



**'Tasty Options Bakin' Company'**  
is a Social Enterprise  
which exists to offer training and  
opportunities and work experience  
And provides a good quality buffet  
service for the community at  
competitive prices

'Tasty Options Bakin Company' is a social enterprise which has been set up under the auspices of 'Creative Options Community Project' which aims to provide training and opportunity for people with mental health issues living in Southampton. We offer opportunity to learn catering skills and are always looking for volunteers to train up. We can also offer ad hoc paid work on occasions for our contract work.

We offer competitive rates for home-baked goods, cakes, pies and savouries. We can provide a 'pop-up' afternoon tea service for 6+ people at any venue of your choice and cater for training and corporate events with our regular buffet service. Our staff have level 2 N.V.Q in food safety.

We offer a range of buffet services from simple finger buffets to fork buffets and themed buffets for Christmas and Easter. Prices range from £4.20 a head to £6.00 a head. All buffets include crudites and dips, home-made savouries, juices, sundries, delivery and collection. We can provide gluten free and vegetarian and vegan on requests and cater for special diets. \*

(\*Please note as we are a social enterprise working with service-users we need to book people to do the work, so require at least 1 week's notice and require 3 days notice for cancellations and a percentage will be charged. Less than 24 hrs cancellations are charged at 100%. Please specify special requirements at the time of booking)

Contact frances on 07850189069 or visit our website.  
[www.creativeoptions.btck.co.uk](http://www.creativeoptions.btck.co.uk)



Registered Charity No. 1169194

**'Creative Options Community Project@ is a voluntary organisation 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.  
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.

We also run a 'pop-up' afternoon tea and buffet service as our social enterprise  
[frances.anne@btinternet.com](mailto:frances.anne@btinternet.com)  
[www.creativeoptions.btck.co.uk](http://www.creativeoptions.btck.co.uk)

Monday 3rd October 2 p.m. 'with a song in mind' at CBC  
Tuesday 4th October WRAP support group 2 p.m. (£1.00)  
Wednesday 5th October—move to Freemantle Community Centre  
Randolph Street, Shirley Southampton SO15 3HE (accessed by  
Grove Road, near Medical Centre, Pharmacy and next to Shirley  
Swimming Pool). Hours 10.30 a.m.—2.30 p.m. £2.50 per atten-  
dance which covers all drinks. Snack bar available at reasonable  
cost. First 'taster' visit free of charge. 10.30 a.m. Meet and greet,  
tea and chat. (Ivy Grant Room) 11 a.m. Quiz with Sarah with  
prizes 11.30—12.30 member's forum or small groups (fund-  
raising, social committees, healthy eating, recovery groups etc., )  
12.30 p.m.—2 p.m. Activities:- 'Anything goes' (choose own ac-  
tivity) plus activity for the week. Lunch available from 1 p.m.  
This week:- 'make n' mend' sewing club with Karen (£1.00 ex-  
tra towards materials used—unless working with own materials) -  
making new items, upcycling, repairs, etc.,- come along and learn  
how to hand sew, embroider, use a sewing machine, make alterations  
etc., helpful tuition available for beginners and more advanced. Or  
walk with Ron 2 p.m. 'chill out zone' - optional use of the sym-  
phony suite (multi-sensory room). 50p each. Optional swimming  
group next door at the Shirley Pool (to be arranged with Julie)  
Thursday 6th October Sailing with 'Sailability' (£3) 3 p.m.—5  
p.m. Women's group CBC (£1.50) incl. refreshments.  
Friday 7th October Friends of Morris House drop-in at Central Baptist  
Church 11—4 p.m. Lunch available with Marie for £4.00. 'Creative  
Expressions group' with Sarah and Heather at 2 p.m. (foc)

