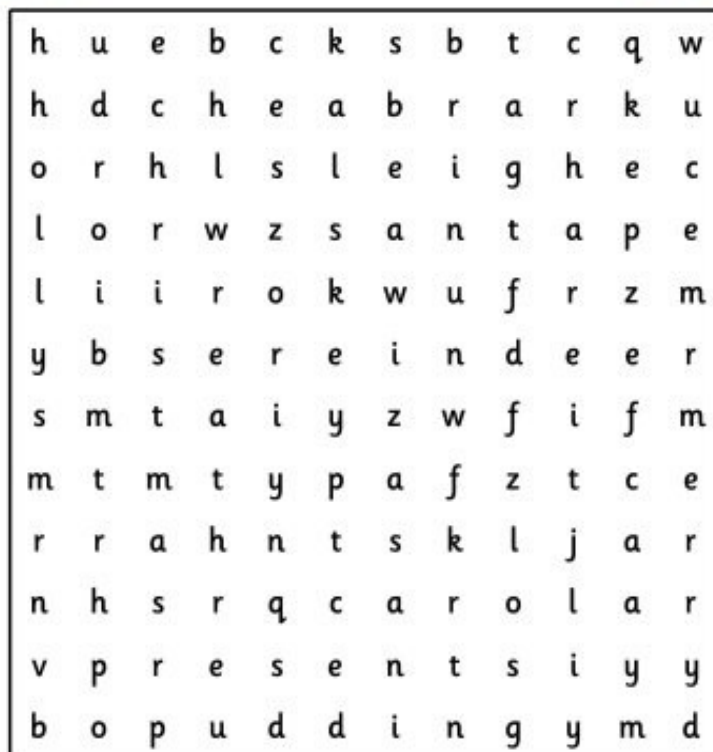




Christmas Word Search



| | | | |
|----------|-----------|----------|--------|
| carol | christmas | holly | merry |
| presents | pudding | reindeer | santa |
| sleigh | star | tree | wreath |



Reg. 1169194

Who we are

We are a voluntary charity set up 2016 by Frances Heather, who has retired as an Occupational Therapist from working in the NHS in mental health. The project is managed by a committee of trustees and run by a part-time project leader and members with lived experience of mental health issues. We offer support, training, mentoring & opportunities to people experiencing mental health issues.

Where do we meet

We currently offer a weekly drop-in at Freemantle Community Centre, Randolph Street, SO15 3HU and other mid-week groups across the week; mainly at Central Baptist Church, Devonshire Road, Polygon

How to get involved

Anyone who has experienced mental health issues is welcome to be involved, together with carers, relatives and friends. We also welcome people as volunteers; especially those with lived experience and/or skills they would like to develop and share. We particularly encourage service-user led initiatives. We accept referrals from people from the statutory services and welcome people to come along and visit us and for individuals to apply to join us. Our committee is run by a number of service-users who are our members and help to run the project. The committee meets on a bi-monthly basis. We have fortnightly member's forums where people can discuss various topics and express their views. We also have sub-committees for fund-raising, social committees etc., and run small groups on healthy lifestyle and wellbeing.

Format:- 10.30—11 a.m.—meet and greet, tea and coffee, 11 00 a.m. Quiz
11.30 a.m.—member's forum or small groups (fund-raising, social committee, recovery groups and healthy lifestyle etc.,
12.30 p.m.—activities 'anything goes' (choose your own activity) plus:- weekly walk. 1st and last Wednesday in every month—'make n' mend' club with Karen—our sewing tutor 2nd week of the month—floristry, 3rd week—'wellbeing Wednesday' with hand massage, manicures etc., healthy lifestyle talks. 1 p.m. Onwards lunch available. 2 p.m. 'chill-out' zone in symphony room (multi-sensory room)

Telephone No: 07850189069 frances.anne@btinternet.com

What we have been up to:

We made it! We are now a Registered Charity!

Finally after some months of deliberation and many hours slaving over a hot constitution. We are finally a Registered Charity! Thank you to Aurun Sood and Rob Kurn and all our Trustees, for their help and advice. Please quote our number on all correspondence. Thank you.

