

Monday 3rd April 'with a song in mind' 2 p.m. At the 3AC

Tuesday 4th April WRAP support group 2. p.m. At CBC (£1.50)

Wednesday 5th April Drop-in at Freemantle 10.30 a.m.—12.30 p.m.
 Quiz at 11 a.m. With prizes, 11.30 a.m. Social committee, 12 Noon
 fund-raising Committee, 12.30 p.m. 'Encaustic art' with Karen Tait
 (Easter theme) (£1.00 per person) or Easter crafts and gifts/own
 choice of activity, soup and roll £1.00 'chill-out' zone (50p)

Thursday 6th April 'k nit and relax' at CBC 2. 30 p.m. (£1.50)

Friday 7th April 10.30 a.m.—12.30 p.m. Men' s social group at CBC
 (£1.50) 2 p.m. 'Creative Expressions' art club

Monday 10th April Photography/Computer Club 11—1 p.m. At
 Freemantle (£2.50 please towards room hire/materials—pay on a
 Wednesday) 2 p.m. 'with a song in mind' at 3AC

Wednesday 12th April Drop-in at Freemantle 10.30 a.m.—12.30 p.m.
 Quiz at 11 a.m. With prizes, 11.30 a.m. Member ' s forum 12.30 p.m.
 Lunch available, Floristry with Julie (£5) or Easter cards and crafts/
 own choice 'chill-out' zone (50p)

Thursday 13th April women ' s group outing tbc

Friday 14th April Good Friday—no meetings this week as church in
 use

To be confirmed:-

Possible meal out at Nick ' s restaurant over Easter (Greek
 Evening?)

Coach trip

Women ' s group outing*



CREATIVE OPTIONS
 COMMUNITY PROJECT
 Registered charity no. 11 091 94

**'Creative Options Community Project' is a member-led
 Registered Charity offering support,
 mentoring, training and
 opportunities to people with mental health issues
 living in Southampton, their carers,
 relatives and friends.**

**Weekly drop-in with various activities
 Freemantle Community Centre Randolph Street
 SO15 3HU**

10.30 a.m.—2.30 p.m. Every Wednesday

**We also support the drop-in for service users on
 Mondays and Fridays at Central Baptist Church and
 run a variety of activities throughout the week at
 different venues.**

**Drop-in attendance fee £2.50 plus snack bar. Extra
 cost for some activities* (*Encaustic art, floristry,
 cooking)
 (many activities free of charge)**

Please note our services are very much in demand, therefore, we
 request any visitors and those coming for 'taster' sessions come after
 12. 30 p.m. on a Wednesday in order for us to have space and time
 to show them around and talk to them—your help in this matter is
 appreciated.

frances.anne@btinternet.com
 www.creativeoptions.btck.co.uk

January 9th 'Welcome back!' 'with a song in mind' at the Third Age Centre Cranberry Terrace. (free of charge, refreshments)

Wednesday 11th 10.30 a.m.—2.30 p.m. Drop-in at Freemantle Community Centre, Randolph Street. Informal get together for the New Year. Quiz at 11 a.m. Followed by notices and games/general resources. Lunch available at reasonable cost 2 p.m. 'Chill out' zone in Sensory/relaxation room (50p)

Friday 14th 10.30 a.m.—12.30 p.m. Member-led men's social club in the community room at Central Baptist Church—£1.50 towards room hire and refreshments please. **12.30 p.m. (please note new time)** Meal Cookery with Julie at Central Baptist Church £6.00 for two portions to take away—non-returnable deposit of £3.00 please book. 'creative expressions' art club with Saire and Heather 2 p.m.—4 p.m. Free of charge—refreshments available.

Monday 16th January Digital photography/computer club 11 a.m. – 1 p.m. At Freemantle Community Centre, Randolph Street with Gerard. £2.50 contribution towards room hire/materials & refreshments—(payable on a Wednesday at drop-in please) 'with a song in mind' at the Third Age Centre 2 p.m. With Saire—free of charge—refreshments available.

Wednesday 18th January Drop-in at Freemantle Community Centre 10.30—2.30 p.m. 10.30—11 a.m. Tea & chat 11 a.m. Quiz with prizes. 11.30 a.m. Recovery group with Michelle 12 Noon—'healthy lifestyle club' with Julie and Frances, 12.30 p.m. 'wellbeing Wednesday' in the art room—making bath bombs, hand massage, nail care etc. or own choice/.walk with Ron

12 Noon 'healthy lifestyle club' 12.30 p.m. 'wellbeing Wednesday' (manicures, hand massage, making scrubs etc.,) or card-making with Sarah, or own choice, lunch available, 'chill-out' zone (50p)

Thursday 16th March 'women's support group' 2.30 p.m. At CBC

Friday 17th March 10.30 a.m.—12.30 p.m. Men's social group (£1.50) 12.30 p.m. Cake-baking with Julie £4.00 to take cakes home 2 p.m. 'creative expressions' art club

Monday 20th March 'with a song in mind' at 3AC 2 p.m.

