



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

We make cakes



tray bakes



& cheesecakes!



Range of Diabetic cakes & Gluten free available. We now do savoury items—a variety of pies and pastries, as well as no carbohydrate quiches & pizza! Individual or group orders welcome

Pop up afternoon tea/buffet service

Let us come and serve you at your community group or corporate event. We can cater for anything from a simple afternoon tea with cakes or with a variety of sandwiches. We also cater for buffets with a range of sandwiches, wraps, bagels, baguettes etc., home-made savouries, fruit platter and home-made cake platter, juices and sundries (all staff trained in level 2 N.V.Q. Food safety)



Romsey Country Market

Several of our bakers have registered with the country market held in Romsey on a Friday at the Abbey hall between 10 a.m.—11.30 a.m. We are there on the 1st and 3rd Friday of every month. Please come and support us and buy one of our delicious cakes!



Everyone is welcome to pop in for a cuppa anytime and also to enjoy the community garden behind Ropewalk

www.creativeoptions.btck.co.uk



C
R
E
A
T
I
V
E

O
P
T
I
O
N
S

AUTUMN 2014

Welcome to our third newsletter



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:- 1 hour slots of 1-1 computer tuition and support each week '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.

'arty farty' encaustic art, jewellery, painting and drawing 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

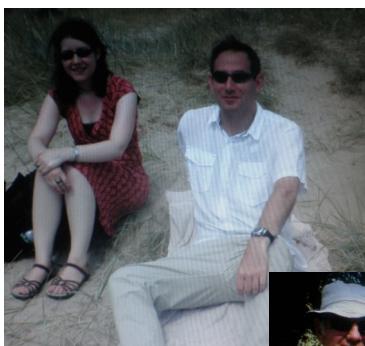
Anyone who has experienced mental health issues is welcome to be involved, together with carers, relatives and friends. We also welcome people as volunteers; especially those with lived experience and/or skills they would like to develop and share. We accept referrals and individuals can also refer themselves if they decide they would like to join us.

What we have been up to

In May we had a half day trip to the Lavender farm. SCS kindly took us in their vehicle. Some people enjoyed drinking lavender tea for the first time and others bought plants for home. It is a beautiful garden and very peaceful



At the end of July we had a full day trip to Hengistbury Head and then finished up in Christchurch for an afternoon tea. It was a truly gorgeous day. Some people took their own packed lunch and others bought lunch out at the hungry hiker cafe. We went on the 'dotty' train to the beach and some of us braved the water! It was a very hot day indeed. All had a really good time.



World Mental Health Day - Friday, 10th October
Open House Drop-in with lunch & after lunch debate

Central Baptist Church, Devonshire Road, The Polygon

12 Noon for lunch followed by debate at 1 p.m.

Jacket potatoes with fillings and dessert for £2.00

at 12 noon followed by a debate at 1 p.m. on mental health led by Sam Gould, a Community Development Worker from Healthwatch. All are most welcome to attend.

Afternoon Tea at Sembal House, Handel Terrace

from 2.30 p.m. Hosted by



'Tasty Options Bakin Company'

With the Recovery Choir



Also there will be various people sharing aspects of mental health, professionals, carers, people with lived experience. Free of charge with donations to mental Health



Yes, it's almost that time again!

Are you organising a party or buffet
Maybe you might consider booking 'Tasty Options
Bakin' Company'

Would you like to order one of our delicious
home-made Christmas puddings or cakes?

We do individual size (4") 6", 8" and 10"
cakes and mini, 1lb and 2lb size puddings

Contact us for a price list.



Recipe Corner

This recipe was provided by Sharon Bourne, one of our regular bakers.

Muffin tin Fritatas

Equipment:-

Muffin tin,

Bowl

Whisk,

Spoon

Wire rack,

Oven gloves

Greaseproof paper

Preheat oven to 190c/375F/gas mark 5

Ingredients:-

8 eggs (for 12 muffin tin)

125ml cream

Salt and pepper

125g grated cheese

2 spring onions finely chopped

125g sundried tomatoes

100g feta diced

100g ham chopped

250g spinach chopped

2tbs parsley chopped

Method:-

Preheat oven as above

In a large bowl, whisk together the eggs, cream, salt and pepper until well combined. Add all the other ingredients and mix well

Spoon the mixture into the prepared muffin tins, filling each hole right up to the top.

Bake for twenty minutes or until puffed and golden and firm to the touch

Cool on a wire rack for five minutes before removing from the tin to serve. Fritatas will deflate while cooling.

If you are freezing them, cool to room temperature before sealing well with cling film.



