

Creative Life

Spring 2017

Spring is Here



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Please contact the marketing team if you would like to access this magazine in different formats - large print, Braille, audio, easy-read and other languages are all available. Ring 0161 236 0829 or email marketing@creativesupport.co.uk

If you contribute to this magazine, you will get a £10 One4all voucher. One4all vouchers offer plenty of choice. They can be used in over 20,000 stores including Argos, John Lewis, Boots, Debenhams, New Look and Waterstones.



Stop Press

by Joseph Brotherton



Hello and welcome to the Spring edition of Creative Life Magazine. Spring is always an exciting time of year, where the days are getting longer and the first blossoms and signs of life start to appear. New life and opportunities are abound, it's a great time to try new things and reconnect with what you want to be doing.

Inside this issue you'll find a feature on staying safe online and we carry on our 'Good News' section, where we spread stories of kindness and good deeds throughout Creative Support. We also catch up with the team at LDOK Radio and find out how you can get involved. In addition, I am pleased to announce a new feature

called 'My Journey', where we meet a Creative Support member and hear about their journey and their hopes for the future.

As always, we'd love to hear from you, whether it is ideas for stories or thoughts on how we can improve. Submit your content to marketing@creativesupport.co.uk

Join the Editorial Team

As part of the team, you can have your say on what gets published in the magazine, suggest ideas for stories and write articles yourself. We are currently on the lookout for more people to get involved, so if you are a budding photographer, artist, a talented writer or you just have some great ideas that you want to share, please get in touch and join our friendly and informal editorial team. The group usually meets at Head Office to discuss ideas for each issue, but don't worry if you are not based in Manchester, as you can always send in your stories to:

joseph.brotherton@creativesupport.co.uk



Have you been to one of Creative Supports recent events? What did you think about it? What do you think about the magazine?

If you have an opinion on an article in Creative Life or an idea for something we could write about, please email your comments to:

marketing@creativesupport.co.uk

or write to:

Marketing, Wellington House, 131 Wellington Road South, Stockport, SK1 3TS.

Your Stories



Julie's Healthy Eating Success Story

Julie, from Stockton in County Durham, has had great success in losing weight and getting healthy. Here's her story in her own words: "In August last year I decided that I would like to lose weight, as I was told that I had a fatty liver and needed to cut down on foods such as pasties, cakes, fatty foods, fizzy drinks and alcohol. I asked my support staff if they could help me achieve this goal. Staff supported me to make a healthy eating plan following the slimming world recipes in magazines. I wrote down all the meals that I



enjoyed and together we adapted the ingredients to the slimming world recommendations. Since I started the new healthier lifestyle I have gone from a size 16/18 dress size to a size 10/12 and have lost 1st, 8lbs pounds in three months. My liver is improving because of my healthier lifestyle. I have now decided to do a healthy eating group with other tenants where we can discuss healthy eating options and share recipes. I feel so much better about myself and have new clothes that fit me!"

The Shawe Project



North, Central and South Manchester
Clinical Commissioning Groups

The Shawe – 'Supported Housing Achieving Women's Empowerment' – is our longstanding service in Wythenshawe, South Manchester. The service supports mothers with mental health needs and we are extremely proud and excited to announce that we have received over £7,000 in funding to launch a programme of sessional work. The funding will also support other local organisations and is called Wythenshawe Women's Wellbeing (WWW). The project will comprise of a series of wellbeing workshops, where our service users and local voluntary, community and social enterprise organisations can collaborate through discussion, activities and celebration.

The grant has been awarded by Greater Manchester Clinical Commissioning Group and aims to improve the social inclusivity and access to services for people in Greater Manchester with enduring mental health needs. By enabling an integrated approach to mental health provision, it is believed that more community opportunities and greater resilience can be achieved.

WWW will run twice over the summer – the first programme for women at The Shawe, the second for female service users from other local services and organisations. The key to WWW is that women are able to find out about opportunities in their community and mutually gain support from their peers. They are also able to voice their opinions, experiences and be part of developing the WWW programme itself. Participants from Programme One will have the opportunity to co-produce and co-deliver Programme Two.

Gareth from West Yorkshire

Gareth from West Yorkshire lives with his parents, he has cerebral palsy, autism and dyspraxia. Recently he began to express a desire to become more involved in his local community and socialise more. Since then Gareth has been working really hard to get involved in community events such as attending local dance groups as he wanted to exercise more. He's also started assisting some of the volunteers at St Mary's Parish Centre and helps out with the cleaning and clearing up after the sessions. Here's what community links facilitator Andrea Pickersgill had to say about the progress Gareth has made:



"Gareth is a truly amazing and wonderful person who is keen to assist others. He is a shining example of a person who has successfully overcome his own challenges in order to benefit and support others by volunteering within his own local community which he says he finds immensely rewarding."