In May we held a very successful 'wellbeing in the arts' day at Central Baptist Church in conjunction with the Hampshire Festival of the Mind. The event comprised of stalls, activities such as pottery, colouring in mandelas, flower-arranging and workshops in dance, drama, music and art. There was a presentation from our friends from 'Making a Scene' drama group and Bev Newman from bits and bobs on the therapeutic value of crafting and an art exhibition. The day was very well attended indeed by people with lived experience of mental health issues, families and the general public. We are grateful for the support of Pastor David Masters for his hard work in supporting this event and Stephen Press, one of our Trustees, who acted as MC for the day. Thanks is expressed to our own Saire, and Lesley, (one of our Trustees), Meta and Sarah from Creative Mental Health who ran the workshops and our colleague Carolyn Barber from Portsmouth.. We were delighted to welcome the outgoing Mayor, Linda Norris, MP Alan Whitehead and Councillor Paul Lewzey, the community champion for mental health.



Here is another contribution from our very talented Sarah from her cartoon series 'Tim and Friends'.



© sairebear designs 2016.

Chuckle Corner

Situations Vacant:-

Trustees

We are urgently in need of recruiting at least one more Trustee, Preferably two. One should be someone with knowledge/experience in finances and/or someone used to applying for and/or managing grants. These are voluntary positions and would be ideal for someone who has had experience in the voluntary sector and/or business and has a few hours each month to dedicate to the project. It would also suit someone who has experience of being involved in the voluntary sector. We can supply details of the requirements of a Trustee. The Trustees meet six times a year and one of the meetings is the Annual General Meeting with the members. Please get in touch if you are interested in supporting us in this way or you know a man (or a woman!) who can!

Website Manager

Lucy has done a stalwart job in maintain the website, but she wants to set the new website up and show someone else how to manage it. We need someone who can spend a couple of hours a month maintaining the website for us.

Social Media Manager

We also need someone with knowledge of communicating on social media to manage our facebook site etc.

Male Volunteer to support men's group

We are seeking someone to support a weekly men's support group. This could be someone who is a student seeking experience or, indeed, someone retired and is looking to work with people. The group is 10.30 a.m.—12.30 p.m. on a Friday. We also need other general volunteers and people with specific skills to share. Southampton Voluntary Services has a Register with our full details.

We also had two very pleasant trips this year. One was a half day trip to Christchurch in Dorset. Nigel writes 'We arrived in the morning by car and had a nice walk with our friends and a look round the shops and then had a lovely lunch, which made the day. Ron was a great driver and I think everyone enjoyed themselves. We would do it all again.' Thank you Ron and Frances.



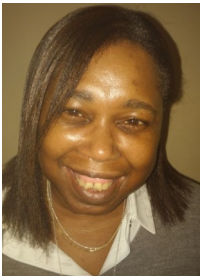
At the end of July we took a large party to the Isle of Wight. We split into two groups. One group in a mini-bus and a car went to the Needles Pleasure park and then on a scenic drive and Ventnor Botanical Gardens and the other group in two cars went to Osbourne House and then on a scenic ride round West Wight, stopping at Ventnor sea front and viewing the Needles from the Pleasure park viewpoint before meeting up at Cowes again and getting fish and chips to enjoy on the ferry on the way home. Pauline writes 'It was a great day out and before we went we had a choice of where to go. My choice was Osbourne House where Queen Victoria and Prince Albert lived with their family. It was a very interesting and beautiful place. We went to the private beach and had lunch., then on a beautiful drive around the coastline. The scenery was lovely and Frances made it interesting by telling us about some of the places we were passing on route. A day I shall always recall with fond memories'



And its goodbye from her !..... Farewell to Dee Brown

Our day trip to the Isle of Wight also turned out to be Dee's last day working with us. Dee Brown has lived experience of ongoing mental health issues and volunteered with us prior to gaining a sessional post as Project Assistant with us for a further two years. Dee was a terrific organiser and always welcomed people with a smile and a cuppa. She also used her expertise in computers to set up the internet cafe for our service users. She will be greatly missed for her calming influence, warmth, diplomatic manner and sensitivity with people. However, we are pleased to have played a part in her story and the experience she gained working with us helped build her confidence and she now has a full time post with MIND as a wellbeing co-ordinator. We feel this is part of our success as an organisation as well as hers.

