

# My Journal

# 2025

Doing what matters to me





"I was very excited to go to the event. I met new people and had unlimited art materials. It was an opportunity to socialise and I believe I can draw again after a very long time." - Clive, Doncaster



"It was a fantastic day. I'm really happy about raising money for a great cause, and I would like to do it again next year."  
-Devyani, Tameside



"Learning about birds and getting out and about to watch and photograph birds has been a great help for my mental health. When I'm feeling at my worst, it's therapeutic to watch the birds come and go from the bird feeders in the garden."  
- Matt, Manchester



# Welcome to your 2025 Journal!

We are excited to introduce the 2025 Journal! This year at Creative Support, we are exploring the theme of 'Doing What Matters to Me'. This means celebrating our favourite hobbies, interests and activities - the things that matter to us.

We've split 2025 into four themes. You can fill out any of the sections whenever you feel like it, or you can follow along on our website and social media as we will focus on one theme every three months. From January to March, we'll be looking at how shared interests can enable you to **connect with your community**. Our focus in the Spring will be trying new hobbies, helping us to **keep learning**. Over the summer we will be going outside and discovering ways to **keep active**. Towards the end of the year we will **create and give**: creating art and giving your time through volunteering, two things which are great for our wellbeing.

You can use this journal to document the hobbies, activities and events you take part in this year.



## Let's start by setting some goals for the year

What new activities do you want to try this year?

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What do you want to do more often this year?

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What events do you want to attend this year?

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# Connect with your Community



**Our shared interests can open up new worlds for us where we can meet new people and make new friends. Shared interests can be anything from enjoying the same books to being a fan of the same sports team. There are lots of ways we can connect with communities of people who share the same interests, such as in-person events and online.**

Building good relationships with people can be great for our mental health and wellbeing. They help us to build a sense of belonging and give us an opportunity to create and share positive experiences with others. Good relationships provide us with emotional support and enable us to support others.

## What are your interests?

Here is a space to think about the things that you are interested in.  
(You don't have to fill in each one if you don't have an interest in it.)

### What is your favourite:

Singer or band



Hobby or activity



TV programme or character



Sports Team



Film



What are your other favourite things?  
What are you interested in?

Book, magazine or website



Blank space for writing other interests.



“Following your passion unlocks so much of your hidden potential. Having a hobby or interest can help us to cope with the stress and anxiety of everyday life.” – Katy Taylor, North Tyneside



**Pick one of your interests. How can you connect with the community of people who share this interest? Here are some ideas about how to find the community that shares your interest:**

### **Attend an event where your interest is the main attraction**

Maybe your favourite singer is holding a concert, or your favourite football team will be playing in your area?

### **Look online for discussion groups**

Check out websites such as Facebook and Reddit. Maybe you would like to write a blog or film a video about your interest and share it with the online world. (Remember to stay safe online and never disclose personal details about yourself to anyone you do not know.)

### **Research your local community**

There are loads of things to do in your local community. Use websites such as Trip Advisor and Google to search for your local area and see what attractions are on offer. Who knows, you may discover a new park, cinema, leisure centre, or something else you did not know existed!



## **Be the Difference Grants**

If the club or group you would like to attend does not exist in your local area, why not make it happen yourself? We will be launching our next round of ‘Be the Difference’ grants in 2025, where services can apply for funds to set up a group or opportunity that is missing from their local community.

We’ll be announcing this grant later in the year, so keep your eyes on our website, [www.creativesupport.co.uk](http://www.creativesupport.co.uk), for updates!



# Keep Learning

Hobbies and activities are a great way to learn new skills. Learning new skills can improve your mental wellbeing by boosting your self-confidence, raising your self-esteem and helping to build a sense of purpose.

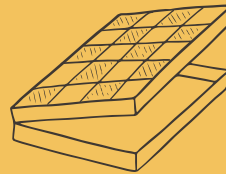
Learning does not always mean going back to school or college to take exams. We can learn new things every day through trying new hobbies and finding activities that we enjoy.

