



'Tasty Options Baking Company' is our new Social Enterprise where we aim to give people training and opportunities'

We make cakes
and cheesecakes!



One of our gorgeous
Chocolate fudge cakes!



Range of Diabetic cakes
& Gluten free available.

Individual or group orders accepted.

'Pop up afternoon tea service'

Let us come and serve you at your community group or corporate event. We can also provide entertainment on request.

We can providing anything from simple tea and cake to a full afternoon tea service with a variety of sandwiches, scones, jam and cream and a choice of cakes. Contact us for quotation (all staff trained in level 2 N.V.Q. Food safety)

10TH October is World Mental Health Awareness Day

To mark this day we will be having an open day on Wednesday 9th October with a variety of activities and a cake sale

Details to follow

You are welcome to join us any Wednesday, for a coffee & a chat or to enjoy the community garden.

You will shortly be able to follow us on our new website
<http://www.creativeoptions.btck.co.uk>.



options

Autumn Newsletter 2013

Welcome to our first newsletter. We hope these will become a quarterly event.

Who we are

We are a voluntary organisation set up by Frances Heather, who has retired as an Occupational Therapist from working in the NHS in mental health. The project was set up with a funding award from Unltd and continued with support from Lloyds Bank through the Hampshire School of Social Entrepreneurs.

What we do

We offer support, training, mentoring & opportunities to people experiencing mental health issues.

Where do we meet?

We currently offer a drop-in on a Wednesday 11-2 p.m. at the W.I.C.T. Building at the Ropewalk at 53 Derby Road. We also run a baking project.

Drop-in every Wednesday offering I.T., games, newspapers, creative activities, tea & chat, snack bar. Plus:- Support group 1 p.m. For 1 hour 1st and 3rd Wednesday of each month.

'Make n' Mend' group 2nd Wednesday, (knitting, crochet, sewing, D.I.Y., upcycling etc.,) plus 'with a song in mind' singing group at 1.30 p.m.

'colour for fun' painting art group 3rd Wednesday of the month

'cook n' eat' group meal 4th Wednesday of the month (£3.00 extra cost) plus: creative writing group for 1 hour at 11 a.m. Bi-monthly special events & occasional fund-raising activities.

Cost £2.00 weekly attendance fee (incl. first drink), plus snack bar food at reasonable cost

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 accept referrals and individuals can also refer themselves if they decide they would like to join us.

Telephone No: 07850189069 frances.anne@btinternet.com

What we have been up to



In May we held a training course with Chrissie Knight, kindly arranged by T.W.I.C.S. (training for work in communities) and ten people passed their N.V.Q. Level 2 food hygiene in catering.

May 22nd saw our half-day trip to Exbury Gardens. Our secretary, Shirley Cartwright Jenkins writes 'we had a very enjoyable afternoon visiting the beautiful gardens at Exbury and enjoying all the colour and although not hot, the weather was reasonably kind.'



Then on July 17th, which turned out to be one of the hottest days of the year, we had organised a full day trip to Swanage and the steam railway. One person opted to stay at the beach and swim. Some paddled, whilst others browsed the shops and drank coffee.



One of our volunteers Dee Brown writes 'We enjoyed our day trip via steam train to Swanage and enjoyed a traditional British seaside, before taking the train to Corfe Castle for a cream tea.'

Reduce the heat to moderately low, cover and simmer for 12 minutes. Add the peas, cover again and continue cooking for 10–12 minutes or until the rice is tender.

3. Meanwhile, preheat the grill to high. Place the tomatoes, cut side up, on a baking sheet and grill for 2–3 minutes or until lightly coloured and heated through

4. Flake the fish and gently fold it into the rice with the parsley and spring onions. Season with salt and pepper to taste and transfer to a warm serving dish. Add the egg quarters, garnish with parsley sprigs and serve with the grilled tomatoes.

Additions:- sultanas for a fruity flavour, add sautéed mushrooms or for a mixed seafood version you could use shellfish.

Each serving provides

B1, B6, B12, niacin * A, C, iron, selenium * E, folate, calcium, potassium, zinc

Poetry Corner

The fourth Wednesday of the month, when we have our meal together, we are now holding a creative writing session. We will share poetry, prose & enjoy expressing through the written word. We will also work on our newsletters.

'Look out of the window, see the hills

'Then see a passing butterfly

He knows we want to show no ills

And circles just for us, to sigh

With wonder, and to show

We will see where he will go onto

and help to spread the word,

and knows your love around us Lord,

and you who guides us on the path of life

And shows the turnings, left and right

Until we find that final step

That last one, on into your light.'

Margaret Hitch 2013



At our monthly 'cook n' eat' sessions we provide a healthy two-course lunch and vegetarian option. This month we tried a variety of dishes including vegetable stir fry, sweet and sour chicken and kedgeree which includes smoked fish. Fish is full of omega 3 and good for the brain and the mood!. Try this at home!