Brennan and Halton Lodge receive a big Lottery Grant towards Art Project

Creative Support are pleased to announce that they have been granted just under £4,000 from The Big Lottery 'Awards for All' to run a series of art workshops for our tenants at Halton and Brennan Lodge homelessness services.



Both services are in Halton, a Borough which is dispersed on either side of the River Mersey, as are Halton and Brennan Lodge. Creative Support felt that a community tour showcasing tenant's artwork would be a great way of bringing people together, challenging stereotypes of homelessness and additionally providing an opportunity to find out more about our two sister services. Run by a fantastic local art co-operative called Hazlehurst Studios, these art sessions will be therapeutic and inclusive. Through the medium of art, they will allow our tenants to put forward their own story, strengths and make their mark.

Volunteering Success

Charlotte from Birmingham has recently started volunteering with NHS Uffcolme Centre, supporting people with hearing impairments and mental health needs. Charlotte volunteers here several times a week and absolutely loves helping people, which has also helped aid her own personal mental health recovery. She has now successfully completed British Sign Language Level 1 and has started learning Level 2 and Level 3.



Stephanie from Birmingham has recently began volunteering at Fat Fluffs Rabbit Rescue centre. Stephanie volunteers as a Rabbit Helper. She helps look after the rabbits that need rehoming and are up for adoption. She grooms the rabbits, cleans out their huts, provides fresh bedding and feeds them. Stephanie says she absolutely loves her new volunteering role and really looks forward to going down to the centre to volunteer every week.

Settling into our New Home

January 2017 has seen not only the start of a new year, but a big change for all of our staff at Head Office. After 16 years in Manchester, our Head Office has moved into a new home in Stockport. Our new office at Wellington House is a light, bright and fresh space with the facilities we need to continue a high level of service. The new offices are easily accessible by car, bus and train – this was a huge factor in choosing our new location.

You are more than welcome to come and visit our new Head Office, just email marketing@creativesupport.co.uk and they will book you in for a visit. Our Housing and Client Finance teams are located on the ground floor, for any benefits or housing queries.



Visiting Wellington House

If you are planning on visiting us at Head Office, please report to reception upon arrival. We want to make sure we know who is in the building and we can help show you around and make you feel at home.

Planning Your Journey

Car:

Stockport will take you around 30 mins to get to from Manchester (it will take you slightly more in rush hour traffic). It is a relatively simple route which includes the A6.

Bus:

The 192 bus goes direct from Manchester to Stockport, departing from Piccadilly Gardens and it can drop you off at Wellington Road South – right near our office. This bus runs every 10 minutes or more throughout the day.

Train:

The average journey time between Manchester Piccadilly and Stockport is just 9 minutes – with some trains taking just 7 minutes. On an average weekday, there are 336 trains per day!

Once you arrive at Stockport, we are then just a 5 minute walk from the station up the hill or you can hop on one of the many buses which will drop you outside the office.



Have fun and try something new with the Gateway Award!



The Gateway Award is an activity award for all ages and abilities that let's you set your own challenges based on what interests you. It's about experiencing new things, gaining confidence, meeting new people and having fun.

There are three levels - Bronze, Silver and Gold - and for each level you need to complete the following five sections:

- Hobbies** – doing things that interest you
- Fitness** – being active and taking care of your body
- Lifestyle** – staying safe and leading a healthy life
- Volunteering** – helping others in your community
- Gateway challenge** – achieving your goals



You decide what activities to do for each of the categories by choosing things that are new, challenging and fun – collecting evidence along the way to show what you have achieved. When you complete the award you get a certificate and badge, but best of all you will gain more confidence and learn new skills to help you be more independent. For more information or to sign up, contact our training team: training@creativesupport.co.uk

Service User Awards Relaunch

January saw the relaunch of Creative Support's Service User Awards. Each month staff, other service users, families, professionals and people from the local community will be invited to nominate service users who have done something special that month. Anyone who uses our services are eligible to be entered whether they are a tenant or live in the community, receive a few hours support for a short time, or ongoing 24hr support.

The Business and Service Development Team will then collate these nominations and take them to any of our services across the country each month to hold a judging panel. All the service user award winners will be decided by service users, with staff only in attendance to support. Every month the top prize winner will receive a hand-written certificate, bespoke metal badge and a £20 Love-To-Shop voucher. The runner up prize winners will receive a certificate, badge and £10 Love-To-Shop voucher. All nominees will receive a certificate and badge as an acknowledgement of their achievements.

We have also introduced four new award categories for which you can nominate someone for. This is to give you lots of different ideas about why you could nominate someone, and to recognise the huge range of positive things our service users do. These categories are 'Personal Development', 'Community Champion', 'Healthy You' and 'Healthy Living'.