'Creative Options and Central Baptist Church'

'For the last eighteen months David Masters, the pastor of *Central Baptist Church (C.B.C.)*, has been hosting the drop-in organised by the NHS for the ex-Morris House attendees and has been providing them lunch. In March of this year, '*Tasty Options Bakin Company*' moved the baking project to the C.B.C. kitchen and we work there every week. Through the '*Awards for All*' grant we were able to put in two part-time staff to run the catering side of Friday mornings and provide meals for those attending the drop-in. The first week of every month there is a big breakfast and bingo with one of our staff, Marie. For the rest of the month we offer healthy options, plus jacket potatoes with various fillings and once a monthly we give those that attend to chosen which meal they would like! . We have recently organised a more structured programme of events, having visiting tutors come in to demonstrate activities such as knitting, crochet and encaustic art work. We are also beginning to offer diabetic cookery once a month and offer the service users classes on cooking meals as well as a baking. We at '*Creative Options*' are very grateful for all the support we personally receive from David, the pastor of the church. Often, he helps out with cleaning up and helping to wrap up our freshly baked cakes. The Morris House folk have grown to like David very much and we are glad to say they are getting to know us too. Hopefully, we will, in future, be able to offer a lot more to this group.'

Congratulations!

In May we held another N.V.Q. Training in Food Safety in Catering level 2 organised by T.W.I.C.S. with the kind support of Central Baptist Church. The following people from passed, Gary, Gavin, Lar, Martin, Sharon & Tina





Having been recently disappointingly turned down for a £11,000.00 'build-it' award, one of our service users, with a keen sense of humour was joking with other service users suggesting we advertise for someone with experience of robbing banks!

Situations Vacant



(only joking!)

We are pleased to announce that we were successful in all our grant applications earlier this year and have received funds from the Community Chest, Co-Operative Foundation, The Allen Lane Foundation and 'Awards for all'. This has enabled us to take on part-time paid staff and employ the tutors on a sessional basis. It has also funded our work at Central Baptist Church. We are glad to have the support of Gary, who helps us week by week with the daily book-keeping. However, the treasurer's role remained vacant. In our last newsletter we put an appeal out for a treasurer. We are glad to announce that we now have someone who may be prepared to take on the role. We need a treasurer who can become a signatory to the account and so that we can apply to be a Registered Charity. We applied for a 'build it' fund with Unltd, but were unsuccessful on this occasion. However, we are consulting with an organisation who may be able to help us to apply for ongoing funding. We have also been approached by an organisation with regard to the possibility of us being able to run a cafe for service users. We are currently negotiating and hopefully, if this happens, we will have a more regular form of income.

Bev Newman from 'Bits and Bobs' is our regular craft tutor at our monthly 'make n' mend' club on the second Wednesday of every month.

Here is a Christmas pattern to try
[A Bits and Bobs Crafts Pattern](#)

Candy Wrapped Bauble

Ideal for beginners, Candy Wrapped is a strip of knitted fabric, gathered top and bottom to look like a gift!

Materials: 25g red and 25g white yarn – ideally DK but any will do.
3½ mm needles

Instructions

Cast on 20 sts in red

Row 1 K in red

Row 2 P in red

Rows 3-8 As rows 1 and 2, break off red

Rows 9 Join in white and K to end

Rows 10-15 K every row in white

Row 16 K to end, break off white

Continue In the pattern as set for rows 1-16 until you have worked a further 4 blocks of red and 4 blocks of white

Cast off

Making Up

With right sides facing join the shorter sides of the knitted rectangle to form a tube using mattress stitch or oversewing

To form the base: Take a length of white yarn and work running stitch as close to the bottom – long edge - of the tube as possible. Pull tight and secure ends firmly. Turn, so that right side is now outside.

Pop the bauble into the tube.

Work a line of running stitch in white along the tube just below the level of the hanging loop on the bauble. Pull tight. Secure ends.

(c) Bev Newman / Bits and Bobs Crafts 2011. Patterns for personal use only. Not to be resold or used for profit without the permission of Bits and Bobs Crafts.
Reproduction for charity is acceptable



Christmas Dinner Thursday 18th December 2014

**Shirley Warren Action Church
107-117 Warren Crescent, SO16 6AY**

**£8.00 per head for 3 courses
(vegetarian option available)**

**Bookings essential by 10th December please
All service users, relatives, carers and friends welcome**



We have a regular 'creative writing' session once a month from 11 a.m.—12 noon on the 4th Wednesday of the month . We like to share some of the poetry of one of our keenest and most prolific writers—Margaret Hitch

Autumn

The skies are blue
The leaves are brown
What am I to do
Don't make me frown!
That summer was the
best I know

Because I shared it all with you
My darling heart
I love you so
I'll sing this song, just so you know
How much I miss you, now you've gone
And all I can do is sing this song.



A New Craft—Flower Arranging!

