

You do not have to be able to knit or have a particular project you are working on. Tuition available if needed. (fortnightly )

Men 's social group—social club for the men to meet together—chat or do activities as desired. Games—Pool/snooker available and t.v. for dvds on request.

' Creative Expressions ' - a creative group encompassing many creative techniques including arts and crafts, pottery, print-making, illustration, creative writing, visits to galleries and trips out sketching. Short courses on art techniques.

Meal cookery:- learn simple healthy meal recipes on a budget and take home a delicious home-cooked meal for two persons! Recipes provided and gluten free, diabetic and other special diets catered for. Booking essential and a non-returnable deposit is required.

Cake-baking: - with Julie—learn to make home-made cakes with recipes—gluten free and diabetic available. Booking desirable—non-returnable deposit please.

For all general information about the programme please contact:-  
M. Emereau on 07784365892 emereau5@msn.com

For further information about specific groups please contact:-

J. Anstey for details about floristry and cookery 07738681906

Michael Johnston for details about WRAP mj.jammy81@gmail.com

F. Heather (for ' knit and relax ' and women 's group )

0785-189069 frances.anne@btinternet.com

Saire Herschel for information about singing, art and social activities  
07585616204. saireherschel@gmail.com

For men 's group see Nigel Wheelock on Fridays at Central Baptist



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.

Legend:- FCC = Freemantle Community Centre.

CBC = Central Baptist Church

3AC = Third Age Centre

For contact details see back of leaflet.

[www.creativeoptions.btck.co.uk](http://www.creativeoptions.btck.co.uk)

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

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

Wednesday 5th April Drop-in at Freemantle Community Centre 10.30 a.m.—12.30 p.m. Quiz at 11 a.m. With prizes, **11.30 a.m. Committee meeting** , 12.30 p.m. 'Encaustic art' with Karen Tait (Easter theme ) (£1.00 per person to take home or free if for our fair ) lunch £1.00 'chill-out' zone (50p )

Thursday 6th April Sailing re-commences— 'Sailability' at Test-wood lakes. Assemble at CBC for transport. £3.00 per person.

Names on Wednesday please. Wear appropriate clothing and footwear. Take lunch if desired. Drinks available.

Friday 7th April 10.30 a.m.—12.30 p.m. Men' s social group at CBC (£ 1.50 ) 12 noon decorating Easter cakes with Julie. 2 p.m.

'Creative Expressions' art club

Optional meal at Nick' s restaurant at 7 p.m. £10.00 per head

Monday 10th April Photography/Computer Club 11—1 p.m. At FCC (£ 2.50 ) 2 p.m. 'with a song in mind' at 3AC

Wednesday 12th April Drop-in at FCC 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 (£3-£5 ) or Easter cards and crafts/

own choice 'chill-out' zone (50p ) Thursday 13th April Sailing with 'Sailability' meet at CBCF 10 a.m. £3.00 then community powertex art workshop at Shirley Warren 1 p.m. Onwards. (tel: 07850189069)

Friday 14th April—Good Friday—no meetings.

£3.00. 2.30 p.m 'knit and relax' CBC £1.50 incl. refreshments.

Friday 28th July Men ' s social group 10.30—12.30 p.m. CBC £1.50 2 p.m. 'Creative Expressions' Art Club with Saire and Heather.

Rest of Programme to be confirmed:-

Including new possible groups—exercise/meditation, social trips out and evening outings etc.,

Explanation of the groups:

Photography/computer club—learn digital photography and how to use digital and single lens reflex cameras and to save, edit, copy and print your photos. Learn or brush up your computer skills— how to set up an e-mail account, online shopping, social media etc., plus how to do job search, c.v.s. etc., Member on hand to help at all times.| ( fortnightly )

'with a song in mind' member-led singing group—variety of styles of music, old and new—led by experienced musician and pianist.

WRAP support group—member-led support group to help those who have done their WRAP (wellness-recovery, action planning ) to put it into action, change and adapt their programme to suit their needs.

Women ' s group—confidential group for women to share their issues in a supportive environment. Themes chosen in accordance with the needs of the group. Some structure with times of open sharing.

( fortnightly )

'knit and relax' chat over your latest stitchery project and relax over a cuppa followed by a relaxation cd/tape (guided imagery ) at 4 p.m.—just relax in whatever way you desire (pillows provided ) or carry on with your project quietly!

**Sunday 16th July 'Deep South Gospel Show fund-raising concert with Chris Walker and his swingtet. Central Baptist Church 2.30 p.m.**

**Tickets £8 incl drink . Full afternoon tea available for £2.00 per person ( 2 scones, jam, cream and tea or coffee )**

Monday 17th July Photography and Computer Club 11.30 a.m. FCC £2.50 per person. 2 p.m. 'with a song in mind' singing group 3AC free of charge incl. refreshments.