Contact the Business and Service Development Team for a nomination form today: business.development@creativesupport.co.uk



Staying Safe Online

The internet is a great place for us to learn new things, play games, research events and activities, and meet new friends. Recent research has found that UK adults can spend up to 10 hours a day on the internet – and this is made even easier with the introduction of smart phones and tablets. Unfortunately, there are some negatives to the internet. You might experience some form of Cyberbullying or even people finding out information about you that you'd rather they didn't. That's why we have put together some tips to help you stay safe online.

Top Tips for Staying Safe Online

1. Be careful about posting personal information online – such as your address, email address or telephone number.
2. Keep personal information as simple as possible and never give out your personal details or your friend's names.
3. Think carefully about what you are going to post online. Could it be something that could leave you vulnerable or open to negative feedback?
4. Don't be too quick to post pictures or videos of yourself. Once you've added a picture or video most people can see it and may be able to download it and even change it.
5. Never give out your passwords. Try to have different passwords for different websites and change them regularly.
6. Don't meet up with people you've met online – not everyone is who they say they are.
7. If you see something online that makes you feel uncomfortable, unsafe or worried: leave the website, turn off your computer if you want to and tell someone you trust immediately.
8. If you do receive negative feedback, never respond back. Delete/unfriend the people that are sending this information straight away.
9. Take care opening any emails from people you don't know, they could contain a virus and damage your computer.
10. Block and delete any emails you receive that you think may be spam.



Twitter



How to set your privacy:

- Go to your account settings by clicking on your profile picture
- Selecting 'privacy' and 'settings'
- Check the box next to 'protect my tweets' and 'receive direct messages from anyone'
- Untick the 'Let others find me by my email address and phone number' boxes

Facebook



Check your settings:

- Click in the upper-right corner of any Facebook page (bottom right hand corner on mobiles)
- Select 'settings' from the menu
- Click a setting and change to friends (e.g. who can see my stuff?)

Protecting Yourself from Cyberbullying

Cyberbullying is a form of bullying which takes place online. It can be through a computer, phone or tablet and it can happen at any time of day or night. If you feel you are a victim of cyberbullying please let someone you trust know as soon as possible.

Dealing with Cyberbullying:

1. Let someone you trust know as soon as you start experiencing cyberbullying and save any evidence.
2. Delete the bully from your social media accounts and block their email address, keeping a note of their personal details.
3. Report their activities to any websites that they have used to target you and your Internet Service Provider (ISP).
4. Never respond or retaliate - it might be difficult, but this can makes things worse.
5. Think carefully about what you share or forward on any videos or messages that show cyberbullying.

Information and Resources:

For more information on staying safe online and cyberbullying visit www.bullying.co.uk They have trained counsellors who can support you if you are being bullied, either by chatting online or by calling their free helpline 0808 800 2222.

Ten Questions

In each issue of Creative Life we introduce you to our service users and staff from around the country and tell you a little about them.

If you'd like to appear on this page, send your answers to the ten questions below along with a photo of yourself to marketing@creativesupport.co.uk

Tina, Horsforth

What do you think is the best thing about Creative Support?

They are very good at helping people

What's the best advice you've ever been given?

Always tidy up after making a mess

Tell us something nobody knows about you

I was born in Barcelona, Spain

What achievement are you most proud of?

Making a cat stand in pottery, I love making things with my hands

What's your favourite meal?

Curry

What's your favourite holiday destination?

Brittany, France

What do you do to stay fit?

Going to the gym, I love to stretch and do weights

Who would play you in a film of your life?

No idea

If you were an animal what would you be?

A parrot, because they love to talk

What makes you happy?

Watching films that are funny



Catherine, Horsforth

What do you think is the best thing about Creative Support?

Seeing my friends

What's the best advice you've ever been given?

Be yourself

Tell us something nobody knows about you

I play the violin

What achievement are you most proud of?

Winning a photo competition

What's your favourite meal?

Pizza

What's your favourite holiday destination?

Disneyland

What do you do to stay fit?

I like to dance to music

Who would play you in a film of your life?

Me

If you were an animal what would you be?

A cat

What makes you happy?

Being with my friends and family and playing music



A Very Colourful Quiz!

by Brian Holley



- 1) There is a Latin term for Spring, can you tell me what it is?
- 2) At this time of year children look forward to receiving chocolate Easter eggs. What is chocolate made from?
- 3) This is the time of year a lot of people decide to?
- 4) A plant with bell like petals usually makes an appearance at this time of year, what flower is it?
- 5) In chronological terms, what happens at this time of year?

