



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

We make cakes



traybakes



and cheesecakes!



One of our gorgeous  
Chocolate fudge cakes!

Range of Diabetic cakes  
& Gluten free available. We now do  
savory items—a variety of pies and pas-  
tries, as well as no carbohydrate quiches &  
pizza!

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. We also cater for lunchtime buffets:- variety of  
sandwiches and savouries including home-made quiche and tartlets,  
crudités and dips, fresh fruit platters, traybakes and cakes. Contact  
us for quotation (all staff trained in level 2 N.V.Q. Food safety)

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

<http://www.creativeoptions.btck.co.uk>.



OPTIONS

SPRING 2014

Welcome to our second 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 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  
1.00 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 December we held our annual Christmas dinner with a two-course buffet lunch served to nineteen people, which everyone thoroughly enjoyed. Many thanks especially to Siobhan Boyle, Karen, Lar and Dee for helping to prepare the dinner.



Famous at last!

The January issue of MIND magazine contained an article on the therapeutic value of baking and featured projects from around the country. Our own project 'tasty options bakin company' was featured, together with this picture of our Karen hard at work helping to fulfil our increasing orders.



On the back of the flower, make a couple of stitches to secure (careful that you still have your loop, don't pull too tight), then darn the ends and snip off.

Snip through the two loops of yarn so that you have four sticky-up bits.... then trim them so that they sit just inside the trumpet.



Ta-dah!!!!!!!!!!!!!! One cute little hooky daffodil!!



Most likely your petals will be a bit curly and wayward and will now need a little attention. What I've found works best is to fold up a towel so that it's thick enough to stick pins into and

pin out the petals (as above). Spray a fine mist of water over the flower, and use your fingers to gently shape the petals. If you are as impatient as me, you will then get a hairdryer and blast hot air over it until it's dry. If it is still looking a bit on the curly side, turn it over and give the petals a light steam press on the wrong side. Sorts them out nicely.



### DAFFODIL LEAF

Chain 11. Starting in 2nd chain from hook, work 1dc into each stitch along (10 stitches in total).

Chain 2, then sl st in 2nd chain from hook (picot point).

You will now be working a row of dc's down the opposite side, picking up the single loops of the foundation chain. Slip stitch to finish.



On the reverse side of the leaf, darn in the tail ends by running them right up the centre of the leaf (as shown above). By doing this, you strengthen the leaf and help to stop it going all floppy.

As with the flower petals, your leaf will probably be twisted and curly, so give it a light steam press with a cool iron on the reverse side.



Awwwwwwwwwwwwwwwwwwww, how cute is that?!

These really are lovely to make, and quite quick once you get the hang of them. A little fiddly at first maybe, but I hope you can get the

measure of it ok. You can use your hooky daffs to bring a bit of Spring cheer to your home or outfit. They can be fitted in around an Easter wreath, or put into a circle. (source :- Lucy Attic 24 - search:- crochet pattern for daffodils on google)





**Round 4** You'll be working this round out of the skipped stitches of round 2, the ones that sit directly at the bottom centre of each petal. Insert your hook under the first skipped stitch (as shown above) and pull a loop of new colour yarn through.

You'll find it easier to work these stitches if you bend the petal right back as you work.. Chain 2 (counts as 1 dc), then work 1 dc into same stitch.



Move along to the next skipped stitch and work 2 dc.

Work 2dc into each skipped stitch around until you have 12 stitches in total and are back where you started. The rest of this round is worked

continuously as a spiral, so you will either need to use a stitch marker, or count!! Go straight into the first stitch and work a dc, then carry on making 1 dc in each stitch around (12 in total)

Now work 1 more row (12 stitches) in a continuous spiral,



Lastly, you'll be making a little frilly edging for the daffie trumpet.

Into each of the 12 stitches around, work the following :: slip stitch, ch 1, slip stitch. Now fasten off, and darn in the trumpet ends (the orange ones).



Now it's time to make the little central stamens.... Remember those long tail ends you left?

Thread both of them onto a darning needle, then push the needle up through the hole in the very centre of the daff (from back to front) so that it comes up inside the trumpet. Now take the needle back down through the same hole (from front to back this time), but leave a loop.....



that's the sort of loop I mean, big enough to go over your finger.