Recipe for Kedgeree (serves 4) Ingredients

280 g (10 oz) skinless smoked [haddock](#) fillet

- 1 bay leaf
- 1 sprig of fresh thyme
- 2 tsp extra virgin olive oil
- 300 g (10½ oz) basmati rice
- 1 onion, finely chopped
- ¼ tsp garam masala
- ¼ tsp ground coriander
- ½ tsp curry powder
- 225 g (8 oz) shelled fresh peas or frozen peas
- 4 tomatoes, halved
- 3 tbsp finely chopped parsley
- 2 spring onions, finely chopped
- 2 hard-boiled eggs, quartered
- salt and pepper
- sprigs of parsley to garnish

Directions (Prep time 10 mins. Cook 40 mins. Ready 50 mins.

1. Put the haddock in a saucepan, cutting into pieces to fit, if necessary. Cover with boiling water and add the bay leaf and thyme. Cook the fish, covered, over a low heat for 8–10 minutes or until it will flake easily (the water should just simmer). Remove the fish using a fish slice and set aside. Reserve the cooking liquid.

2. Heat the oil in a large saucepan over a moderate heat. Add the rice and stir to coat thoroughly, then cook, stirring frequently, for 2 minutes. Add the onion, garam masala, coriander and curry powder, and continue cooking for 2-3 minutes stirring, until the onion starts to soften. Add 600 ml (1 pint) of the reserved cooking liquid together with the bay leaf and thyme.

Creative Options Internet Cafe

The computers are available every Wednesday. Dee is on hand to help with any queries and to support with training. Whether you are an experienced user or a novice, the computers are there for you to use. Please see Dee Brown at the drop-in any Wednesday for further information.



Bi-monthly support group 1st and 3rd Wednesday each month at 1 p.m.

The support group has been set up in response to a request for such groups. Much of the group work people used to find beneficial is no longer available and many people do not have the personal support they may be seeking. The group aims to foster peer support and we share a variety of materials from different sources as well as providing an opportunity to share and discuss issues in a supportive environment. For further information please contact Frances on the telephone number overleaf.

WELLBEING WORD SEARCH

Recently in our support group we shared an article on the 'Seven habits of mentally healthy people'. (Link sent by Carolyn Barber.) Here in the box on the right are hidden TEN words which were included in the article. See if you can find them all!

http://www.huffingtonpost.com/shannon-kellogg-psy-d/emotional-wellness_b_3722625.html

A	K	M	B	G	J	V	Q	E	E
C	P	Y	T	R	B	A	A	R	S
C	L	P	U	O	I	L	S	A	T
E	P	A	R	W	H	U	D	H	E
P	X	F	E	E	N	E	A	S	E
L	E	A	R	N	C	A	R	E	M
E	X	P	Z	W	L	I	K	E	G
E	R	I	E	I	A	Q	A	F	H
E	N	C	I	C	R	E	A	T	E
E	U	B	T	P	Y	N	T	Z	E

Get crafty, get arty

Do you do art or crafts? If not, what is stopping you? Has someone told you that you can't draw? There is no need to be able to, because you can make other types of art work. Stencilling, printing, sponging painting, collage, finger painting ---childish I hear you say?

You can be child like without being childish, in other words, give yourself permission to play, relax, experiment, get messy, and enjoy the process. Remember that most artists will discard any number of pieces of work until they produce "the one" Like many other activities you have to keep practising and learn by your mistakes.

The same goes for crafts. If you are learning take it a step at a time, and ask for help where necessary. Becoming immersed in a piece of art or craft work can take your mind off your troubles and relieve boredom. It encourages you to make choices and decisions, so putting you back in control. Working in a group encourages socialisation and a sense of fun. You will improve your motor skills and hand/eye co-ordination, and developing one side of the brain (the creative right side) helps to develop the other (the logical left side) and vice versa. If you produce something it can give you a great sense of achievement and self esteem. So come on, have a go. It is fun and could be the start of a new and absorbing hobby.

Barbara Parsons July 2013

Do you enjoy music? Do you like singing?

Do you find music therapeutic?

Can you play an instrument you would maybe like to share with others?



If the answer to any of the above is 'yes', then maybe you would like to join our group 'with a song in mind' held on the 2nd Wednesday of every month at 1.30 p.m. It is hoped we may form a choir in future and do occasional performances.

'Make n' Mend' club

11th September 2013 and every 2nd Wednesday of the month.

Do you like to knit or crochet?

Do you sew?

Can you use a sewing -machine?

Can you sew by hand?

Do you need to make some repairs?

Would you like to learn ?

Would you like to know how to turn some scrap material into something useable and possibly saleable?

If the answer to any of the above questions is 'yes', then our 'make n' mend club may be for you. You can bring along your items that need repair and we will show you how. We are also working on some machine patchwork and making bags currently. We will be using recycled materials to make gifts for Christmas.



18th September Bi-monthly event

'Craft Day'

11 a.m.—2 p.m.

with

Kazies Magical Designs Encaustic Art

Plus Sam Taylor with jewellery making

And 'colour for fun' acrylic painting workshop

No extra charge—just £2.00 attendance fee

Snack bar available.

