates Old Trafford Stadium in Manchester, following our events in Leeds and Birmingham in June. These events have been a highlight of the year for many people in attendance who got to celebrate with our vibrant community, see some familiar faces, and make new friends.

This year's theme of 'Midsummer Night's Dream' brought fairies and flower crowns to the day, with everyone dressed in their flowery best. Guests at all three events were invited to take part in our fashion show, and enjoy creative activities including designing their very own masquerade masks and flower crowns. Many guests completed their party outfits with colourful face painting and glitter art provided by the Creative Support team. The entertainment at all three events was a particular highlight, including a lively disco complete with karaoke and open mic performances from people we support, as well as award ceremonies and a fancy dress photo booth.

Thank you to everyone who attended these events and made them so special for so many people.

Birthday Celebrations in Barnsley

To mark Creative Support's 35th birthday, folks at our Barnsley Extra Care Service in Yorkshire wanted to throw a party! With over 50 people in attendance, there was certainly lots of fun to be had. Friends, family members, and external professionals also joined to celebrate together as a community.

Natalie, Team Leader at Westmeads and Fitzwilliam Court, said: "It's so brilliant that we were able to host the celebration and commemorate Creative Support's 35th. We've tailored it to the interests and likes of people we support which has really promoted inclusivity. Bringing people together for a big celebration like this is amazing, and we've got more to come over the summer, including our garden party which is only a few weeks away!"

The day started off with a catch up, where everyone welcomed the new arrivals. Once they got settled in, it was time for bingo! People were given a card and Wellbeing Officer Carrie used her best bingo caller voice as she read out the numbers. After two rounds of bingo, the winners were Betty and Brenda, who were pleased as punch to win. Then, it was time for the buffet to be served and everyone got to enjoy a tasty range of food, including quiche, pizza slices, salad, sandwiches and sausage rolls aplenty.

After everyone had enjoyed some food, it was time for a quiz. People puzzled over what the longest pier in the UK could be and other great general knowledge questions with their loved ones. After 10 questions, the answers were revealed and we had our winner - the lovely Judith who was coincidentally sitting next to the bingo winners!

Soon, local band and frequent visitors, *Vintage Vibes,* joined and played a range of hits. It wasn't long before everyone got up on the dancefloor to boogie, encouraging staff and friends to show off their moves together.

After resting their dancing feet, six residents were awarded certificates for each of our We Care values. The lucky winners were: Julian for **Welcoming,** Judith for **Empowering,** Ann for **Compassionate,** Ken H for **Aspirational,** Ken K for **Respectful,** and Brenda for **Effective.**

Well done to everyone for reflecting these values and making your services even more brilliant.

At the end of a fun day, everyone was ready to party down and enjoy a restful evening. "Today was absolutely wonderful," said Beryl, a resident at Westmeads.

Wedding Bells at Hampton Crescent

Love is in the air at Hampton Crescent, with couple Terry and Caroline tying the knot this summer

Terry and Caroline have spent the last 40 years together as a couple, and through trials and tribulations the pair have remained a united front to face whatever came their way.

Unfortunately, when Terry received news that his health was declining and staff began providing fast-tracked palliative care, he started to think about what was most important to him. During a meeting with staff where he completed his 'My Perfect Send Off' document, Terry realised that what mattered to him most was "making an honest woman" of his partner Caroline.

Wedding fever quickly took hold of the service, and staff donned their wedding planner hats to make sure Terry and Caroline's dream could come true. Over the following weeks, everyone pulled together at the service to bring the wedding to life. Staff supported the couple to think about colour schemes, music, buffet, reception, and the legal ceremony itself. It quickly came together, as like the old adage goes, 'it takes a village'. Everyone rallied around Terry and Caroline and helped them get ready for the big day.

Just before Terry and Caroline were set to head to their legal ceremony, the team heard there was some bad news. There wasn't any availability on the day the pair requested, and so they would have to wait until late July. Not to be deterred, staff quickly liaised with the registry office to explain their situation, and asked if anything could be done to help the pair get married. The registrar was touched by their story, and agreed to marry the couple in her lunch hour. Everything was back on track and ready for Terry and Caroline to become husband and wife.

The morning of the legal ceremony, before Terry and Caroline headed into their local registry office, staff supported the pair to get ready. Caroline wore a beautiful floral dress, while Terry looked sharp in his suit. Caroline's sister Christine and friend Michelle joined the pair at the registry office, and they legally married before heading home for some well-deserved rest.

Two days later, it was time for the wedding party. Everyone at the service was invited, and 30 people joined to help celebrate the happy couple. Decked out with a wedding cake, a backdrop with their names on, and of course, space for lots of gifts, Terry and Caroline were able to celebrate their love with friends, family and members of staff. They said they "couldn't be more grateful for all of the help and support" from everyone at the service and that they had an "amazing time".