And its hello from Me! Michelle Emereau



After advertising for quite some time our Trustees are pleased to announce that we were able to find Michelle Emereau and appoint her as the new Project Leader, to eventually take over the post from Frances, who set up the Project. Frances is gradually standing down from the 'hands on' work to concentrate on working with the Trustees to build up a secure team so she can eventually retire next year. Michelle comes to us with her own lived experience of both mental health issues and some physical disability. She has a cheerful and friendly disposition and is very unassuming which masks a wealth of experience which she will be bringing to the project. Michelle previously worked in Reading in day and community services and is passionate about mental health recovery. Welcome on board Michelle!



Keeping the Hope'

On Saturday 10th September, we held an open day to mark world Suicide Prevention Day; whilst carrying the message that there is hope in our changing world. We had several stalls and activities; including an art table, free teddy tombola and a separate room where people could reflect on the theme of hope and/or light a candle to remember those affected by suicide.. Healthwatch Southampton, The Good Mental Health Co-operative and Capable Creatures were all in attendance and there was also an information stall.

Poetry corner:-

Here is another poem from one of our prolific creative writing members.

How soon with the swallows fly away?

From April to October

The swallows visit here

The graceful flight that calls them

Shows us that they are near

And spending their time with us

Their twittering to sing

With chatty, scratchy musicals

They know they had to bring

Our muddy puddles help them

To build a classy nest

Tucked into our fine buildings

We know they need the best!

But, they will not stay forever

As the winter comes its way

And off they go, until once more

New Spring invites their stay.

Margaret Hitch 13/8/16

**December 8th General Meeting 2 p.m. Strawberry fields
Room Freemantle Community Centre, Randolph Street, SO15
3HU** Please will all committee members make sure they are
able to attend.

Nominations being received for vice-chair and 3 positions on
the committee (required by 13th November please)



As the song goes, it is a rich man's world and like it or not, we cannot do without it. To date 'Creative Options Community Project' has been extremely successful in gaining grants up to some £36k so far. A t

the time of writing, we particularly need to secure some immediate core funding as well as raise specific monies for the programme and our extra-mural activities.

Are you good at Fund-raising?

We are organising a fund-raising committee and looking for people to join us and bring ideas. This is a very good thing to do as voluntary groups need to be active in raising their own funds. However, experience tells us that the larger sums of money that are usually needed are not normally raised this way. Fund-raising can, and does, however, raise the profile of organisations, which is perhaps the main value. Please contact us with your ideas if you would like to help us.



Fancy a sponsored run or a sky dive on our behalf?

We are also interested to hear if there people who are out there who may be willing to do some fund-raising for us. Be it adventurous or creative, we are keen to hear from people who may enjoy doing this kind of activity who may be looking for a charity to support. Now we are Registered with the Charity Commission, we are hoping that there may be those out there who would like to consider us to be their next project.

Please let us know if you are aware of any possibilities for Corporate sponsorship also.

We have also set up a crowdfunding page with the aim to raise £10k www.justgiving.com/crowdfunding/creativeoptions

The highlight of the day was interactive theatre, led by James Wilson from the University. Various scenarios involving people acting as those with lived experience of mental health issues; played out in front of the audience, who were invited to participate by suggesting positive ways in which the scenarios should end. There was also a free buffet and two music workshops. We were very pleased to welcome the new Mayor of Southampton Kathy Ewing and Councillor Paul Lewzey. Thanks goes to everyone involved. (Saire)



(and well done Sarah for organising the event yourself -Ed)

on the move



We have moved again!