Tuesday 21st March WRAP support group at CBC (£1.50)

Wednesday 22nd March drop-in at Freemantle 10.30 a.m.—2.30 p.m. Quiz at 11 a.m. 11.30 a.m., Creative Writing Group 12.30 p.m. Games and crafts, lunch available 'chill-out zone at 2 p.m. (50p)

Thursday 23rd March 'knit and relax' at CBC 2.30 p.m. (£1.50)

Friday 24th March 10.30 a.m.—12.30 p.m. Men's social group (£1.50) 2 p.m. 'creative expressions' art club

Monday 27th March Photography/Computer club 11—1 p.m. At Freemantle 'with a song in mind' at 3AC 2 p.m.

Wednesday 29th March drop-in at Freemantle 10.30 a.m.—2.30 p.m. Quiz at 11 a.m. 11.30 a.m. Member's forum 12.30 p.m. 'make n' mend' with Karen Tait or own choice of activity, lunch available 'chill-out' zone (50p)

Thursday 30th March 'women's support group' at CBC 2.30 p.m. (£1.50)

Friday 31st March 10.30 a.m.—12.30 p.m. Men's social group at CBC (£1.50) 2 p.m. 'Creative Expressions' art club

Monday 27th February Photography/ computer club 11 a.m.—1 p.m.
At Freemantle (£2.50 payable on Wednesdays please) ‘ with a
song in mind ’ at 3AC at 2 p.m.

Wednesday 1st March drop-in at Freemantle 10.30—2.30 p.m. Quiz
at 11 a.m. 11.30 a.m. Social committee 12 noon fund-raising
committee 12.30 p.m. ‘ make n ’ mend ’ with Karen or own choice
of activity soup and roll £1.00, 2 p.m. ‘ chill-out zone ’ (50p)

Thursday 2nd March ‘ women ’ s support group 2.30 p.m. At CBC
(£ 1.50)

Friday 3rd March 10.30 a.m.—12.30 p.m. Men ’ s social group at
CBC (£1.50) 2 p.m. ‘ Creative Expressions ’ art club

Monday 6th March ‘ with a song in mind ’ at 3AC 2 p.m.

Tuesday 7th March WRAP support group at CBC 2 p.m. (£1.50)

Wednesday 8th March drop-in 10.30 a.m.—2.30 p.m. At Freemantle
quiz at 11 a.m. 11.30 a.m. Member ’ s forum 12.30 p.m. Floristry with
Julie in art room (£3.- £5 extra) Or music appreciation with Sarah in
Ivy Grant room. ‘ chill=out ’ zone (50p)

Thursday 9th March ‘ knit and relax ’ 2.30 p.m. At CBC (£1.50)

Friday 10th March 10.30 a.m.—12. 30 p.m. Men ’ s social group at
CBC (£1.50) 12. 30 p.m. Meal cookery with Julie £6.00 to take
meal home—£3.00 non-returnable deposit—please book 2 p.m.

‘ creative expressions ’ art club

Monday 13th March Photography/computer club at Freemantle 11—1
p.m. (£2.50) 2 p.m. ‘ with a song in mind ’ at 3AC

Wednesday 15th March drop-in at CBC 10.30—2.30 p.m. Quiz at 11
a.m. 11.30 a.m. Recovery group with Michelle

**Thursday 19th January 12 Noon Trustees meeting at Freemantle
Community Centre (Elected Chair & Secretary to attend)**

2.30 p.m. Member-led women ’ s group at Central Baptist Church
(Frances not available to support)

Friday 20th January 10.30 a.m.—12.30 p.m. Men ’ s social club at
CBC (£1.50) 12.30 p.m. Cake-baking with Julie £4.00 to take
cakes home ‘ Creative Expressions ’ art club 2 p.m.

**Sunday 22nd January New Year Party and disco at Freemantle Com-
munity Centre 7. 30 p.m.—10.30 p.m. American supper (bring and
share) all members, friends, carers and relatives welcome!**

Monday 23rd January ‘ with a song in mind ’ at 3AC 2 p.m.

