

# Cre8: Spring 2018

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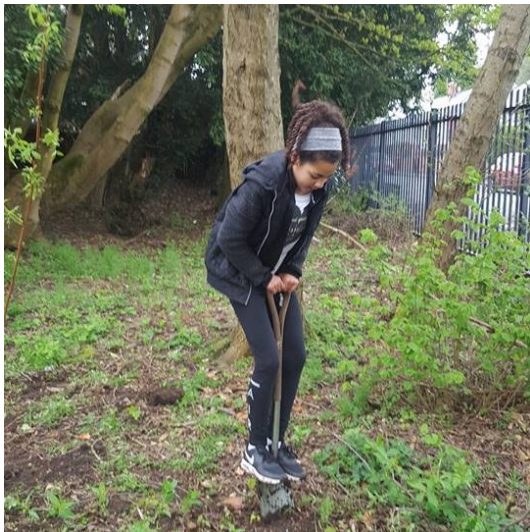
Cre8 Newsletter: Spring 2018

## Hello from Cre8

Spring is in full swing, Summer is on it's way and the darkness of Winter is fading.

Lots to celebrate and look forward to . . .

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## Garden & Allotment open Fridays 1-3pm





The Allotment and Community Garden at St Barnabas is now open to anyone every Friday between 1-3pm.

Drop by and dig, sow, have a brew, chat, paint or sit and relax in the peaceful garden.

We've had tots helping with seed sowing and playing in the sandpits, young people helping on Tuesday and Wednesday evenings to sow onions, peas and potatoes, and a lovely impromptu BBQ on Friday afternoon because the weather was just so good.

Please pass on / share with neighbours, friends and family. Our facebook group is: Garden & Allotment at St Barnabas



## Frankie

Frankie started at Cre8 a couple of years ago with her twin sister. Quite quickly they started coming along to a few different Cre8 projects throughout the week - youth club and music drop-in's after school - 4 nights a week in total! The team at Cre8 describe Frankie as 'friendly, smiley, 'wow', a force-of-nature, and fiercely loyal; fantastic qualities. Frankie & her sister were always really keen to come on any trips we ran or to help out at any Cre8 events - they are just keen to try new things and get involved - most importantly to have a good laugh while doing it! They absolutely loved going to Camas on residential in 2017 and spent most of the time knee deep in bogs all the time laughing and having fun.



A stand out moment for us was Frankie's performance at our Youth Music Concert - she hadn't been learning instruments and music for long but she sang and played the Ukulele on stage and was absolutely fantastic! It is still talked about today and will go down in the Cre8 Music history books. She has a natural musical talent and wonderful stage presence. She is taking her first grade exam next month.



At the start of this year we noticed Frankie becoming a little withdrawn and her attendance at projects dropped off. She came to us and said was struggling with her temper, showing anger towards her family and friends. Together, one of our Youthworkers and Frankie came up with a plan - for Frankie to have some one-to-one time after school with a Cre8 Youthworker to look at her anger triggers and her self-esteem. We talk to school and liaise with the pastoral and family support team as well as Frankie's family. We've supported her to start counselling sessions at Just Drop In which will be a great source of support for her. It's going well - Frankie's attendance and behaviour at school has improved and Frankie & her family are very appreciative.

Frankie is only 13 but she prides herself on looking after her, her sister and her family. She cares for them and makes sure they're OK which is so brilliant, but it's a lot of responsibility. We support Frankie, her sister and the rest of the family as much as we can, whenever and however we can.

*My family are so thankful I come to Cre8 because they have helped me so much and are always there for us :)*



## Upcoming events...





**Can we fix it? Repair it, mend it, do it up, reuse and recycle!**

**Saturday 2nd June, 1-4pm, St Barnabas Church, Lyme Avenue.**

If you've got something that's broken or not working properly then come along and we'll see if we can fix it. We'll have the Boutique selling preloved clothing, and plenty of yummy homemade cakes, teas & refreshments. Come along even if you just want to sit down and have a brew and a chat.

**Do you have a skill you'd like to pass on?** If you want to help out with repairing/fixing then get in touch - we'd love to hear from you.



**Macclesfield Half Marathon & 5K  
- Team Cre8**

**Sunday 23rd September 2018**

We are so pleased to have been chosen as one of the charities supported by the Macc Half this year. This means we will receive a share of the funds raised through the event which is fantastic. And we had so much fun running with a team last year that we're going to do the same again - so if you'd like to run either the 5K or the Half marathon as part of Team Cre8 - please get in touch as we'd love to have you onboard.

## Flower Pots



These planters belonged to Tanya [name changed]. She lived on the Moss for a long time. She is originally from Liverpool. She has complex health problems.

There was often an ambulance attending the House. She was a very well-known member of the community.