We have been very grateful for the facilities at Central Baptist Church and the support of Rev. David Masters. We like the central location and this is the reason we intend to retain some of our work there. However, there has been a desire for some time to see a drop-in facility in Shirley. We discovered that Freemantle Community Centre had a lot of facilities to offer us and so we decided in October to move our main Wednesday drop-in to the Centre where there is a purpose built art room, multi-sensory room, wi-fi, sports facilities and it is right next door to the Shirley swimming pool. This move has has been particularly welcome by Adult mental health services and the West CMHT in particular. We are very grateful for the financial support the NHS is giving us in contribution towards room hire. We were also able to gain support from the Clinical Commissioning Group to pay for our Tutors and resource our service-user led art group. At the time of writing our finances are very low indeed and we are seeking to secure more funding; specifically for core activities; but also to resource our extra mural activities. In the meantime, we are very grateful for both the recognition of the value of our work and the financial support we are receiving both from Southern Health and the Clinical Commissioners.

We are sailing!

Out of the blue, as it were, we suddenly found ourselves with the opportunity for members to go dingy sailing. Frances, the founder of the project, had always been a keen dingy sailor from the age of around twelve years. Ron started sailing in the Navy and he and Frances also previously owned their own boat. Frances also organised regular sailing afternoons and then weekends away on yachts when working on the Isle of Wight. Knowing the therapeutic value of such activity, she was delighted to learn that Julie, one of our members, had met up with members of Testwood 'sailability' when walking the dogs one day and had decided to volunteer as part of her own mental health recovery. Our members were offered the chance to go sailing. Normally, by this time of the year, the sailing would have stopped, but due to the mild weather, the sessions were continued for another month. For five weeks now three or four people have taken the opportunity to go out to Testwood lakes and get on the water. The weather has been really lovely and it is a really nice area to have a walk or a picnic. The organisers are a friendly bunch and very hospitable with refreshments and home-baked goodies. The group is looking forward to returning at the end of March next year, when we hope to have secured specific funding for this extra-mural activity for the membership fees, subsidy and money towards fuel for volunteers to transport people out to the centre.



Thursday 22nd December 2. 30 p.m. Christmas nibbles &
Christmas relaxation
With Frances
New Year—date tbc—evening disco with American supper!

Alcohol

Memories

loneliness

Bereavement

Relationships

Money

illness

Food



'Coping with the Challenge of Christmas'

**Practical sessions
to help!**

**taking charge of our Christmas and
planning a positive experience
together**

Friday 11th, 18th November & 8th December
Seasonal cookery with Julie

Wednesday November 16th and November 23rd—Making
economic Christmas Crafts and gifts together

Wednesday November 30th and throughout November—
opportunity to make Christmas cards.

Wednesday November 30th and December 14th
Making Pottery gifts with Sarah Rinaldi

Member's forum Discussion and talk
Wednesday 7th December 'Coping with Christmas'
From 11.30 a.m.— 12. 30 p.m.

Thursday 15th December Women's Christmas social outing
3 p.m.

Friday 16th December fork buffet at Central Baptist Church
(£6.00)

Wednesday 21st December Christmas meal at the Giddy
Bridge 7 p.m.

Frankie writes 'I went to a sailing club about a week ago with the group. There was a big lake there and boats were taken out. I went out on one of the boats with an instructor. It was very interesting and I enjoyed it. The instructor let me have a go at sailing it and told me what parts of the boat were called.'

What do people get from coming to Creative Options?

As part of our work, we feel it is important to try and continually evaluate what we are doing to ensure that our service is responsive to the needs of our service users. When we run groups we give feedback forms so we can evaluate what we have been doing. We also conduct more detailed evaluations. In the summer of 2016 we did a full evaluation of our services via a questionnaire distributed amongst our members to ask them what they thought about the service. This included garnering their views on a possible move of venue. We feel it is important to give voice to our service-users so that they can express exactly what they get out of coming to our project. Here are some of the comments.