Wordsearch: After Winter / Before Summer

by Tony Brierley

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

This issue's wordsearch features some words about Spring and new life. Why not try and see if you can find all of the words listed below?

Refresh
Active
Lamb
Blossom
Newlife
Inspire

Spring
Birds
Buzz
Awaken
Chirp

Worldly Wisdom

Compiled by Peter Flynn

"Spring is nature's way of saying, 'Let's party!'"
Robin Williams: American Comedian (1952 - 2014)

"Unless a tree has borne blossoms in spring, you will vainly look for fruit on it in Autumn".
Walter Scott: Scottish Novelist (1771 - 1832)

"No winter lasts forever; no spring skips its turn".
Hal Borland: American Author (1900 - 1978)



Volunteering at Creative Support

Over the past year, as part of our commitment to achieving the 'Investing in Volunteers' quality mark, we have made lots of positive changes to our volunteer programme. The changes have been made so that we can provide more meaningful voluntary opportunities across our services. These will benefit our volunteers, service users and Creative Support as a whole. We now have over 100 volunteers across our services and we're hoping to recruit many more over the next 12 months. As an organisation we recognise the contribution that our volunteers make and we also understand that it's a two-way process. It's essential that we provide support to our volunteers in the form of regular communication, opportunities for personal development and opportunities to have fun and meet new people.

What have we done to improve the experience of our volunteers?

- Recruited a new Volunteer Team so that our volunteers and staff have ongoing support and a point of contact at our Head Office
- Created a number of new and interesting volunteer roles across our services
- Developed a new Volunteer Handbook, which is also available in accessible/alternative formats
- Improved communication with our volunteers by launching our monthly 'V-Bulletin' and 'Your Volunteer Voice'

Meet The Team



Josh

Josh Wharton, Business Development Co-ordinator

Josh oversees volunteering across the organisation and manages the development of the volunteer programme.



Samantha

Samantha Hipkiss, Volunteer Services Co-ordinator

Samantha's focus is on the development of the volunteer programme, which includes identifying and creating volunteer roles for service users and members of the public and supporting local staff to develop roles that suit their services and client groups.



Alice

Alice Devitt, Volunteer Support Officer

Alice provides support to local development officers and managers in volunteer recruitment and takes the lead on the volunteer recruitment process at Head Office.

Volunteering – a staff perspective

We know that volunteers provide invaluable support to our services, service users and staff, and Frances, a Senior Development Officer from our Tower Hamlets Extra Care Services, tells us how volunteers have helped make a positive difference at her service:

“Volunteers have supported our Tower Hamlets Extra Care Services in a variety of different ways. They’ve freed up some of my time to work on our next projects, by carrying out tasks such as writing our newsletters, creating promotional material and events guides. This has helped our service users keep up-to-date with local events and opportunities and we also have service user volunteers who deliver these guides to people’s flats.

Teams of student volunteers have acted as independent researchers and carried out service user satisfaction surveys. They have also provided direct support to help service users to complete the forms and this has drastically improved our response rates. The students have even produced reports

and recommendations based on their findings, which in turn improves the service we provide.”

“Volunteers are able to provide skills and life experiences that me and other staff may not have”.

Women’s Coffee Morning are run by bilingual female volunteers – we recruited for Bengali speakers after service users requested this. We also have volunteers that run Arabic classes and creative writing workshops, ensuring that service users have access to engaging opportunities. We even have a dedicated social media volunteer who supports our services to develop an online presence. This enables our services to link with other local community organisations which we can look at creating partnerships with”.



“I’ve been attending activity sessions, which are fun. I am very anti-social normally but it is encouraging me to join in and talk to people. I like having volunteers help, they are nice and it’s interesting to talk to them.” Jess, Burkhart

Interested in Volunteering?

If you would like to volunteer at Creative Support, or if you are a staff member who wants to develop a volunteer role at your service, please contact the Volunteer Team by calling 0161 236 0829 or sending an email to volunteer@creativesupport.co.uk



Tony is Loving LDOK Radio

Hi there! My name is Tony, I usually write a column about my travel tales, but for this issue I am writing about my experience with LDOK Radio. I will be back next month with my travel tales and an article on European Travel in the 1950-60s. But for now read on about my experiences with LDOK Radio.

My love of music started in 1971 when I fell in love with Wine, Women and Song. YES and Wishbone Ash were the first LPs that I bought and they cost two shillings and six pence! Can you imagine paying that nowadays?

Even though I had loved music right through my youth, my love of music died over a period of four years when I was struggling with my mental health. In that time I couldn't listen to it, it just brought on panic attacks. I think it was because it brought up too many strong emotions and memories for me. At the time I felt low in confidence and mood, it felt like I'd lost my lifestyle completely.