Wednesday 19th July drop-in FCC 10.30—2.30 p.m. 'Wellbeing Wednesday' 10.30 a.m. Tea and chat 11.00 quiz with prizes 11.30 a.m. Recovery group with Michelle 12 noon healthy lifestyle group 12.30 p.m. hand-massage, self-care, manicures etc., with Julie or music appreciation with Saire 2 p.m. 'chill-out' zone 50p

Thursday 20th July Sailing with 'Sailability' meet at 10 a.m. At CBC £3.00 per person. 2.30 p.m. Women's group at CBC £1.50 incl. refreshments.

Friday 21st July Men's social group 10.30—12.30 p.m. CBC £1.50 2 p.m. Cake-baking with Julie £4.00 to take cakes home. (£2.00 deposit) 2 p.m. 'Creative Expressions art club with Saire and Heather.

Saturday 22nd July 'Not staying In!' weekend social group—see Saire for details.

Monday 24th July 2 p.m. 'with a song in mind at 3AC free of charge refreshments included.

Tuesday 25th July WRAP support group 2. p.m. CBC £1.50

Wednesday 26th July Summer Outing (tbc)

Thursday 27th July Sailing with 'Sailability' meet at CBC 10 a.m.

Saturday 15th April weekend social group meeting— 'Not staying in!' see Saire Herschel for details.

Tuesday April 18th WRAP support group 2 p.m. At CBC £1.50 including refreshments.

Wednesday April 19th Drop-in at FCC 10.30—2.30 p.m.

10.30 a.m. Tea and chat. 11.00 a.m. Quiz with prizes with Saire.

11.30 a.m. Recovery star group with Michelle, 12 noon—healthy lifestyle group. 12.30 p.m Making body scrubs for the fair with Julie 2.00 p.m. Optional 'chill-out' zone 50p

Thursday 20th Sailing with 'Sailability' £3.00 meet at CBC 10. a.m. 'knit and relax' self-run session if desired (Frances away all week. )

Friday 21st April 10.30 a.m.—12.30 p.m. Men's social group CBC £1.50 2 p. m. Meal cookery with Julie (£3.00 non-returnable deposit please ) 2 p.m. 'creative expressions' with Saire & Heather

Monday 24th April 11.30 a.m.—1.30 p.m. Photography and computer club with Gerard and Paul £2.50 at FCC 2 p.m. 'with a song in mind' singing group at 3AC with Saire (free of charge )

Wednesday 26th April drop-in at FCC 10.30—2.30 p.m. 10.30 a.m. Tea and chat, 11.00 a.m. Quiz with prizes followed by members forum until 12.30 p.m. Then activities:- 'make n' mend with Karen Tait or choose own activity. Lunch available at reasonable cost. 2 p.m. 'chill-out' zone 50p.

Thursday 27th April Sailing with 'Sailability' £3.00 per person. Meet at CBC 10 a.m. 2.30 p.m. Women's group at CBC £1.50

Friday 28th April 10.30 a.m.—12.30 p.m. Men's social group at CBC £1.50. 2 p.m. 'Creative Expressions with Saire and Heather

Saturday 29th April—weekend social group 'Not staying in!' see Saire for details

Monday 1st May 2 p.m. 'with a song in mind' with Saire at 3AC (free of charge)

Tuesday 2nd May 2 p.m. WRAP support group with Michael CBC £1.50 per person.

Wednesday 3rd May drop-in at FCC 10.30—2.30 p.m. 10.30 a.m. Tea and chat, 11.00 quiz, 11.30 a.m social committee 12 noon fund-raising committee. 12.30 p.m. 'make n' mend' with Karen Tait or Creative Writing, Lunch available, 2 p.m. 'chill-out' zone 50p

Thursday 4th May Sailing a.m. Meet at CBC 10 a.m. £3.00 per person 2.30 p.m. 'knit and relax' at CBC £1.50 per person.

Friday 5th May Men's social group 10.30—12.30 p.m. CBC £1.50 2 p.m. Creative expressions' art club with Saire

Monday 8th May Photography and computer club with Gerard and Paul 11.30 a.m. CBC £2.50 per person. 2 p.m. 'with a song in mind' singing group with Saire at 3AC

Wednesday 10th May drop-in at FCC 10.30 a.m.—2.30 p.m. 10.30 a.m. Tea and chat 11.00 a.m. Quiz with prizes. 11.30 a.m. Member's forum 12.30 p.m. Pottery with Sara Rinaldi 2 week course (£2.00 per session and £1-£2 for finished article on collection) or choose own activity. 2 p.m. Chill-out zone 50p

Thursday 11th May Sailing with 'Sailability' meet at CBC 10 a.m.

