

CREATIVE LIVING CENTRE NEWSLETTER

MARCH 2024



NEWSLETTER INTRODUCTION: LORNA - SERVICE DELIVERY MANAGER

Hello to you all and welcome to the CLC newsletter.

We are so happy to have the newsletter back up and running and to keep you up to date on what is happening at the centre. Since our last newsletter there have been quite a lot of changes, from staff such as Lisa in the café and Susan in the support co-ordinator role, to new activities such as the cooking classes and mindfulness, in addition to special events such as Claytime and allotment gardening.

We hope that this newsletter will help you feel more connected to the centre and encourage you to attend some of the activities we have taking place. You can also keep up to date through our Facebook and Instagram pages and through our website for more information. Thank you for being a part of the CLC community and happy reading.

WHAT'S NEW?

Sensory sessions with Jon - 1 on 1 space to ground, unwind from the stresses of the world. You can listen to relaxing music, sounds with the light projector or even have short 1 on 1 mindful exercises to help you reset and relax yourself. A quiet space from a noisy world.

Drama Group with Tandem Theatre - We have a new group starting in March, Drama for Fun in conjunction with Tandem Theatre. This group will be free to access for members. When? Every Monday 1pm-2.30pm from 4th March. Why? To have fun, grow in confidence, gain skills! **FREE**

Scam session-AgeUK Thursday 14th March 11.30am **FREE**

How to avoid getting scammed!
Book any of these sessions at reception



SESSION SPOTLIGHT - SUSAN

Chair based exercise helps to fill in the gap for those experiencing limits to mobility, but it is suitable for all fitness ranges with a chair being used so that everyone can access exercise.

This session consists of a warm up, seated or standing and simply throwing and catching a ball or for those who'd prefer the use of juggling balls. The use of balls at the beginning stage helps warm up the muscle gently and improves hand and eye coordination, balance and dexterity. And it is suitable for all levels of fitness.

We then go on to seated movement and stretch to improve blood flow to joints and help reduce tightness and tension as well and to improve mobility.

After this we go onto air punches which brings in cardiovascular exercise whilst improving mobility, this is suitable for all levels of fitness, people with limited mobility can use more gentler movements whilst those with a higher level of fitness can speed up.

When then use the resistance bands to aid strength training, again this can be tailored to the individual. We finish with some foot mobility exercises using a small ball, which can help with flexibility and balance.

Everyone works at their own level and rests as much as they need, when needed adjustments can be made for any individual and these adjustments can be explored at different stages of the session.

Susan is one of our newest support coordinators but has been involved with CLC for some time! Susan facilitates many different creative sessions and 1-1's with members.



WHO'S NEW?

MARTIN -

BIKE LEAD



Like many people I learned to ride a bike as a child. Between my teens and twenties, I occasionally rode a bike. At age fifty-six, fed up with commuting by car, I decided to give cycling a try.

I planned the route and a day to try it out. It was raining, well, if I only cycled when it was dry, I'd never cycle! I put on some waterproofs and off I went, and I've never regretted it. I rediscovered my youthful exhilaration of travelling at speed under my own steam. My stress levels, waistline and car mileage plummeted whilst my self-esteem and positive mental health state improved no end!

I also repair and service bikes. All in all cycling as given me a new lease of life!

Bike confidence group runs Wednesdays 2pm-3.30pm



Prestwich -Sunday 10th March
11am-4pm

Shelly and Tom will be representing CLC and providing some arts & crafts

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NEXT MEMBERS FORUM - 28TH MARCH 2024
12-1
PEACE ROOM



WHAT'S BEEN HAPPENING?

Nas from Prestwich job centre has been attending the centre every Thursday between 2-4 to provide a drop in advice session for members to access information, ask questions and get help with DWP / Job centre related queries. This will be continuing every week.

Nina from RHS Bridgewater provided another free workshop – Tree grafting on the 8th February– attended by members and volunteers at our allotment, learning about creating new trees and supporting older trees.

Claytime Stockport delivered a creative clay workshop for members, it was really well attended and the feedback was great! The creations have been taken away to be fired in a kiln and will be returned in the next month for decoration!

TRUSTEE FEATURE

WE ARE LOOKING FOR 2 NEW TRUSTEES!

Our Trustee recruitment goal is to find good people who have an interest in mental health services and who would like to contribute to the development & continued success of the CLC.

We are looking for people who may be considering taking their first step in a Trustee role or may have been involved with trusteeships previously. In either case, we'll provide you with the support and training you need to carry out the role. Please note, this is a volunteer role and is unpaid.

To find out more about the opportunity and what it involves, download our Trustee Recruitment Pack from the website or for further information or an informal chat please email admin@creativelivingcentre.org.uk



Gardening group - One of our members creating a Manchester bee which now resides on the outside wall of the centre!

VOLUNTEER & OUTREACH NEWS

We have welcomed 6 new volunteers since the beginning of the year! Phillipa and Linda started just before the festive break and have been supporting our Thursday warm hub, walking group and 'Grow your own' course with Sow the city. Megan, Susie, Leah and Jane A have recently completed their training and are starting to 'dip their toes' into the different sessions we have running, so far this has been, Ladies support group, Shelly's Monday course, breakfast club and social spaces. We are so happy to welcome some more wonderful volunteers into the team and I hope members will get to know all of them over the coming weeks!

Men & boys coalition conference -Stoller Hall Manchester November 2023 – Cody and Tom attended this one-day conference specifically about men's health (including mental health). This included looking at the national and international picture and hearing from some amazing organisations such as Andys man club, The Man Hug podcast, Movember, Talk About It Mate, Men's sheds and many more! Lots of really interesting work going on both locally and around the country which was inspiring and we made lots of great connections.

We have also welcomed Josie, who is joining us on a volunteer placement. As an occupational therapy student, there is an expectation to engage with volunteering in the community. From mid-March Josie will be joining our volunteer team on alternate Wednesdays/Thursdays supporting with various different sessions and activities. We look forward to fostering an ongoing relationship with Salford University and to having Josie on board for the coming months!

Aviva Crowdfunder – Allotment group - We had a successful crowdfunding campaign raising over £1400 for our planned allotment group (starting in spring). This means we have been able to engage Sow the City to provide a 6-week growing vegetables course for members and volunteers. This started on February 15th and the feedback has been great. Our thanks go to everyone who donated and to Aviva who provided match funding to us

ALI - CHIEF OFFICER WELCOME

As Chief Officer of the Creative Living Centre I truly welcome the introduction of this regular newsletter which will be circulated to and be available to all our members. Communication is critical in all walks of life and the CLC is no different. It is our intention that the newsletter will provide everyone with information about what we do here at the Centre and details of our monthly timetable. Armed with this information hopefully every member will be able to choose what part of our wide package of activities and sessions will best suit them and inform them of other activities and sessions they might want to try out.

If you enjoy this first newsletter, please let us know. Equally, if there are other things you might want to be included in future editions - again let us know.

Indeed, looking to the future I would hope that we get regular contributions from our members – observations about your connection with the Centre, how being part of our community has helped you – small comments, larger letters, poems, photos – all will help to make the newsletter both relevant and reflective of you – our members. After all, the CLC is here for you and the newsletter should reflect that.

As always best wishes, Ali

IF YOU DO NOT WISH TO RECEIVE THIS NEWSLETTER PLEASE OPT OUT - IF YOU REQUIRE IT IN A DIFFERENT FORMAT PLEASE LET US KNOW!