It wasn't until a few years later when I met a group of musicians from Birmingham at the Creative Support 20th anniversary party that my love for music was reignited. I wanted to get back into the music world again. At that point I slowly started rebuilding my record collection that I had lost when I was ill and listening to new bands that I had found out about.

A little after this I heard about LDOK through the Marketing Team at Creative Support. I'd dreamed about being on the radio before, but never really thought I would get a chance.

I was really nervous about the idea at first and lacked confidence, but thought it was an opportunity that should not be missed. I saw it as a way that I could get my life and purpose back.

The first time I went on the radio I felt so shy and almost speechless. When the microphone was on I clammed up. I started to work around it by making a script and playlist for each show. I'd write what I was going to talk about and what songs I would play.

I quickly learned how to cope with hiccups and realised that it didn't really matter if anything went wrong.

“It is live radio, anything goes wrong and you turn it into a laugh”

I started getting more and more confident presenting the radio show. Terry from LDOK eventually offered me my own two hour show. From that point onwards I started inviting live guests on my show, singers, musicians, sports people and just people from all walks of life really.

It has brought up so many new opportunities for me that I wouldn't have got to experience otherwise. For example, I got to interview some of the Coronation Street stars at the Mirror Ball and Halloween Lock Down.

Now my confidence is sky high. I've met so many people, learnt so much and made lots of new friends, from poets like Harriet Blackburn to the Autistic Superstars. I'm 63, but I feel like a teenager again.

If anyone is even considering giving the radio a go, or anything else that you've got on your mind but are worried about starting, I suggest just go for it. Help, guidance and support will be there for you. The world is your oyster!

What is LDOK Radio?

LDOK is short for Learning Disability OK Radio and was established in 2012 as an inclusive radio station. LDOK Radio is a place where people who are interested in radio and music can give presenting a go.

- LDOK Radio station broadcasts 8,760 hours of continuous radio every year
- Last year LDOK Radio was listened to in over 100 different countries across the world
- There are over 19 weekly programmes broadcast
- Tune in to LDOK.net and listen from 8am - midnight everyday. You can also catch up on missed shows online

Get Involved With LDOK Radio

We are always looking for more people to get involved with LDOK Radio, especially the Creative Support sponsored show on Mondays. If you have an interest in music and presenting then there is an opportunity for you to get involved. You can take on as much or as little as you want. For example, if you are feeling a little shy, don't worry you won't have to get on the microphone straight away if you don't want to, or if you feel like you are ready then you can go for it. In the past, people have used it to play their favourite songs, talk about things that they are interested in and just learn how a radio show gets made.

Please contact marketing@creativesupport.co.uk for more info.

Meet LDOK Producer Vikki



Vikki is the LDOK's producer and has been doing the job since 2014.

Your favourite thing about being a presenter? *My favourite thing is the different types of people I work with, everyday is different.*

Name your top three bands? *This one's a bit tricky. I could list 100, but we'll go with Jurassic 5, Portishead and something Manchester... Oasis.*

Your favourite memory from LDOK Radio? *I have many memories with LDOK but my favourite time's are when Tony brings me Samosa's & Onion Bhaji's.*

What advice have you got for newcomers to the radio? *Don't be scared of the microphone, pretend it's just me, the presenter and yourself in a room and we're having a chat.*

Why are you so passionate about radio as a medium for communication? *Radio is great for people to be involved, share information, showcase their talents and skills, and to have a voice.*

Creativity Corner



Courtyard Cafe Hub of Creativity

Courtyard Cafe in Horsforth, Leeds is a social enterprise set up to provide structured work placements for people with a learning disability. The café is warm and inviting, with art covering the walls from members of the café, local art groups and members of Creativities Courtyard day service next door. They bake all their own cakes and the café has become a real community hub, with local groups using the space regularly to meet up. Jane who has worked there for four years says “It’s the best job I’ve ever had. Every day is different”.

Yvonne has been working at the Courtyard Cafe since they opened over four years ago. She also attends the sewing and knitting group on a Thursday where she is currently making a beautiful blanket and has previously made a warm winter scarf.



Calling all Photographers and Artists!

Do you love taking photos of people, places, events and activities? Then why not become a Creative Life photographer? You can attend our regular editorial meeting in Manchester or send us your submissions by email. For every issue you contribute to you’ll receive a £10 gift voucher. To find out how you can get involved, simply call the marketing team on **0161 236 0829** or email marketing@creativesupport.co.uk



Film Competition

Good news for film fans! We are running the 'Pitch Your Film' Competition again for 2017. If you have an interest in film or TV, and have an idea for a story or documentary idea then we want to hear about it. Previous entries have varied from horror movies filmed in cemeteries to serious documentaries about mental health conditions such as Hearing Voices. Entries should be sent in either as a short video, a written or drawn out script, or a little writing about what your idea is. If you have any questions, or would like to submit an idea then please email the marketing team for further details: marketing@creativesupport.co.uk The deadline for submissions is **Friday 25th July**.