## Many times we hear people say where is the Ropewalk? And what is it really like?

Some people are a little concerned because of some aspects of the history of the area and are maybe reluctant to join us for this reason. Maybe they do not realise how much the area has changed. Other people are not sure of how to get there. We would encourage you to come along and find out for yourself. The venue is clean, smart and comfortable and there is a whole I.T. Suite for use. Plus, a lovely community garden behind to enjoy. It is fairly easy to find—just around the corner from St. Mary's sports Hall and not far from the Royal South Hants Hospital, between Argyle Road and Oxford Avenue. Turn down Clovelly Road, just before the St Mary's sports hall, over the next junction, down to the bottom and turn right and you will find WICT on your right -easy! It's within walking distance of the town centre and quite near the Regular bus routes.



### 'Tasty Options Bakin Company' 'Pop-up' afternoon tea service

We are very pleased to report that in December we started catering for corporate events.

We catered for a buffet at a special school at a Christmas fair for 80 people and for 30 for a Consultant's leaving party.

We are now getting regular bookings to cater for training events.

We have been very grateful to the City Council for the free loan of their kitchen at Challis Court for the last year. Thanks to new grants, we are now able to move to Central Baptist Church where the kitchen is a little larger and we can accommodate our growing group of keen bakers. We also want to be able to involve more people in what we are doing.

As well as fulfilling orders, some people are enjoying cooking for themselves and trying new things for example, making pastry.

## Monthly support group 1st 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.



We are delighted to announce we have had the pleasure of relieving a number of organisations of a considerable amount of money! We are specifically grateful to the local community chest for monies already received for our ongoing work and to the Cooperative Society for money pledged. We are awaiting to receive confirmation of other monies which we hope will enable us to develop our project further.

### FORTHCOMING ATTRACTIONS!

We are also pleased to announce that we have a five week course entitled 'Take 5 for Mental Health' with Carolyn Barber of 'Wayfinder Associates'. 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 wellbeing strategies and aspects such as 'mindfulness'. The course commences on June 24th. Regular activities will also take place. There is no charge for the course, but normal drop-in fees will be required to cover the cost of the venue. Bookings are essential however and those who book will be required to attend all five sessions of one and half hours duration.

[Current](#)  
[In Equilibrium](#),  
[Wayfinder Associates](#),  
[The Good Mental Health Cooperative](#)  
[Previous](#)  
[The Open University](#),  
[The Parlour](#),  
[Motiv8 South](#)

CAROLYN  
BARBER



then work 1 dc into 2nd chain from hook, htr, htr, tr, tr. Skip 1 st, then sl st into next stitch

Chain 6 then work 1 dc into 2nd chain from hook, htr, htr, tr, tr. Skip 1 st, then sl st into next stitch Repeat between \*\* 3 more times until you have made six petals in total (as above). DO NOT FASTEN OFF.



### Round 3



The next stage is to work dc stitches around each petal. When you work up the right hand side of the petal, you'll be picking up the single loop of the chain And when you work down the left hand side of the petal, you'll be working under both loops of the stitches.

Starting right at the base of the first petal, work 1dc into each of the 5 loops going up the right hand side of the petal (right)

At the very tip of your petal, you should be able to see a loop that isn't quite a stitch, as pointed out in the picture with the needle.



Work 2 dc into this loop to form the petal point

Now work 1 dc into each of the stitches (5 in total) down the left hand side of the petal.

Slip stitch into the base of the next petal (the same place you made the slip stitch in round 2).



Continue working your way around the petals :: 5 dc's up the right hand side, 2 dc's to form the point, then 5 dc's down the left hand side, with a slip stitch right at the base.

Fasten off, LEAVING A LONG 20cm TAIL END.

Continued overleaf.....

**CRAFTY CORNER**—as we have a regular Crochet group we thought it would be good to include a lovely pattern for the spring!

Crochet daffodils



**Terms used:-** **sl st** [slip stitch] :: insert hook, yarn over, pull the loop back through the stitch, then through the loop on your hook.