Wednesday 7th December drop-in at Freemantle Community Centre.  
Format as before plus Member's forum at 11.30 a.m. 'Coping with  
Christmas' 12.30 p.m.—2 p.m. 'Encaustic art' with Karen  
(£1.00) /walk with Ron 2 p.m. 'chill-out' zone (50p)  
Thursday 8th December 'knit and relax' at CBC 2.30 p.m (£1.50)  
Friday 9th December FoMH drop-in at CBC 11—4 p.m. Lunch with  
Marie £4.00. Men's group 10.30 a.m.—2.30 p.m. (£1.50)  
'Creative Expressions with Sarah at 2 p.m. **Or seasonal cookery  
with Julie 2 p.m.**  
Monday 12th December 'with a song in mind' singing group 2 p.m.  
Wednesday 14th drop-in at Freemantle 10.30 a.m.—2.30 p.m.  
11.30 a.m.—12.30 p.m. Small groups 12.30 p.m. Christmas crafts or  
pottery with Sarah Rinaldi or walk with Ron.  
Thursday 15th 3 p.m. Women meet for women's group Christmas  
social outing—venue tbc  
Friday 16th FoMH drop-in 11—4 p.m. Christmas fork buffet £6.00 at  
Monday 19th 'with a song in mind' Christmas singalong  
Wednesday 21st Drop-in at Freemantle 10.30 a.m.—2.30 p.m.  
11. a.m. Christmas quiz, 11.30 a.m. **Christmas floristry with Julie  
(£5.00 please book week before)** Evening Christmas meal at  
Giddy Bridge 7 p.m.  
Thursday 22nd 'knit and relax' Christmas nibbles' & Christmas  
relaxation with Frances (£1.50 incl. refreshments)  
Friday 23rd FoMH drop-in 11—4 p.m.—Other activities tbc.  
Creative Options Closed until week commencing Monday Jan 9th.  
New Year evening social with disco venue & time tbc

Friday 18th November FoMH drop-in at CBC Men 's group 10.30 a.m.—12. 30 p.m. ( £1.50 incl. refreshments) ' creative expressions ' art club with Sarah and Heather. 2 p.m. **Seasonal**

### **Cookery with Julie**

Monday 21st November 2 p.m. ' with a song in mind ' singing group

Tuesday 22nd November dogwalk with lise on the common

Wednesday 23rd November drop-in at Freemantle 10.30 a.m.—2.30 p.m. Quiz at 11 a.m. Followed by extended time on Christmas crafts

Thursday 24th November ' knit and relax ' at Central Baptist Church 2.30 p.m. £1.50 incl. refreshments. Everyone welcome.

Friday 25th November FoMH drop-in 11 - 4 p.m. Lunch with Marie £4.00 Men 's group 10. 30 a.m.—12.30 p.m. ( £1.50 ) ' Creative Expressions ' with Sarah and Heather 2 p.m. ( foc )

Monday 28th November ' with a song in mind ' 2 p.m. CBC

Tuesday 29th November WRAP support group 2 p.m.

Wednesday 30th November drop-in at Freemantle Community Centre 10.30 a.m.—2. 30 p.m. Format as before. 11.30 a.m.—Small groups 12. 30 p.m.—2 p.m. Christmas card making or Pottery with Sarah Rinaldi Or walk with Ron . Lunch from 1 p.m. ' chill-out zone ' 2 p.m. ( 50p ) swimming next door at pool with Julie.

Thursday 1st December 3 p.m. Women 's group ( £1.50 )

Friday 2nd December FoMH drop-in at Central Baptist Church 11—4 p.m. Men 's group from 10.30 a.m.—12. 30 p.m. ( £1.50 incl. refreshments ) 2 p.m. ' Encaustic art ' with Karen ( £1.00 )

Monday 5th December ' with a song in mind ' singing group 2 p.m.

Tuesday 6th December WRAP support group 2 p.m.

**Meal Cookery with Julie ( please book in advance if possible ) £6.00 £3.00 non-returnable deposit )**

Monday 10th October 2 p.m. ' with a song in mind ' at Central Baptist Church free of charge, refreshments provided.

Wednesday 12th October drop-in 10.30 a.m.—2.30 p.m. Format as detailed before. **This week special activity is floristry with Julie ( £3.- £5.00 extra )**

Thursday 13th October 2 p.m. Committee Meeting in the Ivy Grant room at Freemantle. All Committee members please attend. n.b. NO ' KNIT AND RELAX ' this week.

Friday 14th October FoMH drop-in at Central Baptist Church 11—4 p.m. Lunch with Marie £4.00 2 p.m. ' Creative Expressions ' art club with Sarah and Heather.

Monday 17th October 2 p.m. ' with a song in mind ' at Central Baptist Church 2 p.m.

