

BSEVC - CREATIVE MOMENTS end of year report

14 March 2019

BSEVC's purpose is to provide support to people who are in need of community transport or those who need support with their mental health or as their role as a family carer. We do this by providing a range of activities, sessions and peer support sessions and by providing a range of vehicles to get people from a to b. In 2016/17 we provided over 26000 journeys for people to access health appointments, visiting friends and relatives, shopping or to connect with on going transport. We provide support to over 200 people through our work on mental health and family carers which is offering wellbeing activities and events across Suffolk.

Creative Moments started in October following successful funding from Felixstowe Town Council.

We are pleased to report that sessions have been held at Mannings Community room as this was the preferred venue for these initial sessions being accessible, and at each session we have seen good numbers who have been interested and attendees, numbers range from 5 – 14 and this will continue to interest as the sessions are held and promoted.

Activities delivered have been enjoyed by all attendees and a sample of photos of items made are below.

All attendees are contributing £2.50 towards materials and this would increase dependant on item being crafted.

We are promoting these sessions via flyers into shops and the local library, town hall and facebook etc.

We have a closed group on facebook for Felixstowe with 35 members and our sessions are shared via other organisations through social media. We also promote via our own facebook page which reaches over 1000+

See below feedback received from attendees –

What is important about being able to attend Creative Moments?

What is the best part of the session?

What would you like to see added or changed within the sessions?

Do you feel 2 hours is long enough or would you like the sessions longer?

How has CM improved your health and wellbeing?

Would you recommend this session to others?

- I enjoy the craft sessions.
- Feel they have made a difference of feeling less isolated
- I do not feel anything should be added to the sessions.
- I feel that two hour sessions is enough time for the craft/art.
- I would recommend to a friend

Wednesday is a great day for me. To know you are not alone, making new friendships along the way, sharing ideas to not be afraid to ask for help. It would be good to have this session over a longer period of time as by the time you have started the session soon ends. I came out fired up, happy and lighter.

I would recommend this to a friend and have done.

- Getting some time for me doing crafts that are enjoyable and relaxing and seeing people I don't see a lot due to everyone's busy lives and responsibilities.
- The crafts, chilling and chatting to others
- Don't think anything should be changed
- I do think 2 hours is long enough
- Its' got me out of the house given me something to look forward to and its something just for me as me not just as a mum
- I have already, it's a great little session.

It's good try something you wouldn't normally try

Doing different things with like-minded people and getting to know others

I think the hours are ok but perhaps depending on the activity flexibility could be offered

Well I am getting out of the house more, making new friends and learning new hobbies which is always a good thing.

I definitely would recommend this session

I made Christmas cards at one of the sessions and sent these to close friends, it was wonderful to hear their comments on receiving them as they loved the fact I had taken time to create them.



If you would like to know more about BSEVC or this project please contact Fiona.palmer@bsevc.co.uk