'Since joining the Creative Options Group I feel it is a great help to me. It is a group where I can meet other people who are in the same position as myself. Some with bi-polar, depression, personality disorders etc., and mental health in general. Nobody judges you and we all help one another when needed. When at times you may feel down or need to talk. Frances runs the group and makes us all welcome. Myself, with manic-depression, (bi-polar) I do sometimes get very low, but since coming to the group I feel my mood at times, when low, the group pulls me back up and takes me out of the 'black hole' as I call it, when I feel very low. I am so glad I found out about the Creative Options Group as it helps and supports mental health patients having people to talk to from the same position' (Pauline)

'I came to Creative Options because it gets me out of the house as I am on my own. I have been to knit and relax as well. I am happy with the new venue and like to help Karen prepare the sandwiches at the Wednesday group at Freemantle Community Centre. I also like the quiz. I am looking forward to doing some pottery' (Irene)

'I came to Creative Options as it is a very supportive group and it provides me with company with like minded people and there are always activities on.' (Frankie Day)

Are you interested in photography?
Would you like to learn to use a digital camera?
Would you like to learn how to edit and crop your own photographic work?



If the answer is yes, then Maybe you would like to join our fortnightly photography group at Freemantle Community Centre Randolph Street, SO15 3HU.

The group is run by an experienced voluntary tutor. We ask people to book for these sessions and the cost is £2.50 (which includes all equipment, materials etc., and refreshments. (Please book in advance if possible by contacting Frances on 07850189069 and/or pay in advance on a Wednesday)

There is also an opportunity to use the laptop computers at these sessions. Anyone wanting or needing tuition in the use of computers please let us know as we have a member who is keen to help people learn on a more regular basis.



Creative Expressions' weekly art club with Saire Herschel

Fridays 2 p.m. At Central Baptist Church,
Devonshire Road, Polygon, Southampton SO15 2GY



Do you enjoy art?

Are you creative?

Would you like to learn more about drawing and painting?

Are you looking to doing something creative in the company of others? If the answer is 'yes', then maybe our weekly art group may be just the thing for you. This term Saire is working with the John Hansard Gallery on special projects. All are welcome. Free of charge, refreshments available.

Relationships are often strained to say the least and sometimes damaged through people's illnesses so that many end up isolated and alone. Christmas is a really difficult time for some people who may have experienced loss at this time of the year. Its truly amazing to realise just how many people have lost loved ones at Christmas and this leaves the season feeling all the more poignant. Many people with mental health issues are on their own and may not have anyone to invite them to join with them at this time of the year, leaving them feeling really isolated. Even so, those who do have family may find it a strain spending time with their loved ones a strain because of the expectations or restraints imposed upon them. There is also the added pressure of feeling you have to spend money on gifts that maybe you can ill afford. We, at Creative Options are aware of these issues and in the past have offered a six week course entitled 'Coping with Christmas' to explore these issues in depth. This year, we are unable to offer this because of manpower, time & financial constraints. However, we are attempting to look at some of the issues surrounding Christmas and the time of preparing for it. We are holding a special member's forum to discuss these matters. We are also providing a number of practical sessions to help people to prepare hand made gifts which may help with the problem of knowing what to give someone. This also gives added pleasure in knowing that it has been achieved by oneself.

Frances Heather, has made a particular study on the origins of Christmas from both a Christian and secular standpoint and has also produced her own relaxation tapes with a number of themes including a special one called 'Relax it's Christmas'. If you would like a copy of the tape, please contact Frances. All proceeds will go to Creative Options Community Project. Whilst we are on the subject of tapes, Frances is seeking an inexpensive method of getting her tapes all put onto cd discs from the master copies. If anyone knows of someone who can do this relatively cheaply for her, please get in touch. All sales of cds will benefit the project.

Contact Frances on 07850189069





Yes its the C' word again!