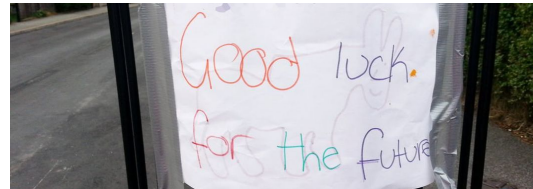
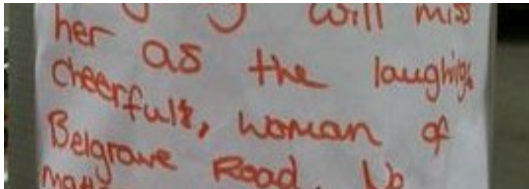
After years living in a house that was not at all fit for human habitation and in a difficult relationship with an abusive partner, Tanya made the decision to move into safe, supported housing – albeit quite far from the Moss.

It was a huge decision. Leaving everything behind... friends, neighbours and her beloved cat. The weeks leading up to it were massive emotional traumas, dealing with social workers and authorities.

In the last days before she moved the people around her (her neighbours) who had known her a long time gave her huge support; buying clothes, giving her food & hot meals, heating, fags & brews, finding a home for her cat and sitting on the street chatting & laughing with her.

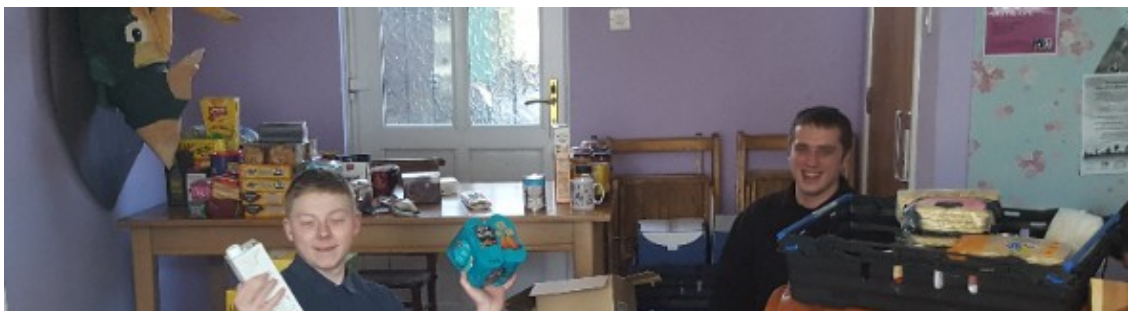
The day I took her to the place she was moved to, I walked down the street to find these signs had been put up by some of the kids who lived nearby. Tanya would always sit and chat with them – she loved a laugh!

As we were leaving she brought these planters round and asked if we would look after them. She had looked after the plants for the past few months – displaying them in her front yard and tending to them. She had literally nothing else; no money, no food, no heating, no relatives, no possessions. But these planters & flowers just summed her up... happy, bright and smiley.

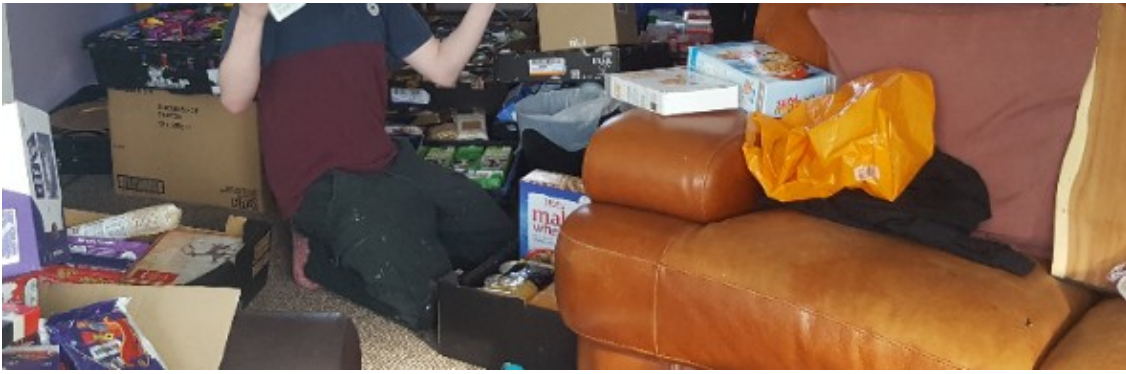


## Wishlist

There are always things we're looking for at Cre8. And being a charity, if we can get them for free that's even better! This list is on our website and is constantly being updated so keep checking back...







- **Plants, herbs and shrubs** for our planters outside the Cre8 Community Building, The House and in the 'wildlife area' around the back of the Building.
- **Vegetable plants** - for the allotment around the back of St Barnabas - any plants welcome!
- **Garden hand tools.** Good quality and in good working order.
- **Food.** Tinned food, dry store food (cereals, biscuits, rice, pasta) and jars of sauces. We support families and young people in this practical way.
- **Watering cans.** For the allotment garden.
- **Musical instruments,** specifically: Steel stringed acoustic guitars and electric guitars
- **Stage piano.** Full length, weighted keys to use at our Music Concerts
- **Laptops** for basic music editing. Mac's would be ideal but we can use PC's as well, as long as they're not too old!
- **Office desk** Ideally around 65cm x 130cm
- **Working smart phones.** For our youth workers to use. We will wipe the phone completely clean. Doesn't need to be especially fancy!
- **Upright Hoover.** For vacuuming around the Cre8 House.
- **Window blinds.** For the Cre8 House. We need new/good quality blinds. Contact us for sizes.



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