One surprise for the day was the news from tenants Anne and Derek, next door neighbours of Terry and Caroline. The married couple mentioned that on the day of the party, that it was their wedding anniversary too!

Terry and Caroline's love is one for the ages, and shows that you're never too old to live your life exactly as you want to. A huge congratulations to the newlyweds from all of us here at *Creative Times.*

Famous Faces
– Catherine Byron

Born in London in 1947 before moving to Ulster in her early youth, Irish poet Catherine has an exciting life story.

"I was but a babe in arms when I came to Belfast, although my Irish roots come from my mother, who was from Galway. I have always had an affinity for the Celtic lands and spent a large portion of my life in Scotland, Derry, and County Donegal. I often think of Donegal as 'the country of my mind' and I miss living there a lot. I have lived in London with Creative Support for many years now. I do love it here. I like the hustle and bustle of city living. It's very exciting but I will always cherish my Irish upbringing."

Catherine studied Classics at Somerville College in Oxford. When she was 20, she married and had two wonderful daughters, Emma and Naomi. She stopped writing for almost 10 years, but eventually fell back in love with creative writing and published several collections.

> ***"I like the hustle and bustle of city living. It's very exciting but I will always cherish my Irish upbringing."***
>
> *— Catherine*

"I wrote my first book of poetry *Settlements* in 1985, then shortly after *Samhain* was published. The biggest reception I ever received was when I published *Out of Step: Pursuing Seamus Heaney to Purgatory* in 1992", said Catherine.

Seamus Heaney was an influential Irish author, poet and playwright who won the Nobel Prize for Literature in 1995, and was a Professor of Poetry at Oxford University between 1989-1994. His first collection, *Death of a Naturalist,* was published in 1966, and he continued to publish poetry until his death in 2013. Heaney's works have shaped the landscape of poetry, and Catherine knew the literary icon personally.

Catherine's book *Out of Step: Pursuing Seamus Heaney to Purgatory*

> ***"Catherine's poems write themselves where they ought; on the inside of your skin."***
>
> *— Hilary Mantel, author of* Wolf Hall

Smiling, Catherine remarked: "I collaborated with his ideas as we bonded over Irish storytelling and its ties with preserving family history. Studying Seamus Heaney was a great opportunity to learn more about his writing process and what similarities or differences we shared as writers. I remember him telling me once that his close friends would tease him by calling him 'Famous Heaney' due to how popular his poetry was. He was a truly fascinating person."

Not only has Catherine been an inspiring poet and writer, but she also taught Writing and Medieval Literature at Nottingham Trent University for many years. Her talent is still recognised across several areas including her time as an artist-in-residence at the University of Sunderland's Department of Glass and Ceramics and at London's Hayward Gallery.

"I've always been interested in incorporating writing with sound and visuals to create art installations. I worked closely with the exceptional calligrapher Denis Brown and painter-printmaker Eileen Coxon. We created some incredible multimedia poetry together and I really value my work and friendship with them," said Catherine.

Catherine has clearly made a significant impact on the literary and art world over the years. Her writing is thought-provoking, descriptive and courageous. You can find her poetry archives by ***scanning the QR code below on your phone:***

Derek's Footballer Days

Born and bred in Leeds, Derek grew up dreaming of becoming a professional footballer. In 1968, when he was just 15 years old, Derek's talents on the field were picked up and he was encouraged to join Leeds City Boys FC. He was coached by legendary football player Eddie Gray.

"I have supported Leeds United my whole life. When I started playing for Leeds City Boys, they had me playing defence then after some time, I moved to attack. I learned a lot from playing competitively. I loved playing football and I had a really great team. As young'uns, we worked quite closely with Leeds United. I had a free pass to watch all their matches and they even took us with them to Paris for the UEFA cup back in the '70s. We were well looked after," Derek reflected on his early career in football.

Derek has fond memories from playing with some of football's Hall of Fame: "There were the Gray brothers, Eddie and Frank, and of course Jack Charlton who were great players. They helped train us up. I remember playing against George Best once. He was such a nice guy but he was that good that he made me look like a complete idiot!"

Derek and his friend Alan watching the match at the pub

Derek played professionally for around 10 years and then made the decision to move to London with his wife, where he pursued a career in sales: "After playing for so many years, I landed work in an insurance company as it was a more stable lifestyle. Me and my wife wanted to buy a house and settle. It's funny, back when I was 16-17 years old, I was on 17 shillings and 6 pence a week, which was a good deal back then. Now footballers are earning thousands of pounds a week. In a way, I'm glad that wasn't me because I wouldn't know what to do with it. I'd have felt like the king of the world.

"I still played football in London but just on Sundays with my brother-in-law and friends. I still like to watch football too!"

Derek continues: "I think it's important to remember these things. When I look back, I've got no regrets. We were a team, we had fun, and I will treasure these memories forever."