It seems no soon as the kids have returned to school after the summer holidays, then the Christmas decorations appear in the shops and the adverts for toys appear on the television. Christmas is, according to T. Holmes stress scale no. 11 on a scale of 1 to 100. This is quite high. It is well known that this season of supposed jollity can be extremely stressful for people and even more so for people with mental health issues. Whatever our religious persuasion; we have to recognise the fact that Christmas has become a commercialised event. Despite many people's pleas to put the 'Christ back into Christmas'; we need to realise that this event is based on a much older pagan rituals surrounding the winter months in the earlier centuries. It is not known exactly when Jesus was supposed to be born, but more accurate predictions suggest it was more than likely to be around September and it seems that realising that they could not rid society of the pagan festival that Christians decided to adopt it instead. There is also a story that because it was a time of pagan feasting, this was the only time the Christians were left in peace in the catacombs and not persecuted. Some people from some religious backgrounds have banned Christmas outright declaring it to be pagan and won't have anything to do with it. However, others take it as an opportunity to share what they do believe in the most positive way they can. Some people choose to spend the time reaching out to those less fortunate than themselves. For other people, Christmas is a time where they have to work harder and for those in the service industries; they may not have time to be with their families - it becomes just another day. Whatever our personal beliefs; most of us are generally unable to avoid some kind of involvement whether we want it or not. Whatever we believe and know about the foundations of Christmas it seems it is here to stay. What we need is a more pragmatic approach. The principle of the matter is taking charge of your Christmas and not allowing the circumstances control you. This is true, even in situations where someone may feel they do not have a choice. Sometimes it means having that conversation early enough before being 'steamrollered' into something you did not want. For people with mental health issues Christmas can be extremely stressful. For some, more so, because of the emphasis on family life, which may be lacking or has been lost.

Have you learnt how to make a WRAP but are struggling to work on it without support?

then maybe you would like to come to the...

Wellness Recovery Action Plan Peer Support Group



Where people who have completed or are on a WRAP course can work on, develop, revisit, discuss, write, think about and/or reflect on their WRAPs with other WRAP users in a supportive environment

Details:

Where: Central Baptist Church, Devonshire Road, Polygon, Southampton, SO15 2GY

Time: 2pm until 4pm
(The group is a drop-in so you can come and go any time)

Fee: The first session is free but there is a £1 attendance fee each session afterwards

Dates for 2016: Tuesday 18th October, 1st, 15th and 29th November and 6th December

Dates for 2017 TBA

Contact info: Michael Johnston (group leader)
Tel: 07709 644 148

Come and have a 'knit and a natter'!

There has been a lot of research in the past few years into the benefits of stitch based crafts for people with lived experience, which has shown that it is a useful tool in helping people to manage mood, provide something to focus on, boost confidence and provide social contact. The latest studies also show benefits on brain chemistry, similar to that of meditation. The Knit and crochet table at Creative Options led to some interesting discussions too as we found that people found it easier to talk sometimes, if they were engaged in doing something. From this, the Knit and Relax group was born. We meet fortnightly on Thursdays, at Central Baptist Church from 2:30 to 4:30pm for the princely sum of £1. 50 including tea and cake. Its open to anyone with lived experience who enjoys knitting, crochet or stitching / embroidery. Bev Newman from Bits and Bobs Crafts is on hand as a tutor and will help you learn to knit or crochet or sort out problems with your latest project if needed. We are a small, friendly and flexible group, open to men and women, with a range of abilities and experience. You don't have to come to every session, although we'd like it if you could. The first hour and half we chat, work on projects, help each other out and share our problems and hopefully solve them! We have a cuppa and a slice of homemade cake too! So far Bev has taught a few members to knit, sew up projects and of course, rescued the odd dropped stitch. The last 30 minutes Frances runs an optional guided imagery relaxation session. We get comfy with pillows and listen to the tape and some of us even nod off! And if you are not comfortable relax this way, then you are welcome to keep on working on your project, as long as you click quietly. Those who keep working say that they still get benefits from the tape though. Why not come and join us and see if its for you! you'd be very welcome.

Why not come and join us and see if its for you! you'd be very welcome.

Next meeting: Thursday 10th November 2.30 p.m. At Central Baptist Church, Devonshire Road, Polygon,. SO15 2GY (and fortnightly) **'knit and relax' with Christmas nibbles and 'relax it's Christmas' special Christmas themed tape**

Thursday December 22nd at 2.30 p.m.

We are pleased to announce

The re-launch of

'With a song in mind'

music group for service-users, carers and supporters

Trial for a new venue!

New Music!

New focus!

Now Practicing for Christmas events

On Mondays from 2—3 p.m.