Courtyard Cafe Coconut Cake

Cake Ingredients

Butter	300g
Caster Sugar	300g
Self-raising flour	150g
Coconut	90g
Plain Yoghurt	1 teaspoon
Eggs	6

Frosting Ingredients

Salted Butter	100g
Icing sugar	350g
Hot milk	2 tablespoons
Coconut	3 tablespoons
Jam	3 tablespoons

Method

1. Mix all the ingredients together with a mixer. Mix for around four minutes until the mixture is light and fluffy.
2. Grease your two cake tins and then pour the mixture into the tins and bake for 35 minutes.
3. Take the cakes out of the oven and leave to cool.
4. While the cakes are cooling, mix the frosting ingredients together well with an electric mixer.
5. When the cakes are cold spread the jam on top of the cake and sprinkle the coconut on top of the jam. Then spread the frosting on top of the other cake. Put the cakes together with the jam and coconut one on top of the one with frosting on. Enjoy!



Post a picture of your cake to our facebook page /crtvspprt

What's on The Box?

If you have followed our YouTube channel in recent months, you may have seen our two previous films, 'A Matter of Pride' and '7 Autism Stereotypes' with David from Birmingham.

After the last film we had discussed a series of autism 'good news' stories that would focus on the fantastic achievements of the people we support. David had told us it was his dream to go surfing, ever since he had an interest in the surf fashions of Hollister.

So with this in mind, we organised a trip in October of last year for David with Claire from the Quality Team to Surf Snowdonia, at Dolgarrog in the Conwy valley. Claire worked with David on the previous



film and also surfs in her spare time.

David travelled independently all the way from Birmingham for his first trip to Wales. After a quick lesson from one of the trainers at Surf Snowdonia, David took to the waves and was a natural!

The experience was quite

moving for everyone and it really comes across in the film. The film has been getting lots of views on YouTube, since its launch at the end of last year, we've also had lots of interest from the tourist board, visit Wales, and even a clothing brand, Hollister themselves sent David some of their fantastic clothes in recognition of his inspiring story.

Film Review: Logan (15)

★★★★☆

by David Johnston

Logan is a spinoff of the X-men films and is the third film starring Logan, aka Wolverine, who has special powers. Humans would call Logan a mutant - a being who is feared because of their special powers. Logan was part of the X-men, a band of mutants, who protected humans from other bad mutants who abused their powers to attack humans.

The film is set in the year

2029 and mutants are on the brink of extinction, with no new mutants being born for the last 25 years. Logan spends his days working as a chauffeur and hustling for prescription drugs. He lives in Texas with a mutant tracker called Caliban and another guy called professor Charles Xavier who used to be in charge of the X-men group.

Logan is approached by a lady called Gabriela who has a little girl called Laura. Gabriela works for a biotechnology company called Alkali-Transigen who are breeding mutant children from the DNA of dead mutants for the X-23 project. The children, including Laura, were intended

to be used as killing machines. However, the company behind the project are finding the children increasingly difficult to control as they grow up. They decide to terminate the project by putting the children to sleep. Logan is asked by Gabriela to take her and Laura to North Dakota to a safe place where some of the children have escaped from the company with Gabriela's help. You will need to watch the rest of the film to find out if Laura, Gabriela and Logan managed to get to the safe house in North Dakota in one piece.

I would definitely recommend the film to fans of the X-men films and comics.

The Good News

Hello and welcome to *The Good News* - a new section of the magazine where we collect some heart warming stories from Creative Support services across the country and share them with you. When you read a newspaper, look online or listen to the radio, you only ever seem to hear about bad things! This column is a chance to hear some positive things that are happening in the world. To get involved, send in your short good deeds that people have done for you or you have done for others to marketing@creativesupport.co.uk. We will choose our favourite ones to be included in the next issue of Creative Life magazine.