## Ideas for New Skills



You can try learning to cook a new healthy recipe.

You can try growing herbs or vegetables in pots with the help of a free online gardening tutorial.



You can try a new hobby such as a new sport, craft or board game.

You can attend an event you have never been to before.



Look out for events in your area, such as Pride events and festivals that take place every Summer across the country.



## Formal Learning

If you want to access formal learning, here are a few organisations who may provide or recommend training resources and inclusive workshops in the community.

- Community centres
- Libraries
- Adult education centres
- Universities & Colleges
- Community organisations
- Local advocacy groups

You can also search online for courses with accessibility filters, and explore organisations or resources dedicated to inclusive learning.



## Keep Learning: Sewing Queen Amanda

Amanda in Doncaster began sewing at her local day centre and soon filled a room with handmade treasures, from stuffed animals to clothes and cushions. Her creations look shop-worthy!

She attends weekly sessions and buys fabric in her spare time. "I found it easy straight away," she said. "It makes me feel calmer and helps pass the day."

**What creative skill would you like to have?**

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**What small steps could you take to begin practicing it?**

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## Keep Learning: 'Nigella' Chef Charlotte

Charlotte moved into her service with a goal to learn how to cook, and she's since explored many healthy recipes. "I get recipes online to learn about different cuisines," she said.

"My staff are from different backgrounds and cultures, so it's good to learn from them too. The ladies have taught us how to make Jollof Rice from West Africa. Trying new recipes helps me discover what I like, and I've tried making new things like pea and mint soup."



**Is there a meal you would like to learn to cook?**

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**How are you going to achieve it?**

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# Keep Active



Being active can boost your physical and mental health. Physical activity causes chemical changes in your brain which can help to positively change your mood. It's also a great way to set goals or challenges for you to try your best to achieve.

There are different types of physical activity:



**Walking and aerobic activities** that raise your heart rate, such as Zumba, can help you to get moving and improve your fitness.



**Strength and flexibility activities**, such as yoga and weight lifting, can increase the strength of your muscles, improve your balance and reduce joint pain.

Whatever your preferences and level of physical ability, there will be an activity or sport for you.

**Getting outside and active** reduces stress, lifts mood, and improves focus. Sunlight and fresh air boost sleep and fitness too. A “wonder wander” adds fun - notice small joys like dappled light, people at play, anything that makes you smile.



## Accessible Exercises

There are many ways we can adapt exercises to suit us. There are lots of sitting exercises which can be done at home which will help improve mobility and prevent falls. If you are not sure if an exercise is suitable for you, check with a GP or health professional involved with your care.



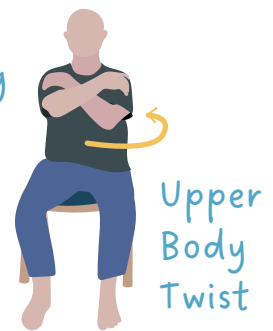
Assisted Neck Stretches

This stretch is good for improving neck mobility and flexibility.



Hip Marching

This exercise will strengthen hips and thighs, and improve flexibility.



Upper Body Twist

This stretch will develop and maintain flexibility in the upper back.

What did you notice?

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# Sporty Summer

We called last year's summer 'Sporty Summer' and encouraged services across the country to hold their own sports days. The people we support and our staff co-produced some fantastic events, which featured everything from disability-friendly bike races to a mini Olympic games!

**If you would like to hold a sports day event for your community, why not imagine your ideal sporty day.**

## What activities would you like to do at the event?

(Will there be competitions? Will there be activities for people who may not want to participate in sports?)

## Is there anything else you can do to make your event extra special?

(Will there be awards or prizes? Will there be entertainment?)

"The penalty shootout and relay were the best bits."  
- Sven, Middlesbrough



We'll be announcing the launch of our summer events grants programme later in the year.

Keep your eyes on our website and social media for updates!