The Third Age Centre, Cranberry Terrace

You are welcome to bring a musical instrument if you wish

refreshments available

For more information:-

Please contact Sarah Herschel

On 07585616204

'with a song in mind'

This group was pioneered by Sarah Herschel, one of our service users and volunteers who has been with us since our inception. Sarah, a former music teacher and musician is very enthusiastic about getting people together to sing and believes it is very therapeutic when they do. Sarah believes, like many music teachers, that everyone has a voice and can use it. The group has done some public performances, though there is no pressure to perform. The group was going from strength to strength, growing to around fifteen people. Recently, numbers have dwindled somewhat, but there are the regular faithful people attending. We have decided that what we need is a new focus and to find a venue where we have room to expand and maybe attract more people. For this reason, we are having trial sessions at the Third Age Centre and using these sessions to prepare for Christmas. We hope by doing so, to attract more people to come along and in the near future to secure some specific funding to resource the group for the future.



Are you looking for support?

Would you like to meet and discuss things in confidence with other like minded women?



If the answer is yes, then our fortnightly **Women's support group** may be for you.

We meet at 2.30 p.m.—4.30 p.m. at Central Baptist Church on Thursdays (fortnightly—opposite week to 'knit and relax').

The group is open to anyone :- with an ongoing mental health issue, newly diagnosed or just needing some emotional and psychological support..

We have a time of sharing with one another and then may explore a theme relevant to the needs of the group.

The group is very confidential.

£1.50 including refreshments (and often home-made cake)



Encaustic art workshops with Karen Tait

Everyone is warmly invited to participate in this fascinating and rewarding art form using hot waxes to create beautiful pieces of art work.

This term:- Friday 2nd December at 2 p.m. At Central Baptist Church, Devonshire Road, Polygon, Southampton SO152GY (Only £1.00 to participate in the workshop). and Wednesday 7th December at Freemantle Community Centre 12. 30 p.m.—2 p.m. (Cost is just £1.00* - this is on top of the normal Wednesday attendance fee*)



Flower arranging: 2nd Wednesday in every month.

Julie Anstey is one of our members and also teaches floristry once a month and heads up our meal cookery and cake-baking classes. This term the group have already done three different type of arrangements and the last one was arranged in a pumpkin.

Sue writes ' I started flower arranging at Creative Options. I have never done it before and it was lovely to do and we were taught how to do some really pretty arrangements. I found that I really switched off and thoroughly enjoyed myself and was encouraged by Julie.' (Sue A)

Next Sessions:- December 21st—Christmas table arrangement or floral wreath (£5.00—please book with Julie)

'Make n' Mend' with Karen Tait

The first and last Wednesday of every month sees us busy beaver away on sewing machines and it is a hive of activity. Some people are learning to make cushions and bags and now some are preparing Christmas gifts for themselves or to sell at the forthcoming Christmas fair. These session are also an opportunity for people to learn to make repairs and alterations and gain confidence in learning how to use a sewing machine. Sessions are just £1.00 per session (on top of the attendance fee of £2.50. Then when you have finished the project you just have to pay the balance of what the project cost (heavily subsidised). People can bring their own materials and projects and receive free tuition. Also, anyone wanting to learn to do repairs etc., at no cost. We charge very little to cover the cost of competed projects—which are rally lovely!



What's cooking?

On the second and third week of every month there is usually a cookery session. One week it will be meal cookery and the next time it will be cake-baking. Julie, one of our members heads up this work. Martin writes' The cookery sessions with Julie are always exciting and fulfilling. We have baked cakes of various types as well as main meals. Julie is a superb team leader and I am in my element when I work with someone who can be relied on to make a good job, because cookery is an art"

And whilst we are on the subject . How about a nice jar of home-made chutney, home baked and decorated Christmas cake or a Christmas pudding?

We are now switching our cookery sessions to focus on Christmas cookery and are happy to take orders for our now renowned Christmas puddings or cakes. We also do a sugar free cake and pudding for diabetics as well as gluten free versions.



Puddings:- 2lb—£5.00 1lb- £4.00 mini puds £2.50 each

Cakes:- (decorated) 12" = £14 10" = £12 8" = £10 6" = £8
mini = £4.00 (in a decorative box) or £3.50 on its own.

Just contact us for further details if interested. Frances
07850189069