Monday 3rd July Photography and computer club 11.30 a.m. FCC.£2.50 'with a song in mind' 2 p.m. At Third Age Centre incl refreshments foc.

Wednesday 5th July drop-in at FCC 10.30—2.30 p.m. 10.30 a.m. Tea and chat, 11.00 a.m. Quiz with prizes with Saire, 11.30 a.m. Social committee, 12 noon fund-raising committee 12.30 p.m. 'make n' mend with Karen Tait, Upholstery/d.i.y. or creative writing 2 p.m. 'chill-out' zone 50p

Thursday 6th July Sailing with 'Sailability' meet at CBC 10 a.m. £3.00 2.30 p.m. Women's group at Central Baptist Church £1.50 incl. refreshments.

Friday 7th July Men's social group 10.30 a.m.—12.30 p.m. £1.50 2.p.m. 'Creative Expressions' art club with Saire and Heather

Saturday 8th July 'Not staying in!' weekend social group see Saire for details.

Monday 10th July 'with a song in mind' at Third Age Centre 2 p.m.

Tuesday 11th July WRAP support group 2 p.m. £1.50

Wednesday 12th July drop-in at FCC 10.30 a.m.—2.30 p.m. 10.30 a.m. Tea and chat. 11.00 a.m. Quiz with prizes with Saire **11.30 a.m. Member's meeting** 12.30 p.m. Floristry with Julie (£3-£5) or music appreciation with Saire. 2 p.m. 'chill-out' zone 50p

Thursday 13th July Sailing with 'Sailability' meet at CBC 10 a.m. £3.00. 2.30 p.m. 'knit and relax' at CBC £1.50

Friday 14th July Men's social group 10.30—12.30 p.m. £1.50 2 p.m meal cookery with Julie £6.00 for two portions to take home. £3. 00 non-returnable deposit please ) 2 p.m. 'Creative Expressions' art

Wednesday 21st June drop-in at FCC 10.30—2.30 p.m. ‘Wellbeing Wednesday’ 10.30 a.m. Tea and chat. 11 00 a.m. Quiz with prizes with Saire 11.30 a.m. Recovery star group with Michelle, 12 noon Healthy lifestyle group 12.30 p.m. Wellbeing group—self-care, manicures, hand-massage etc., or card-making with Saire ‘chill-out’ zone 50p

Thursday 22nd June Sailing with ‘Sailability’ meet at CBC 10 a.m. £3.00 Women’s group 2.30 p.m. CBC £1.50 incl refreshments.

Friday 23rd June Men’s Social Group 10.30—12.30 p.m. CBC £1.50 2 p.m. Cake-baking with Julie £4.00 to take cakes home. £2.00 non-returnable deposit please. 2 p.m. ‘Creative Expressions’ art club with Saire and Heather

Saturday 24th June ‘Not staying in!’ weekend social group see Saire for details.

Monday 26th June 2 p.m. ‘with a song in mind’ singing group at 3AC 2 p.m.—(refreshments included—free of charge)

Tuesday 27th June WRAP support group 2 p.m. At CBC £1.50

Wednesday 28th June drop-in at FCC 10.30—2.30 p.m. 10.30 a.m. Tea and chat 11.00 quiz with prizes with Saire 11.30 a.m. Member’s forum . 12.30 p.m. ‘make n’ mend’ with Karen Tait or upholstery’ d.i.y. Projects or own activity.

2 p.m. ‘chill-out’ zone 50p

Thursday 29th June Sailing with ‘Sailability’ meet at CBC 10 a.m. £3.00 ‘knit and relax’ 2.30 p.m. At CBC £1.50 incl. refreshments.

Friday 30th June Men’s social group 10.30—12.30 p.m. £1.50 At CBC 2 p.m. ‘Creative Expressions’ art club with Saire and Heather

£3.00 2.30 p.m. Women’s group at CBC £1.50 per person.

Friday 12th May 10.30 a.m.—12.30 p.m. Men’s social group CBC £1.50 2 p.m. ‘Creative Expressions Art Club or 2.p.m. Meal cookery with Julie £6.00 ( £3.00 non-returnable deposit please )

**Saturday 13th May Creative Options Spring Fair 11—2 p.m. At Central Baptist Church—all hands on deck! Setting up 10 a.m. Admission 50p £5.00 for a stall. Plants, crafts, home-ware, bric-a-brac, nearly new, sweet stall, cake stall, .tombola, raffle and much more!**

Tuesday 16th May WRAP support group 2 p.m. At CBC£1.50 incl refreshments.