**dc** [double crochet] :: insert hook, yarn over, pull the loop back through the stitch (two loops on hook), yarn over and pull through both loops on hook.

**htr** [half treble]:: yarn over, insert hook, yarn over, pull the loop back through the stitch (three loops on hook), yarn over and pull through *all three* loops on hook

**tr** [treble] :: yarn over, insert hook, yarn over, pull the loop back through the stitch (three loops on hook), yarn over and pull through *two* loops on hook (two loops left on hook), yarn over and pull through remaining two loops



This pattern is using merino dk weight yarn, two shades of yellow, orange, white and green

When you make your slip knot to begin, make sure you leave yourself a lengthy tail end (approx. 20cm) as you will need this length of yarn later on.



To begin :: chain 4, join with a sl st to form a ring. The first round is worked out of the ring.



**Round 1** Chain 2 (counts as 1 dc), then work 11 dc into the ring. Join with a sl st to top of initial chain-2 to close round. You will have twelve stitches to work out of in the next round.

**Round 2** Slip stitch into first stitch, then chain 6. Work 1 dc into second chain from hook Then work htr, htr, tr, tr Skip 1 stitch, then sl st into next st. Chain 6



## 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.



**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 1.00 p.m. It is hoped we may form a choir in future and do occasional performances.

## Situations Vacant

We urgently need to appoint a new treasurer who can become a signatory on the bank account and oversee the financing of the project. The person appointed will have to be voted in by the committee. Ideally, they should be someone with experience of financial matters/ charity projects. The role involves around 3 hours a month oversight on the cashflow forecast & management of grants plus attendance at meetings for 1 hour bi-monthly. This is a voluntary position.

Also:- Part-time position as book-keeper (2 hours paid work per week \* £\*7.00 per hour) Familiarity with simple double-entry book-keeping desirable, plus knowledge of excel spreadsheets. Some training and support can be given. Someone with personal experience of mental health issues is sought for this post.



\* (grant funded for specific period)  
Please contact us if interested.

'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. We are doing machine patchwork & appliqué currently. Our grant has also enabled us to have a regular knitting/crochet tutor Bev Newman (Bev bits and bobs). Each month Bev will be showing a new skill as well as spending time supporting individuals with their own projects.

### 'Arty Farty'

We are pleased to be able to announce our grants have enabled us to have regular art & craft tutors (2nd Wednesday in every month)



Kazies Magical Designs

Plus Sam Taylor with jewellery making

And Painting and Drawing techniques

Or learning a new craft i.e. Papercrafts

No extra charge—just £2.00 attendance fee

Snack bar available.



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—here is one she wrote for Valentine's Day

My Valentine Forever

My Valentine, always for me

The one I really want to see

In every way my special love

Sending the message—and the dove

Who flies my way to show you care

And seek a lot of love to share

For North and South, for East and West

Forever giving all the best

And bringing all the loving sound

That there could ever be around

To fill my life with love—and ever

Know that we will love forever.

Now we know with the New Year everyone is on on a diet—so here is a recipe from our kitchen which has proved popular with our customers. **A no carbohydrate 'miracle' quiche from the Diane Crass, 'Metabolic Miracle' diet book. (Serves 4)**

Cooking oil spray

1 tablespoon butter

½ medium onion, diced

2 cups sliced mushrooms

1 cup diced fresh broccoli florets

½ cup light cream

4 ounces grated low-fat cheddar cheese

Salt and pepper

6 eggs, beaten

Pre-heat the oven to 275c gas mark 6. Spray the bottom and sides of a 9" ceramic or glass pie pan with cooking oil spray.

Method:-

Melt the butter in a pan and sauté the diced onion, mushroom and broccoli until soft.

In a medium saucepan, heat the cream until hot, do not boil. Remove from the heat and stir in the cheddar cheese until it melts.

Add the sautéed mushrooms, broccoli, salt and pepper to the melted cheese mixture and let cool for five minutes.

Add the beaten eggs to the mixture and mix well.

Pour into the prepared pie pan and bake for 45 to 50 minutes, until the custard is set, or a knife inserted in the centre of the quiche comes out clean. Cool on a rack for at least five minutes before slicing.