## Five minute movement challenge

Sometimes, just five minutes of movement can make a big difference. It can lift your mood and help boost energy levels. Try this quick challenge: set aside five minutes, three times a week, to get moving. Pick the days that work for you, and encourage a friend to join in for extra motivation!

### Quick Movement Ideas:

**Dance Break:** Dance to a favourite song!

**Getting out into nature**  
Explore a local park or green space.

**Stretch & Breathe:**  
Stretch and take deep breaths.

**Speed clean:** Tidy up a small area.

	Activity	How I felt after
Day 1	<input type="text"/>	<input type="text"/>
Day 2	<input type="text"/>	<input type="text"/>
Day 3	<input type="text"/>	<input type="text"/>

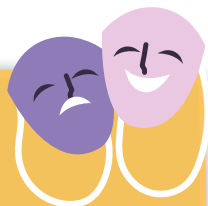
# Create and Give



## Exploring Art

Art is anything we create that expresses our ideas or emotions. There are lots of different ways we can enjoy art.

### Performing



Performing can be singing, dancing, acting, stand up comedy, playing an instrument and more! It is a great way to meet other people, and the sense of accomplishment when you have performed can feel fantastic. It is a great way to build confidence and self-esteem. You can perform anywhere - local theatre groups, choirs, or the karaoke night!

**You don't have to perform in front of people if you don't feel like it – for example, if you like to sing, why not record yourself on your phone?**

Don't worry if you feel that you are not 'good enough' to perform. Try and focus on how performing makes you feel, without worrying about what anyone else thinks.

**Create a mini performance plan.** Write down a short script, a few lyrics, or even a joke you'd like to perform someday. It's okay if you're not ready to share it! Just have fun creating:

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### Storytelling



Storytelling is a great way to express yourself and let others know more about you and your interests. A story can be as simple as telling someone what you did at the weekend. By sharing stories we learn more about each other. There are so many ways to share our stories. For example, you could share with a friend, write a story in your journal, publish a blog, or record a voice note on a phone. If you'd like to share your story get in touch with [communications@creativesupport.co.uk](mailto:communications@creativesupport.co.uk)

### Arts and Crafts



Making and crafting can be a relaxing, mindful way to express how you feel. There are many types of arts and crafts to explore, and something for everyone to enjoy!

#### Ideas to try:

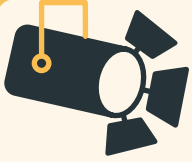
**Painting and Drawing** - Experiment with colours and shapes using pencils, paints, or markers.

**Colouring In** - Relax with colouring books or printable designs.

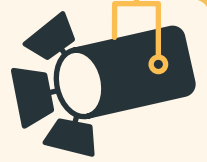
**Sculpting and Pottery** - Shape clay or other materials into 3D art.

**Knitting/Crochet** - Relaxing, rhythmic crafts where you can create scarves, blankets, and more.

**Jewellery Making** - Craft unique accessories with beads, wire, or clay.



Have you attended a live event this year?  
Perhaps you've experienced live music, a play,  
a musical or stand up comedy.



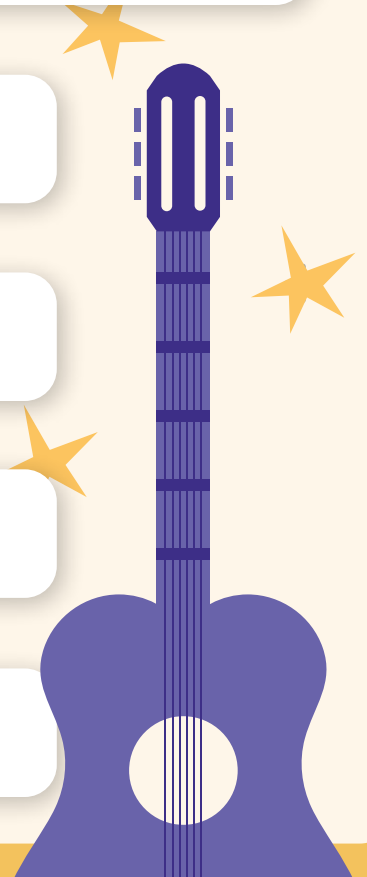
What event have you attended?