Wednesday 17th May 10.30 a.m.—2.30 p.m. Drop-in at FCC ‘Wellbeing Wednesday’ 10.30 a.m. Tea and chat. 11.00 a.m. Quiz with prizes. 11.30 a.m. Recovery star group with Michelle, 12 Noon healthy lifestyle group 12.30 p.m. Wellbeing group—hand-massage, self-care, making scrubs etc., or music appreciation with Saire. ‘Chill-out’ zone 50p.

Thursday 18th May Sailing with ‘Sailability’ meet at 10 a.m. CBC £3.00. 2.30 p.m. ‘knit and Relax’ at CBC

Friday May 19th Men’s social group 10.30 a.m.—12.30 p.m. CBC £1.50. 2.p.m. Cake-baking with Julie ( £4.00 to take cakes home ) 2.p.m. ‘Creative Expressions’ art club with Saire and Heather. With Saire and Heather

Monday 19th June Photography and Computer Club at FCC 11.30 a.m. £2.50 per person. 2. p.m. ‘with a song in mind’ singing group at 3AC

Monday 22nd May Photography and computer club FCC 11.30 a.m. £2.50 per person. 2.p.m. 'with a song in mind' with Saire at 3AC

Wednesday 24th May drop-in at FCC 10.30 a.m.—2.30 p.m. 10.30 a.m. Tea and chat 11.00 quiz with prizes with Saire 11.30 a.m. Member's forum. 12.30 p.m. Activities:- Pottery 2nd week with Saire ( £2.00 per person per session plus £1-£2 on collection of finished article ) or own choice of activity. 'chill-out' zone 50p.

Thursday 25th May Sailing with 'Sailability' meet at CBC 10 a.m. £3.00 2. 30 p.m. women's group at CBC. £1.50

Friday 26th May Men's social group 10.30—12.30 p.m. £1.50 2 p.m. 'Creative Expressions with Saire and Heather

Saturday 27th May 'Not staying in!' social weekend group see Saire for details.

Monday 29th May 2 p.m. 'with a song in mind' with Saire at 3AC

Tuesday 30th May WRAP support group 2 p.m. At CBC £1.50

Wednesday 31st May drop-in at FCC 10.30 a.m. Tea and chat. 11.00 a.m. Quiz with Prizes. Half-day trip out to local place of interest. tbc.

Thursday 1st June Sailing with 'Sailability' meet at CBC 10 a.m. £3.00 2.30 p.m. 'knit and relax' at CBC £1.50

Friday 2nd June Men's social group 10.30—12.30 p.m. CBC £1.50 2. p.m. 'Creative Expressions with Saire and Heather

Monday 5th June Photography and Computer club at FCC 11.30 a.m. £2.50 'with a song in mind' at 3AC 2 p.m.

Wednesday 7th June drop-in at FCC 10.30—2.30 p.m. 10.30 a.m. Tea and chat. 11 00 a.m. Quiz with prizes with Saire

**11.30 a.m. - 12.30 p.m. Committee Meeting.** 12.30 p.m. Make n' mend with Karen Tait or Upholstery/d.i.y. Group or creative writing . 'chill-out' zone 50p

Thursday 6th June Sailing with 'Sailability' meet at CBC 10 a.m. £3.00 women's group 2.30 p.m. CBC £1.50

Friday 9th June Men's social group 10.30—12.30 p.m. CBC £1.50 2 p.m. 'Creative Expressions' art club with Saire and Heather

**Saturday 10th June Community Music event in Palmerston Park with Soco Music Project.**

Monday 12th June 2 p.m. 'with a song in mind' with Saire at 3AC

Tuesday 13th June WRAP support group 2 p.m. At CBC £1.50

Wednesday 14th June drop-in at FCC 10. 30 a.m.—2.30 p.m. 10.30 a.m. Tea and chat 11.00 a.m. Quiz with Prizes with Saire 11.30 a.m.

Social committee 12. noon fund-raising committee 12.30 p.m.

Floristry with Julie (£3-£5 deposit please ) or music appreciation with Saire. 2 p.m. 'chill-out' zone 50p

Thursday 15th June Sailing with 'Sailability' meet at CBC at 10 a.m. £3.00. 2.30 p.m. 'knit and relax' at CBC £1.50 per person

Friday 16th June Men's group 10.30 a.m.—12.30 p.m. CBC £1.50 2 p.m. Meal cookery with Julie £6.00 to take two portions home £3.00 non-returnable deposit please 2 p.m. 'Creative Expressions art club with Saire and Heather

Monday 19th June Photography and Computer Club at FCC 11.30 a.m. £2..50 2 p.m. 'with a song in mind' at 3AC foc.