Tuesday 24th Jan. WRAP support group 2 p.m. At CBC with Michael
(£ 1.50 towards room hire and refreshments.

Wednesday 25th Jan. Drop-in at Freemantle 10.30—2.30 p.m. 10.30
a.m. 11 a.m. Quiz with prizes followed by member ’ s forum
(discussion) optional creative writing. ‘ make n ’ mend with
Karen. Soup n ’ roll (£ 1.00) 2 p.m. Chill out zone (50p)
(meeting re. mental health at St. Marks 3. p.m.)

Thursday 26th ‘ knit and relax ’ club 2.30 p.m. At CBC (bring own
knitting/stitchery projects, socialise & optional relaxation at 4 p.m.)
(£ 1.50 towards refreshments and room hire)

Friday 27th January 10.30 a.m.—12.30 p.m. Men ’ s social club
(£ 1.50 please) 2 p.m. ‘ creative expressions ’ art club

Monday 30th January Digital photography/computer club 11—1 p.m.
10.a.m.—3 p.m. Wellbeing Fair at Third Age Centre, Cranberry
Terrace All welcome. We will have a stall and the singing group is
performing at 2 p.m.

Wednesday 1st Feb. Drop-in at Freemantle 10.30—2.30 p.m. Quiz
followed by social group at 11.30 a.m. & fund-raising committee at 12.
noon. 12.30 p.m. 'make n' mend with Karen Tait or own choice.
Soup and roll (£1.00) 'Chill out zone' (50p)

Thursday 2nd February women's support group 2.30 p.m. At CBC
(£1.50)

Friday 3rd 10.30 a.m.—12.30 p.m. Men 's social group at CBC
(£1.50) 2 p. m. 'creative expressions' art club

Monday 6th Feb 'with a song in mind' at 3AC 2 p.m.

Tuesday 7th WRAP support group at CBC 2 p.m. (£1.50)

Wednesday 8th February drop-in 10.30—2.30 p.m. Quiz at 11 a.m.
11.30 a.m. Member 's forum (discussion of Clinical Commissioning
Group Evaluation Project) 12.30 p.m. Pottery with Sarah Rinaldi
(£1.00 per session and then pay £2.00 to collect completed
pottery) or own choice of activity, **2 p.m. Member 's Committee
Meeting - please all attend - (no chill out zone this week)**

Thursday 9th February 'knit and relax' 2.30 p.m. At CBC (£1.50)
incl refreshments)

Friday 10th February 10.30 a.m.—12.30 p.m. Men 's social group at
CBC 12.30 p.m. Meal cookery with Julie £6.00 for two portions—
£3.00 non-returnable deposit please and book if possible. 2 p.m.
'Creative Expressions' art club

Monday 13th February Photography/computer club 11 a.m.—1 p.m.
At Freemantle (£2.50) 'with a song in mind' at 3AC at 2 p.m.

Wednesday 15th February drop-in at Freemantle 10.30—2.30 p.m.
Tea and chat at 10.30 a.m. Quiz at 11 a.m. 11.30 a.m. Recovery
group with Michelle 12 noon 'healthy lifestyle club' with health
visitor & 'wellbeing Wednesday' (massage and nail care etc.,)
or card-making with Sarah, lunch available, 'chill out zone' at 2
p.m. (50p)

Thursday 16th February 'women 's group 2.30 p.m. At CBC
(£1.50)

Friday 17th February 10.30 a.m.—12.30 p.m. Men 's social group
(£1.50) Cake-baking with Julie at 12. 30. p.m. £4.00 to take cakes
home. 2 p.m. 'creative expressions' art club

Monday 20th February 'with a song in mind' at 3AC 2 p.m.

Tuesday 21st February WRAP support group at CBC (£1.50 incl
refreshments)

Wednesday 22nd February drop-in at Freemantle 10. 30 a.m. –2.30
p.m. Quiz at 11 a.m. 11.30 a.m. Member 's forum—discussion
(Easter plans) 12.30 p.m. Pottery with Sarah Rinaldi—session 2
(£1.00 today and pay another £2.00 when Sarah brings pottery
back fiired) or own choice of activity, 2 p.m. 'chill-out zone'
(50p)

Thursday 23rd February 'knit and relax' 2.30 p..m. CBC (£1.50)

Friday 24th February 10.30 a.m.—12.30 p.m. Men 's social group at
CBC 'Creative Expressions' art club at 2 p.m. Student 's
volunteer fair at the University (volunteer needed—see Frances)