

CREATIVE LIVING CENTRE NEWSLETTER

MAY 2024



NEWSLETTER INTRODUCTION: TOM- TAKE PART COORDINATOR

Hello everyone and welcome to the latest edition of the CLC newsletter, April was another busy month. We welcomed many partner organisations from around Greater Manchester to our open evening, waved goodbye and good luck to Avril who is raising money for the charity, many members and volunteers are now first aid trained and the first Claytime creations were decorated. Lisa and Cody led some wonderfully tasty cooking workshops with Helen & Megan and there were more beautiful creations from Susan's How To sessions supported by Jane! We hope you enjoy reading the newsletter and please do let me know if there is anything else you would like featured next month. Thanks Tom :)

WHAT'S NEW?

Claytime session 2! We have booked Malcolm and team to return for a second session on Tuesday 7th May 1pm-3pm in the Peace room - if you would like to attend please sign up at reception! £3 for members

Menopause support session – Tuesday 21st May 1pm-2.30pmn FREE for all members, staff and volunteers. This session will be led by Shelley from Bury Live Well Team.

GM Walking Festival Event - Wednesday 22nd May 10am - 1pm. We have funding to cover the cost of travel and refreshments for members who join the walk. Sign up at reception (travel route and info available)



Avril Fitton (2nd from right) who is climbing to Everest base camp raising money for CLC!

SESSION SPOTLIGHT - PILATES

Pilates at CLC!

“Pilates is a system of repetitive exercises performed on a yoga mat or other equipment to promote strength, stability, and flexibility. Pilates exercises develop the body through muscular effort that stems from the core. The technique cultivates awareness of the body to support everyday movements that are efficient and graceful.” At CLC we believe in a holistic approach to mental health and our Pilates class is very much a part of that, with mindful movement and breathwork, supporting physical and mental wellbeing

Pilates takes place from 10am-11am every Wednesday (£3) led by Joanna all abilities welcome!

IMPORTANT NOTE!!

Please note that the following dates are Bank Holidays and we won't be open on these days:
Monday 6th May & Monday 27th May

Thanks,
CLC Team

ARE YOU INTERESTED IN TAKING PART IN THE BURY 10K FOR CLC?



The Bury 10K takes place on the 15th September 2024 and is a guaranteed fun and friendly event and this year, the Creative Living Centre is a registered Charity Partner!

Starting and finishing close to The Rock, the course is suitable for all abilities, whether you're a beginner just starting out on your fitness journey or an experienced runner looking for a personal best.

If you would like to become one of the CLC Official Charity Runners, please complete an expression of interest available from reception detailing why you would like to run on behalf of the Creative Living Centre.

We ask that runners are able to pay the cost of registration and are willing to fundraise a minimum of £125 for the Creative Living Centre. All funds raised will go towards centre activities.

To see the route and find out more on the Bury 10K with Jane Tomlinson's Run for all, see the official website: <https://www.runforall.com/events/10k/bury-10k/>

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WHAT'S HAPPENING?

Prestwich Makers Market
Sunday 12th May 11am-4pm
Shelly and Tom will be representing CLC and providing some arts & crafts for the local community and raising awareness of our work. Feel free to come and say hello!



Mental Health Awareness Week 13th - 19th May

CLC will once again be arranging some special events for this week. Raising awareness, engaging with the local community and hosting some open sessions led by our staff and volunteer team. Keep an eye on our website and social media channels for updates to follow! This years theme is 'Movement'!

TRUSTEE ROLES

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



We are taking part in the Greater Manchester Walking Festival - Wednesday 22nd May
If you would like to attend our walk at Castlefield Viaduct please book at reception!

VOLUNTEER & OUTREACH NEWS



On a recent trip to Heaton Park one of our walk leaders Jane took this lovely photo of a heron! The group also spotted squirrels, blue tits and many different wild flowers.

Our walking group has been a regular fixture at CLC for many years and now we are getting some warmer days, is a great opportunity to get out have a chat take in nature, wildlife and stretch your legs!

Members can join us on Wednesdays from 11am-12.30pm (£3)

PARTNERSHIP EVENING AT CLC!

On Tuesday 16th April we welcomed staff from a number of partner organisations to the centre. As an organisation we are keen to increase our visibility and co-working with partners in Greater Manchester in order to offer the best possible support to our members! We enjoyed networking, chatting and offering a tour around the centre to our guests. We also enjoyed some amazing snacks made by our cafe lead - Lisa Thanks :)

We were joined by, RHS Bridgewater, Cruse Bereavement, Bury Adult Learning Centre, Salford Autism, Big Fandango, Bury VCFA LGBTQi and Chief Officer, Bury Carers, Ingeus, Healthwatch Bury and Prestwich and NW Housing Association. Thanks to all our attendees and we look forward to continuing to build strong links with you all!

Special mention to Big Fandango who have donated a mountain of arts & crafts materials to be used by our various groups

MEMBER INFORMATION!

Expectations regarding boundaries! As part of staff and volunteer training at Creative Living Centre we set expectations around boundaries. This includes how to engage with members externally when not working or volunteering. As an organisation we are very clear that staff and volunteers do not initiate acknowledgment of members. If they are acknowledged by a member, they will be polite and say hello but keep communication to pleasantries.

Why? An example:

A member is accessing counselling at CLC for emotional distress due to domestic violence. Outside the centre a staff member or volunteer starts a conversation with them in the street about accessing support at CLC. This could potentially cause harm to the member having accidentally informed the perpetrator that the member is seeking support.

This is to help protect members, staff and volunteers and maintain healthy professional boundaries. If you would like any further information regarding our training, or boundaries please speak to a member of staff. Many thanks, CLC Team

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