Creating Art *with Joe*

Joe, a person we support, is a London-based artist and member of 'Submit to Love', Headway charity's creative art studio that supports artists living with an acquired brain injury. Joe recently had his art exhibited in Bethnal Green, where his pieces were bought for £150!

Joe said: "I've been doing art as a pastime for over 20 years but I've always been creative. I was born in the Dominican Republic but I moved to London when I was quite young. It was tough in the 60s but I found things that made me happy and art was one of them.

"Art passes the time in a way and it's something that helps you build on things. You start with something and over time it can look completely different."

Joe takes a multimedia approach to his design, often beginning with sketches and eventually developing thread work onto canvas.

"My art might look a bit weird to some people but I like it. I used to work as a machinist in Hackney years ago and learned how to use the sewing machine on jackets and women's clothes. I had a knack for it. I think those skills meant I could use thread for artwork.

"My art has always been like that, really. I like using what's available to me. The *Wolf Wearing Red Lipstick* piece all started because I kept sketching different cats. Sometimes artwork doesn't come out the way you thought it would, but it's all part of the process. Everyone has a skill, you just have to try different things to find it."

The exhibition ran for six days and on the last, someone bought the pieces Joe had on display. Commenting on the moment his art was sold, Joe said: "I felt quite pleased when a person bought my art. This was my first exhibition so I'm glad I got something out of it. I think I'm probably going to spend the money on food. I like going out for a nice meal when I can."

Joe's piece of advice for anyone looking to get into art is: "Don't be afraid of what people are going to say, just follow your heart and do what it tells you."

THE LAURELS' SPONSORED WALK

On the sunniest day of the year, people we support, staff, and family members all joined together to support The Laurels in Cumbria at their annual Fancy Dress Sponsored Walk.

To a chorus of birds cheering everyone on, people got ready for a day filled with laughs, ice lollies, and an extra-large fan! Everyone dressed up in their finest attire, with resident Nan even sporting an inflatable dinosaur costume alongside the inflatable flamingo worn by Shirleyann, Registered Manager.

Holding the inflatable animals' heads up high, and making sure there was plenty of water on hand, the sponsored walk began and the group headed to their local park. Due to the heat and beaming sunshine, the route was altered so everyone could enjoy the much needed shade, which helped everyone complete the walk with a pep in their step.

They all grooved along to classic pop music hits as they walked, including *'Love Train'* - a song that has been coined the service's 'theme tune' by the wonderful people who live there. The multi-coloured outfits and friendly smiles inspired passers-by to hear more about the fabulous activities hosted here, and how people we support feel about living there.

Mary said: "I love living at The Laurels, I love everything about it. You can please yourself and do what you would like to do."

> ***"It is is a lovely place to be, it's a home away from home"***
>
> *— Nan, a resident at The Laurels*

After reaching the beautiful greenery at their local park, everyone gathered together in the shade, sharing their favourite things about The Laurels. Claire, a relative of a resident, commented: "I like The Laurels very very much, everyone's very friendly and there's always something going on. My brother really loves the food, he can't get enough of it! The atmosphere is always super upbeat, and there's always somebody to chat with."

Khasimbi, Support Worker, added: "I love the team here at The Laurels, everyone is so supportive."

After stories were shared, everyone prepared themselves for the final stretch of our tour around the town.

"It's really fun, it's a good day to fly our flags and what have you! I love it. The funds go towards the home and are used for anything that's needed. We have everything in The Laurels. There is not a thing that we don't have, or get if we need it. It is a lovely place to be, it's a home away from home," said Nan.

Afterwards, everyone enjoyed a well-deserved sit down in-front of the delightfully cooling fan while listening to some live music from a local professional. Raymond joins them once a week, providing everyone with a lovely excuse to get up and have yet another boogie!

