



Dudley Newsletter

January 2015

Christmas Day Event!

Creative Support and Dudley Advocacy organised a Christmas Day event for anyone in the local Dudley community who would otherwise spend Christmas Day on their own. Around 30 people attended the party at The Savoy Centre in Netherton, and enjoyed a free buffet, non-alcoholic mulled wine, Christmas music, a quiz and other games! Everyone who came had a great time, and we really hope to do this again on Christmas Day 2015!

This event would not have taken place without the invaluable help of those who volunteered on the day. So, we at Creative Support would like to say a massive thank you to everyone who took the time to help with this! We couldn't have done any of it without you! We would also like to say a massive thank you to Waitrose, Tesco and Jenny's Kitchen, who donated food, The Challenge who obtained free Christmas decorations for us from businesses in Dudley Town Centre, Marks and Spencer's for donating a live Christmas tree and Sean from Dudley Advocacy, who helped prepare for this and opened up on the day! Well done and we hope next years is bigger and better!



opportunity, choice and wellbeing



Heritage Court Christmas Party

Heritage Court held their own Christmas Party on Monday 15th December at the Birch Coppice Methodist Church! To raise money for the party, Heritage Court tenants held a coffee morning and cake sale on Thursday 4th December and raised £60 for their party! There was a buffet and people enjoyed dancing and getting into the festive spirit!



Winter Ball

The Party Season started off back in November, with Forrester's Fold's Winter Ball, which they organised with money from the Creative Support Christmas grant! The Ball took place on Sunday 30th November, at The Royal British Legion Club in Lower Gornal and everyone partied to music from a live band! There was a buffet and a raffle too!



Floating Support Christmas Party

Our Floating Support services enjoyed a Christmas Party on Thursday 18th December at The Old Cat Pub in Wordsley. There was a buffet with pizza, samosas, cake and snacks. Everyone took part in the Christmas quiz and there were chocolate prizes for the winning team! We also sang karaoke and Christmas carols! Everyone had a brilliant time!



Get Cooking Course 2014!

Well done to Ana Maria Tarifa and Michelle Teal for completing the Get Cooking Course! The Get Cooking Course aims to help people to develop skills to produce healthy, affordable meals. During the six week course, you can learn the skills to prepare a nutritionally balanced meal and receive advice on how to make dietary changes to improve your health! At the awards event on Friday 12th December, we enjoyed ackee and saltfish, calaloo and dumplings! They were delicious!



What's on in Dudley in January



Chat and Dance Night

Meet new

people and make friends with others who share your interest and hobbies at the River Rooms Chat and Dance Night, River Rooms, Stourbridge Industrial Estate, on Tuesday 20th January from 8.30pm - 12.30am. Entry is free, and River Rooms resident DJ Kevin orchard will be playing hits from the 60's to today!

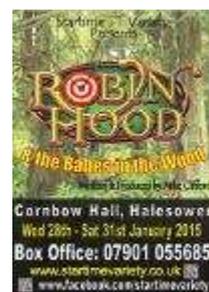
Mary Stevens Hospice Santa Jog 2014

Well done to Lisa, who took part in Mary Stevens Hospice's Santa Jog on Sunday 7th December 2014! Mary Stevens Hospice provide specialist care for people living with cancer and other life limiting illnesses, as well as dedicated support for their families and carers. Lisa wore festive fancy dress during the 5k route and raised £16! Well done Lisa!



Pantomime

Startime Variety will be performing their pantomime, Robin Hood



and the Babes in the Wood from Wednesday 28th to Saturday 31st January, at the Cornbow Hall Halesowen B63 3AT. Ticket prices range from £9 to £12 and can be booked by calling 07901 055 685 or online at www.startimevariety.co.uk



Movember 2014!

We had a moustache themed party on Friday 28th November to celebrate Movember! The Movember Foundation is the leading global organisation committed to changing the face of men's health! Everyone had a great time at the party, enjoying burgers, hot dogs and cakes with icing moustaches on them! We played Pin the Tache on the Queen, and had a moustache themed quiz! Through being sponsored to grow moustaches, we managed to raise nearly £200 for the Movember Foundation! Well done to Mike for winning Best Moustache, the prize for which was a male grooming kit!



Do you have a story to tell, an interesting hobby, or an achievement that you would like to share with us and see in your newsletter? If so, please contact **Aiesha** on **07580 969 368**, aiesha.parker@creativesupport.org.uk or your support worker!

Want to see your artwork here? Or want to get involved in the newsletter or events? Then contact **Aiesha** on **07580 969 368**, aiesha.parker@creativesupport.org.uk or your support worker

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One Big Wednesday

Get down and dance the night away at One Big Wednesday!

Invite your friends on Wednesday 28th January to this inclusive club night for people with learning disabilities at Insight House, Brierley Hill, DY5 3BL from 7pm - 11pm! Open to all aged 16+ (ID is required to buy alcohol). Tickets are £4 in advance, or £6 on the door (Support Workers can go for free). Contact **01384 483 708** for more info and to book tickets.

Big Garden Birdwatch



Priory Park, Dudley, DY1 4DS will be hosting their Big Garden Birdwatch on Saturday 24th January at 1.30pm. You can take part in the RSPB annual bird survey by looking for different species, with binoculars provided by the park, so you can get a good view of the birds living in the park. This is free to attend, contact **01384 812 474** for more information.