

As August is coming to a close and our children and young people are preparing to go back to school, staff at RCT are busy finalising our schedule of courses some of which are well established and others which are brand new.

Follow our social media for updates:

-  Rochdale Connections Trust
-  @rochdaleconnectionstrust
-  @rctrochdale



### SPOTLIGHT

Each month, the staff team are asked to select their Employee of the Month. This month Hannah was the winner!

She has been really busy setting up our new Heritage Programme.

We'd also like to wish her a Happy Birthday at the end of the month.



Action Together have kindly donated much needed food items for us to pass on to our service users. If you access our services and are in need please speak to a member of the team. A very big thank you to Action Together from everyone here at RCT and thanks to Lizl for collecting them.



On Wednesday the 24th, RCT attended the raising of the flag for Ukrainian Independence Day at No.1 Riverside. It was a very touching and emotional event. It was great to see members of our Ukrainian population and the wider Rochdale Community come together and show solidarity and support.



Bev and Jack were busy contributing at the Mayor of Rochdale's Charity Committee Meeting. There was a lengthy agenda but lots of brilliant ideas to raise money to benefit local Charities. RCT are very proud to be one of the Mayor's selected Charities and have a fundraiser in the planning.



We are delighted to announce that we won 1st place in the latest round of voting for Tesco's Community Grant. We would like to say the biggest thankyou to everyone who popped their blue tokens in the RCT boxes in store.

Tesco's have generously provided us with a grant of £1500 which we will use to provide fun mentoring activities and therapeutic support after school for local children and young people affected by the trauma of domestic abuse

Our participants on the Heritage Programme have been out exploring the Rochdale Canal this month. There have been lots of activities on offer including; walks along the canal, orienteering, kayaking lessons, trips to Hollingworth Lake and barge trips taking people around Sowerby Bridge and Hebden Bridge.

There are lots of opportunities to volunteer and get involved. Please contact [hannah@r-c-t.co.uk](mailto:hannah@r-c-t.co.uk) for more info.



## Flourish

Coming soon

- 1

*Family First Aid Session*  
Thursday 15th September 9:30am - 3:30pm
- 2

*Childhood Obesity & Healthy Eating*  
Thursday 22nd September 1pm - 3pm
- 3

*Keeping fit as a family and fitness through play*  
Thursday 29th September 1pm - 3pm
- 4

*Common childhood illnesses*  
Thursday 6th October 1pm - 3pm
- 5

*Headlice, allergies and oral health*  
Thursday 13th October 1pm - 3pm
- 6

*Challenges of growing up and mental health*  
Thursday 20th October 1pm - 3pm
- 7

*Teenage gambling and potential addictions*  
Thursday 27th October 1pm - 3pm

Starting on the 15th of September, RCT are excited to be delivering a new education and awareness course to equip parents with the skills to ensure the good health and wellbeing of their children. The new ' FLOURISH ' course will kick off with a family first aid course. This will be followed by a further 6 sessions each focusing on different aspects of children's health and development



We have a range of provision that will be commencing in September at the library located on Darnhill in Heywood.

Phoenix Support Group goes live on Friday the 9th of September and our Parenting course starts on Tuesday the 13th of September

as they grow and become young adults. All those completing the course will be awarded with a certificate. Booking is essential. All attendees **MUST** be care providers for children. To ensure your place please contact Chantelle on [Chantelle@r-c-t.co.uk](mailto:Chantelle@r-c-t.co.uk) or 01706 345111



RCT staff were joined at their team meeting on Tuesday the 16th by Alex. Alex accesses services at RCT and he has made significant progress over the last 12 months. He was recently elected as the Secretary at the Greater Manchester Youth Combined Authority where he represents RCT and young people from Rochdale and we can't wait to see the impact he makes.

To recognise everything that Alex has achieved over the last 12 months he was presented with a tablet by our Mentor Co-Ordinator Kate. Here he is with Kate and our Chair, Viv Carter. Congratulations Alex.



Our Youth Groups have been enjoying their summer trips. This month they have been to visit the animals at Lancaster Farm, tried their hand at fishing, bounced around at Flip-Out and channelled their inner Tiger Woods at golf. Here's our Children and Young Person Therapist, Mike, literally getting into the swing of things. Huge thanks to Walton's Fishing Club and Marland Golf Club for providing such fantastic opportunities.



Do you recognise anyone in this photo with Lisa Stansfield??

We are looking for young people in the photo, who were involved with us in our early days to come and join us for our 25th Anniversary in November.

If you know someone or worked with us all those years ago contact Lizl on 01706 345111



Hannah recently attended the first in person Greater Manchester Combined Authority: Communities Against Gambling Harms meeting.

Hannah had a great time meeting everyone from other organisations face to face. There was opportunity to share ideas and to starting to think about how we can collaborate together in the future