Here Comes the Good News

Thanks to Chalo (in Purchasing) for always making us smile
Purchasing Team - Manchester

Val Lott – she always makes time to help me out and to teach and train me patiently as I am new at my job.
Anonymous

Wendy Burrow – when Lois changed roles, Wendy was first to offer help with on call and first to offer help with another director. Always helpful – Wendy is a do-er of good deeds!
Karen - Manchester

Natasha Parmar – Always cheerful and works so hard. She bought me a bounty and made me smile!
Karen - Manchester

All of the staff have given me independence and they help me to use the buses.
Paul - Salford

This Issues Star News



An anonymous member of the Northfield Hub left this bus day ticket for someone else to use. We all thought it was very thoughtful.
Rose - Birmingham



This good deed is for John from the post room; your conversations are so fascinating; they make my day.
Henna - Manchester

Thanks to Deborah from Blackburn for giving me the opportunity to come and volunteer at Head Office
Louis - Accrington

Well done to Ruthie for raising £21 whilst doing a sponsored silence for Red Nose Day, especially because she loves talking so much!
Lucy - North East

I've been up and down with my mental health, but thanks to the sessions I was able to cope.
Donna - Wolverhampton

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

Quiz: Answers

- 1) A Vernal Equinox
- 2) The beans that grow on the Cacao tree
- 3) Have a spring clean
- 4) Tulips
- 5) The clocks go forward one hour on the last Sunday in March

What's Going on?

Every issue we supply you with a round-up of some of the important things going on at Creative Support. Read on to find out the essential information.

Achieve Q *Inspiring our staff to Achieve Quality as all times*

Creative Support is committed to delivering the highest quality service at all times. To support this we have launched our Achieve Q campaign. Achieve Q represents and recognises the attributes that enable us to Achieve Quality.

Aspirational | **C**ompassionate | **H**ardworking | **I**nclusive
Effective | **V**alue Based | **E**mpowering

The aim of Achieve Q is to acknowledge the teams and individuals who provide exceptional service and best practice. Staff, managers, service users and their families are able to get involved and nominate a member of Creative Support or a whole staff team. The campaign is focused around a bi-monthly awards programme, which will consist of Standard, Silver and Gold quality mark. The winners will be hand-picked by our quality panel.

If you would like to nominate a team or individual, or you would like to promote the campaign within your service please email:

achieveq@creativesupport.co.uk.



Creative Academy are proud to announce that we are one of the selected few organisations leading the way with the new apprenticeship standards.

The new standards have several components which include completion of the care certificate, functional skills in English and Maths, a diploma, a reflective diary and an end point assessment.

The standards focus on enabling and proving competence through assessing the skills, knowledge and behaviour of health and social care staff. This is a great opportunity for staff to enhance their knowledge and skills and further develop their career.

For more information on our scholarships or how to apply visit

www.creativesupport/creativeacademy



Niamh Student Social Worker

Students can provide invaluable support to our services when on placement with us. We have had students assist not only with the day to day running of services but also the reviewing and updating of paperwork, internal auditing, carrying out customer satisfaction surveys and arranging events, to name a few! Ultimately students help contribute to a better service for the people we support. Throughout their time working with us, they are expected to treat placements as they would paid employment.

Niamh Thompson is a student social worker and has just completed her 70 day placement at our busy Breakthrough day centre in Manchester. Here's what she had to say about the experience:

“I really enjoyed my placement at Breakthrough and I had the opportunity to work in a lovely staff team and meet lots of members. Having this as my placement gave me lots of learning opportunities and has developed my skills with help from service users and staff...”



....I'm sad to leave, but feel it has made me ready for further placements and social work practice.”

Niamh also made a big impact with the staff and Breakthrough members. Claire Robinson, the manager of Breakthrough had this to say:

“Niamh made a big impact in Breakthrough from her very first day. The support element came so naturally, Niamh completed numerous inductions and supported us on many trips and events in her three months here. It really was a pleasure to have Niamh complete her placement at Breakthrough, she will be thoroughly missed by all the members and staff”.

“She supported me in the café and supported me with personal needs. She's very pleasant” said Carolyn McLean, Breakthrough member.

A social work student on placement will be supervised by a practice educator and a tutor. We have qualified practice educators within some of our services but this isn't essential as the university can provide one if needed.

Usually a Senior or a Manager within the service will act as the student's on-site mentor, ensuring the student is assigned appropriate work and supported on a day-to-day basis.

Take on a Student Social Worker

If you're a qualified social worker and are interested in becoming a practice educator or if you think your service would benefit from taking a student, please contact safreen.khan@creativesupport.co.uk or call 0161 238 7664.

My Journey

Our new feature where we catch up with a Creative Support member and hear about their journey.

This issue we speak to Sara from Manchester about her story. If you are interested in being featured in another edition of Creative Life, get in touch with marketing@creativesupport.co.uk

When I was nine years old I was diagnosed with a brain tumour. I passed the exams to get into school and always studied hard. A few months after starting there, I suddenly began behaving differently and people thought I was being naughty. I kept telling them that I had bad headaches but nobody listened to me until one day I fainted at school. My mum took me to see my GP many times but it was only when my parents insisted there was something wrong that they sent me to have a scan.

The scan found that I had a brain tumour growing on the stem of my brain and that was the cause of all the headaches and changes in my behaviour. I had to have MRI scans, multiple operations, chemotherapy, and I spent weeks in the intensive care unit. During this time I was very confused and it took me quite a while to remember who I was. I lost all my skills – eating, talking, walking, hearing and my sight.