Tuesday 18th October WRAP support group 2 p.m. At CBC

Wednesday 19th October drop-in at Freemantle Community Centre Format as before. This week:- Member 's forum ' Christmas planning ' 11.30 a.m.—12.30 p.m. Also book for sailing please\*

' wellbeing Wednesday ' - manicures/facials/massage in art room from 12.30 p.m. - 2. p.m. (lunch available from 1 p.m. )

2 p.m. ' chill-out zone ' in symphony room.

Thursday 20th October \*sailing with sailability—meet at CBC ( £3 ) 3 p.m. Women 's group at Central Baptist Church ( £1.50 ) incl. refreshments )

Friday 21st October FoMH drop-in at CBC Lunch with Marie £4.00

2 p.m. 'Creative Expressions' with Sarah and Heather (foc)

Monday 24th October 'with a song in mind' at CBC at 2 p.m.

Tuesday 25th October dogwalk with Lise Marron (meet 11.45 a.m.

At Hawthornes Centre on the Common)

Wednesday 26th October drop-in at Freemantle 10.30 a.m.—2.30

p.m. Quiz at 11 a.m. 11.30 a.m.—12.30 p.m. Creative Writing/

Newsletter preparation 12.30 p.m.—2 p.m. 'anything goes'

(choose own activity) or walk with Ron or autumn flower

arrangement with pumpkins with Julie (£4.00—£5.00) Lunch

available from 1 p.m. 2 p.m. 'chill out zone' in symphony room

Thursday 27th October Sailing with 'sailability' meet at CBC

(£3) 'knit and relax' at 2.30 p.m. At CBC—optional relaxation at

4 p.m. £1.50 towards refreshments, everyone welcome.

Friday 28th October FoMH drop-in. Lunch with Marie £4.00 2 p.m.

'creative expressions' art club with Sarah and Heather. **2 p.m.**

**Meal cookery with Julie (please book) £6.00 for two portions**

Monday 31st October 2 p.m. 'with a song in mind' at CBC 2 p.m.

Tuesday 1st November WRAP support group 2 p.m. (£1.00 incl

refreshments)

Wednesday 2nd November drop-in at Freemantle 10.30 a.m.—2.30

p.m.—format as before 11 a.m.- Quiz, 11.30 a.m.—Member's forum

12.30 p.m.—2 p.m. Activities:- this week 'make n' mend with

Karen. 2 p.m. 'chill-out' zone (50p)

Thursday 3rd November 3 p.m. Women's group at CBC £1.50 incl.

Refreshments.

Friday 4th November FoMH drop-in 11—4 p.m. 10.30 a.m.—12. 30

p.m. 'Creative Options Men's group' in community room at

Central Baptist Church (£1.50 contribution to room costs/

refreshments) 2 p.m. 'creative expressions' art club with Sarah

and Heather (free of charge)

Monday 7th November 'with a song in mind' 2 p.m. At CBC

Wednesday 9th November drop-in at Freemantle 10.30 a.m.—2. 30

p.m. 11 a.m. Quiz with prizes, 11.30 a.m.—Small groups 12. 30 p.m.

'make n' mend' with Karen or 'anything goes' (choose own

activity) in main room, or walk with Ron. Lunch 1 p.m. Onwards. 2

p.m. 'chill out zone' in symphony room (50p) Optional swimming

group at Shirley Pool next door.

Thursday 10th November 'knit and relax' at CBC 2.30 p.m.—4.30

p.m. Optional relaxation at 4 p.m. £1.50 including refreshments.

Friday 11th November FoMH drop-in with Marie Lunch £4.00.

'Men's group 10.30 a.m. –12.30 p.m. (£1.50) 'creative

expressions' art club with Sarah and Heather (foc) 2 p.m.

**Seasonal Cookery with Julie**

Monday 14th November 2 p.m. 'with a song in mind' at CBC

Tuesday 15th November WRAP support group 2 p.m. (£1.00)

Wednesday 16th November drop-in Freemantle 10.30 a.m.—2. 30

p.m. 11.30 a.m. Extended activity time with Christmas crafts and

gifts or walk with Ron

Thursday 17th November 3 p.m. Women's group at CBC £1.50 incl

refreshments. All welcome.