We were so pleased to have Julie Anstey join us who has done some training in floristry. Julie shared her skills with us at a workshop recently and we have booked her again for other sessions.



Next floristry session will be on 5th November with an autumn display On 17th December Julie will be showing us how to make Christmas table arrangements for our Christmas dinner on the Thursday 18th, after which people will be able to take the arrangements home.

BOOK REVIEW

One of our volunteers recently reviewed a book for us.

The Layperson's Guide to Good Mental Health by Carolyn Barber

Carolyn has thirty years experience in the social care industry and has experienced mental ill health herself. She discusses many different ways to improve our mental health, and presents them clearly, under each letter of the alphabet, e.g B is for breathing. We can dip into the book and read short and easily digestible bursts which really interest us, or read it quite quickly from cover to cover. Her style is quite informal though includes some fairly complex theories.. She says that we should take action to improve our mental health in the same way as our physical health, neither of which is beyond our control. We may particularly need to do this if there are fewer services available. She focuses on developing resilience, enabling us to deal with stress, difficulties, and bad times. She promotes the "recovery" philosophy, that is, that we should remain hopeful and believe in a positive outcome. The amount of ideas and information in this book might be a bit bewildering to choose from and act upon, so it might be best to pick one or two ideas and look at them in more depth. It felt a bit like a box of chocolates; there are so many goodies in it, which ones do we pick?

Barbara Parsons 1/10/14

NEW ATTRACTIONS! - Open to anyone

MINDFULNESS CLUB last Friday in every month at Central Baptist Church, Devonshire Road, Polygon 2.30 p.m. £5.00 per session

We are pleased to announce that following our 'Take 5 for Mental Health' course with Carolyn Barber in the summer that Carolyn is now offering a monthly Mindfulness club in Southampton.. Carolyn has worked in the mental health field for many years and also experienced ill-health herself. Carolyn has been involved in the development of the human library. She has recently published the Good Mental Health Guide & regularly runs workshops and training sessions in well-being strategies and aspects such as 'mindfulness'. Carolyn is heading up the Hampshire Festival of the Mind

www.hantsfestivalofthemind.org

CAROLYN
BARBER



'Make n' Mend' club

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.



'Arty Farty'

**Do you enjoy arts and crafts?
Would you like to learn
Something new?**



**3rd Wednesday in every month we have Encaustic art, jewellery, decoupatch & painting and drawing techniques.
Come on and have a go!**

Creative Options Internet Cafe

Dee is our dedicated part-time tutor for computers and 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 any time on a Wednesday at the drop-in. Dee is offering 1-1 sessions each week for 1 hour.



What is the Recovery College?

One of our regular service users, Michael shares his personal experience of being a student at the Recovery College.

The Recovery College is a place where both mental health service users and professionals can learn about empowering the individual to live a fuller life despite any illness or difficulties that person may have. This is a very simple way of describing the work the Recovery College do and, if you would like more information, I would highly recommend reading their prospectus. The prospectus can be quite daunting at first glance but I would recommend reading the welcome part on page 2 and 3 for a good summary of what they are about. If you would like to speak to someone about the college you can phone up and arrange an appointment to talk to someone there about the college. That's what I did and I found it very helpful.

Instead of repeating what is in the prospectus I'll write a little about what to expect when you first go. The Recovery College is educational rather than therapy based, and attending a course is like going to a college lesson rather than therapy session. So far I have completed 4 courses, each one lasting 2 to 3 hours. Most of the courses are completed by going to one class but some require you to attend multiple classes on different days. At the beginning of the course you sign in and there is free tea, coffee and biscuits. The number of students ranges between around 6 to 16, and there has been 2 facilitators for the classes we have attended. The students are a mixture of service users and mental health professionals, and each course is developed and facilitated by at least one service user and one professional. This mixture of backgrounds gives the class discussions opinions from different points of view. You can contribute as much as you feel able to discussions so you don't have to talk if you don't feel able. There is a bit at the beginning of the lesson where people take turns saying their names and the facilitators ask a question like 'what are you hoping to get from the course today', but you can just say your name if you can't think of anything or are feeling anxious. The facilitators and students have all been very friendly and they are very understanding of student's mental health difficulties.

The courses are about a variety of different topics but they are grouped into 3 themes: hope, agency and opportunity. By hope they mean being able to believe a better future for yourself is possible and believe you can do something to achieve it. By agency they mean learning to take control of areas of your life, but also taking responsibility for those areas too. By opportunity they mean learning to find and take advantage of opportunities and getting involved in the community. I have found the courses I have done very helpful had if you would like to help yourself or someone else with mental health issues live better lives. I would highly recommend having a go. It's free to service users as well as professionals. If you would like more information have a look at their website

www.southernhealth.nhs.uk/recovery or give them a call on 023 8082 1229.