Who did you attend the event with?

What did you enjoy about the event?

How did the event make you feel?

What event would you like to attend next?



### Crafts or artistic activities can help you relax.

Plan 20-30 minutes this week to do it. Use the lines below to note down how you feel afterwards.

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**Remember to enter our Art Competition!** This is a chance to showcase your creativity and connect with our community.

You can send us your artwork throughout the year to have the chance to be featured in our 2026 Calendar! Our panel of judges will choose 12 entries, one to represent each month, and we love to see submissions for different seasons and celebrations! Those chosen to be in the calendar will receive a special We Care hoodie as a thank you. Email entries to [art.competition@creativesupport.co.uk](mailto:art.competition@creativesupport.co.uk)



# Create and Give

## Volunteering

You can meet lots of new people and develop your skills whilst volunteering. Volunteering also provides an opportunity for you to help out others in your local community.

If you would like to volunteer, think about organisations within your local community and also your own interests. For example, if you like meeting new people, perhaps you could volunteer at a local charity shop.

### Mini Volunteer Profile

Fill out this profile to help you think about how and where you would like to volunteer.

#### My Strengths

(e.g. friendliness, hardworking etc.)

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#### Why I would like to volunteer:

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#### The days and times I can volunteer

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#### Preferred type of volunteer activities:

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"I enjoy volunteering as I can also go out for long walks, whilst helping the environment and meeting people in the village that I live. I can also pick and choose the hours I would like. I've always wanted a job." - Nathan, Litter Picking Volunteer, Grimsby

### Volunteer with Creative Support

Interested in volunteering with Creative Support? For more information or advice, contact the Volunteer Team on **0161 236 0829** or email [volunteer@creativesupport.co.uk](mailto:volunteer@creativesupport.co.uk) to learn more.





## Fundraising

**Fundraising is a great way to make a positive change in the world and have some fun doing it!**

Fundraising events happen all year round for lots of different charities and causes. Why not see if there are any fundraising activities happening in your local community? Is there a local bake sale, bring-and-buy, or other sponsored activity for you to get involved in?

Have you found a fundraising activity you want to take part in? Write down the details here:

**Date and time of event:**

**Location of event:**

**The event is raising money for:**



Devyani in Tameside hosted a Macmillan Cancer Support Coffee Morning. Everyone at her service baked delicious treats for sale and even sent cake boxes to other services that weren't able to attend. They raised £90.11! Devyani said, "I'm really happy about raising money for a great cause, and I would like to do it again next year."

In Warrington, everyone enjoyed wearing purple for an Epilepsy Awareness fundraising day. Joe, a person we support, was the inspiration for the event and raised a massive £400 for the Epilepsy Society and Creative Support's Warrington Festival.



Make sure to take plenty of pictures to send to [communications@creativesupport.co.uk](mailto:communications@creativesupport.co.uk), so we can share the wonderful news about your fundraiser.

# Vision Board

Use this space to draw, write and add images for things you want to explore or try in 2026.

Dreams

Inspiration

Goals

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Doing what  
matters  
to me

Take part in our  
mindfulness activity:  
colour the design and  
you can use the blank  
space to draw or write  
in your own hobbies  
and interests.

# 2025 Roundup

You can use this page to look back on your year!

What did you try for the first time?

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What did you enjoy the most?

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What events did you attend?

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How did you get others involved?

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What would you like to see in next year's 2026 journal?

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Email  
[marketing@creativesupport.co.uk](mailto:marketing@creativesupport.co.uk)  
with your suggestions and have  
a chance of winning a  
shopping voucher!



## Share Your Story

Would you like to appear in Creative Life? Perhaps you have a great story for our social media? Maybe you'd like to write a blog for our website?

For anyone who loves to tell a story, email [communications@creativesupport.co.uk](mailto:communications@creativesupport.co.uk) to get involved!



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