My mum was right next to me in hospital the whole time and slowly I started to remember her. All the doctors thought I wouldn't recover but mum was determined and persuaded them to give me a chance.

“All the doctors thought I wouldn't recover but mum was determined and persuaded them to give me a chance”



It was a year before I got to go home and another year before being able to walk. I needed speech therapy to get my language back and help increase my memory. I started to go back to school and my long-term memory started to return but my short-term memory was still unreliable, which made it difficult to learn new things.

Since then I've been to college, which helped my confidence, and evening art classes, where I discovered drawing and painting. I found that it was very therapeutic and calming. In 2011 my art was displayed in an exhibition in Bolton. I sold some paintings and the money I raised went to Cancer Research. This was a huge confidence boost.

Seeking my independence, I moved out of my parents' house into a flat nearby. Carers come a couple of times a week and help with the cooking, cleaning and my medication. With this support I am learning to cope with the effects from my brain tumour, and to enjoy my life. I have made a lot of progress and feel happy, and I am enjoying learning new skills.

I'm a member of Breakthrough Cyber Cafe and love it there as the staff and people are so friendly, helpful and caring. I attend sewing and drama, as well as some of the trips they put on. The helpers that work with me are so supportive and help me live independently and are always encouraging me to learn and try new things.

Save The Date

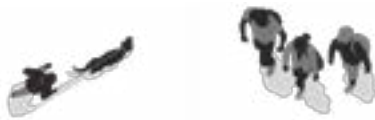
Spring is in the air and in our guide below you'll find plenty of events and activities to keep you busy for the next few months!

May

National Walking Month Throughout May, UK

Throughout May, Living Streets will show 20 fun and easy ways to fit 20 minutes walking into your day. The theme is #try20 Find out more:

www.livingstreets.org.uk



Buddha Day 3rd May, Worldwide

Followers of the Buddhist faith celebrate the birth, enlightenment and death of Siddhartha Guatama. Traditions include meditation, cleaning and decorating the home, eating vegetarian food and giving money to charity.



No Tobacco Day 31st May, Worldwide

Encourages a 24 hour period free from tobacco consumption around the world. The day is intended to draw attention to the use of tobacco and its negative health effects.



June

Carers Week 12-18th June, UK

A week dedicated to recognising the important contribution that carers make to the lives of many all across the UK. To find out more, please visit:

www.carersweek.org.uk



World Blood Donor Day 14th June, Worldwide

On this day, the world addresses the importance of being a blood donor. Blood donation is incredibly important because over 6,000 blood donations are needed each day to keep people receiving the treatment that they need.

Wear it: Beat it - British Heart Foundation Month Throughout June, UK

Every June the British Heart Foundation campaign to raise awareness of heart health and get us to think about the ways we can take care of ourselves. Read more at:

www.bhf.org.uk



July

World Population Day 11th July, UK

World Population Day is observed seeks to raise awareness of global population issues. It was started in 1989 after the world's population had got past the 5 billion mark. This year's theme has not been announced yet.

Macmillan IRONMAN 2017 17th July, UK

An IRONMAN consists of a 2.4-mile swim, a 112-mile cycle and a marathon 26.2-mile run. It's a chance to test yourself to the limit with one of the toughest events in the world.



Cancer Research - Race for Life Throughout July, UK

Cancer Research UK's Race for Life is a series of women-only events raising money for research into all 200 types of cancer. Have a look at one of the events happening near you get involved.

www.raceforlife.org

cancerresearchuk.org

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Get Involved!

Share your views

- Complete a Client Satisfaction Questionnaire
- Get involved in planning your support
- Attend Tenants' Meetings
- Attend Policy Review or Consultation Meetings
- Share your views with the Board of Trustees

Recruitment

Help choose the staff who work for Creative Support by being on the panel for interviews.

Work Experience

There are opportunities for you to undertake paid work, work experience placements or volunteering at some of our offices and services.

Presentations

Tell families, carers, other service users and commissioners about Creative Support at open days and presentations.

Health and Safety

You can get involved in the health and safety checks where you live.

Newsletters

Set up your own newsletter or contribute to local, regional or national publications like this one.

Training

Help to train our staff and other service users or become a Training Advisor to assist the Training Team.

Review Paperwork

- Check information is easy and clear to understand
- Help create easy-read policies and handbooks
- Give your views on new designs for marketing materials
- Take part in filmed versions of policies

And...

You can be supported to take part in all these activities and you may be paid for some.

For more information ask your support worker or contact the marketing team or Head Office using the details shown above.

www.creativesupport.co.uk



/crtvspprt

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