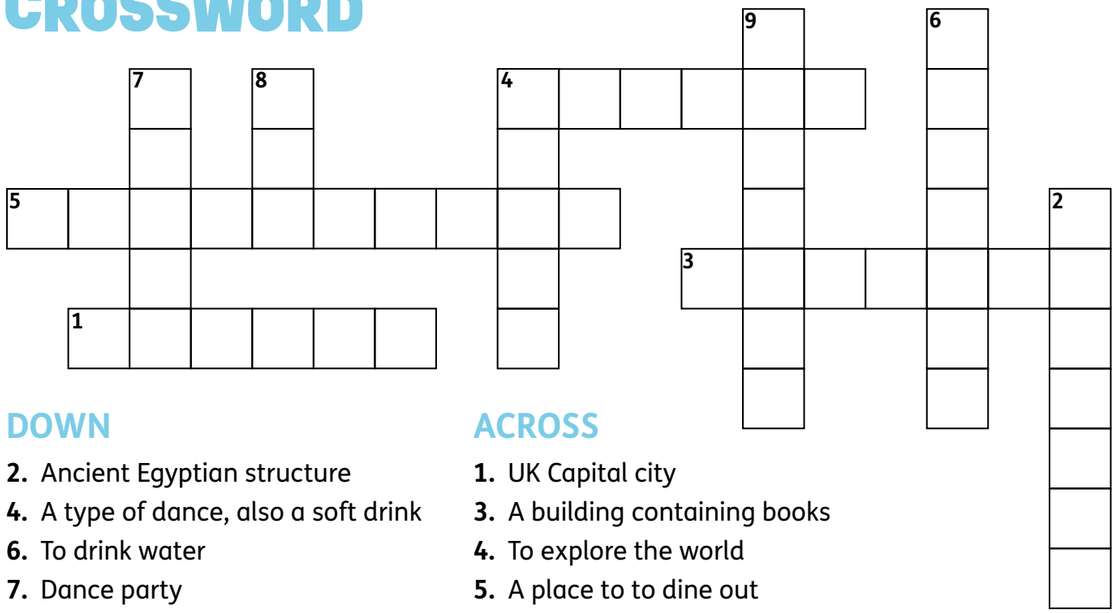
"I really enjoyed everything, the fancy dress was so fun, but my favourite was the dancing!" said Nan.

"Everything was my favourite! I'll sleep well tonight," said Graeme.

BRAIN TEASERS

Put your general knowledge to the test, work together on a crossword, or turn your hand to a round of Sudoku across these two pages of activities. If you manage to complete them all, send us a picture of your completed pages to be entered into a prize draw to win a gift voucher! Email us at **communications@creativesupport.co.uk.**

CROSSWORD



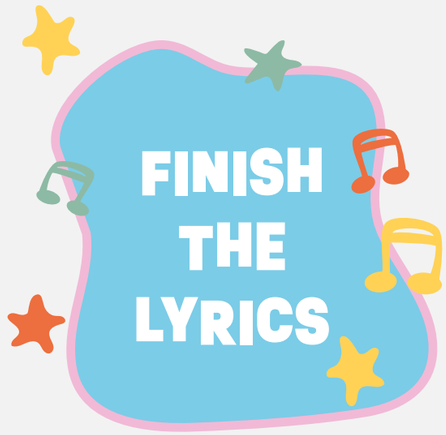
DOWN

2. Ancient Egyptian structure
4. A type of dance, also a soft drink
6. To drink water
7. Dance party
8. Open body of water
9. Marriage ceremony

ACROSS

1. UK Capital city
3. A building containing books
4. To explore the world
5. A place to to dine out

Finish the lyrics below to this famous song by Elvis Presley from 1961. If you want to be featured in a future magazine, why not send us the name of a song that you love? Email **communications@creativesupport.co.uk**



'Wise men say
Only fools rush in
But I ____ ____
_____ __ ____ ____ ___'

SUDOKU

1 2 3 4 5 6 7 8 9

6		8	5	3		2	1	9
	1	9	2		8	3		
		4		6	1		5	8
	9	6	4	2		1		
3	5			8	7	9		4
	4	1	3		6	8	2	5
			7	5	9	4	8	
			8		3			
4		7					9	3

Each row needs to include every number from 1 to 9 and each square section needs to have all of the numbers of 1 to 9.

Use the space below to work out your answers:

TRIVIA - THE 70's

1. **Who did Princess Anne marry in 1973?**
2. **Queen Elizabeth II celebrated which Jubiliee in 1977?**
3. **What was the name of Stephen King's debut novel from 1974?**
4. **Which year did Abba bring home the Eurovision crown?**
5. **Which Monty Python film hit our screens in 1979?**
6. **Who played the part of Obi-Wan Kenobi in *Star Wars* (1977)?**

See the back page for the crossword and trivia answers!

ANSWERS

Crossword answers:

DOWN:

2. Pyramid, **4.** Tango, **6.** Hydrate, **7.** Disco, **8.** Sea, **9.** Wedding

ACROSS:

1. London, **3.** Library, **4.** Travel, **5.** Restaurant

Trivia answers:

1. Mark Phillips, **2.** Silver, **3.** *Carrie,* **4.** 1974, **5.** *Monty Python's Life of Brian,* **6.** Sir Alec Guinness

BLACK HISTORY MONTH 2026

October is Black History Month, and this year's theme is **Honouring Our Communities.** What does community mean to you, and what does it look like?

If you would like to get involved in this year's Black History Month and share your story, reach out to our EDI team at **EDI@creativesupport.co.uk.**

SEND US YOUR FEEDBACK!

Do you have any feedback or suggestions for future issues of Creative Times? Send us your feedback and be in with a chance of winning our £20 Love2Shop voucher prize draw.

Send us your feedback by reaching out to us at:

communications@creativesupport.co.uk

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