

# CREATIVE LIVING CENTRE NEWSLETTER

APRIL 2024



## NEWSLETTER INTRODUCTION: LORNA- SERVICE DELIVERY MANAGER

Welcome to our second newsletter of 2024. We have had some great activities running in March including Lisas cooking classes and Sues How To workshops which have included learning how to make some beautiful paper flowers. Shelley taught both Face your fears and Motivate Me workshops and Jons sensory sessions were completely booked up. We had Age Concern in to host a scam awareness talk and have just received the members pottery back from the kiln with Claytime see below for a painting date in April. We hope you enjoy the newsletter and remember to take some time to look at our social pages and website for the activities running in April! See you soon, Lorna

### WHAT'S NEW?

**Claytime decoration session** - We are expecting the return of members clay creations on 27th March and we have organised a space for members to decorate their pieces on **Thursday 11th April 11am-12.30pm in the Art Room. PLEASE CONFIRM YOUR ATTENDANCE WITH RECEPTION! If you would like to collect your creations to decorate at home please pop in to reception for collection.**

**Bike Confidence Group with Martin & Evan** - We have now made this group **FREE** - All abilities welcome. If you would like to have a chat with Martin or Evan about the group, routes taken, bike maintenance etc Then please ask at reception :) When? Every Wednesday 2pm-3.30pm Why? To have fun, grow in cycling confidence and improve your physical and mental wellbeing! **FREE**



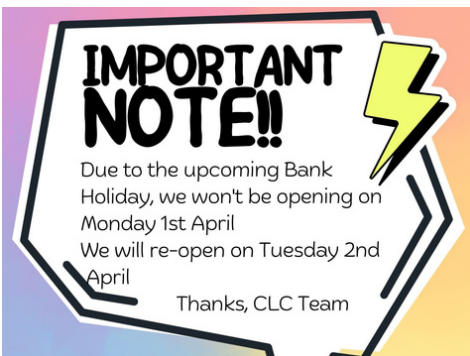
Lloyds volunteers came and helped clean up our allotment and art room!

### SESSION SPOTLIGHT - JON

#### Men's support group

Our men's group runs every Thursday at 2:30pm and lasts an hour. The aim of the group is to offer a safe, non-judgemental and confidential space for men to talk about their lives, issues or even just to listen to the others. It is a supportive space for men to openly talk to others about their issues or even just to offer a kind ear. We may be looking to expand it from a supportive space to also incorporate some activities into the group, like a walk or some other creative activities but the main goal will always be a supportive non-judgemental space.

Jon is one of our experienced Support Coordinators



## WHO'S NEW? ANTHEA - PSYCHODRAMA THERAPY GROUP TASTER



Anthea is our trainee psychodrama psychotherapist and is looking to run a psychodrama group starting in May with space for up to ten members!

What is a psychodrama therapy group and how is it different from our current Drama for Fun group?

Our current Drama for Fun group explores imaginary scenarios through acting out scripts or through improvisation for fun using techniques like movement, freeze frame, improvisation etc. Psychodrama is a form of action-based therapy, that uses the same kind of techniques to explore our real-life difficulties that cause us to struggle with our mood, our general mental health, even with ourselves and others in our day-to-day lives.

It helps us to understand our behaviours and those of others' better and change the way we respond to the people and events that happen in our everyday lives. So we may suffer less and feel happier. It can also be good fun AND you don't need to have any previous drama experience!

Interested? Sign up at reception for the taster group on **Tuesday April 9th at 12.30pm FREE**

Anthea looks forward to meeting you there!

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## WHAT'S HAPPENING?

We have signed up to take part in the Bury 10k - Staff, volunteers and members are welcome to sign up to walk/run for CLC. Please ask for an application form at reception or speak to Lorna. We will be having an information session about the event in the coming weeks. The run takes place on Sunday 15th September

Emergency first aid session - This is a free session for members/volunteers/staff. Learn some essential first aid skills! Wednesday 17th April 11.30am-12.30pm

Chair based exercises with Susan start time has CHANGED! It will now begin at 11am and finish at 12pm. We hope this will enable even more members to experience the benefits outlined in last months newsletter.

### JOB FEATURE

**WE ARE LOOKING FOR AN ALLOTMENT SUPPORT WORKER!**  
8 hours per week, 6 month contract

We are looking for someone to manage our allotment, providing an engaging and welcoming environment for people with mental health and wellbeing challenges to engage in nature-based wellbeing activities, learn new skills and reduce social isolation. The allotment will contribute to a sustainable and seasonal supply of fruit and vegetables to support the Creative Living Centres low-cost café service, warm hubs, breakfast clubs and cooking classes.

The closing date for applications has been extended to Monday 8th April, with interviews taking place on Thursday 11th April 2024.

Please send a CV, cover letter to [lorna.wilson@creativelivingcentre.org.uk](mailto:lorna.wilson@creativelivingcentre.org.uk).

Proud to be a part of Vodafone's everyone.connected programme to help **4 MILLION** people and businesses cross the digital divide

everyone.connected

Digital Skills Tech and Connectivity Affordable Products and Services

Together we can

Vodafone SIM cards are available to our members to limit digital exclusion and support finances - This is part of a national project which Vodafone are running until 2025

## VOLUNTEER & OUTREACH NEWS

Lloyds group volunteering day Tuesday 5th March

We welcomed back some familiar faces and some new volunteers from Lloyds banking group. The team were tasked with tidying up our allotment plot at Highfield allotments ready for the new planting season and the beginning of our allotment group this spring.

The team did an amazing job completing the sorting, sweeping, organising and clearing during the morning. They even alphabetised and listed all of our seeds! We hope that this work combined with our current growing vegetables course with @sowthecity and recruitment of an allotment support worker will make for a plentiful season of growing to be then brought to our kitchen for Lisa and volunteer team to create some beautiful meals for our Wednesday lunch.

We want to extend a MASSIVE thank you to the team from Lloyds, they have helped to prepare spaces that our members value greatly and will contribute to their wellbeing. We hope to welcome them back again next year!

Our volunteer Janet was featured in Bury VCFA volunteer bulletin - Talking about the importance of volunteering and finding the right role! Well done Janet! You can find the article here: <https://www.buryvcfa.org.uk/volunteering/volunteering-bulletin/>

Vodafone SIM cards: We are part of Vodafones 'Everyone.Connected' programme to help as many people as possible to not be digitally excluded and to support people financially. This means we are able to offer our members a SIM card with 40gb data and unlimited calls/texts for 6 months. If you feel you would benefit from this please speak to a member of staff. There is a requirement to fill out a short survey for Vodafone after 1 month of usage.

We attended a film screening at Liverpool John Moore's University, arranged by men's mental health podcast 'The Man Hug' The film is called 'A little while longer' and follows 3 male suicide survivors on a trip to Scotland. It's a beautiful, moving and positive film and available now on YouTube. The director Tom Van Den Hurk was in attendance for a Q&A and many other organisations including the Zero Suicide Alliance & NHS.

## SHELLYS WISE WORDS!

**JUST BREATHE.  
NOTICE YOUR BREATH AND HOW IT FEELS.  
FOLLOW THIS THROUGH YOUR BODY AND REPEAT.**

