

May has been full of celebrations here at RCT, we've enjoyed 3-day weekends, celebrations for the Kings Coronation and lots of birthdays. As we move into June we are starting to plan day trips and fun outdoor activities for our families and young people during Summer. We will also be starting a new Free From Harm on the 1st of June and welcoming lots of new women on their journey to heal from domestic abuse.



### SPOTLIGHT

Each month, the staff team are asked to select their Employee of the Month. This month the winner was Bev. Bev was chosen for being supportive, ensuring that we continue to run as a service for all the people of Rochdale and for her 8 years of service at RCT.



Our "Best Life" Healthy Relationship groups covered emotions and behaviours. They mapped out emotions and drew images that represented what we may see. We love the boxing glove for anger and the thumping heart for anxiety.



Our #gmyca reps attended a session with Transport for GM to share the experiences of young people in our local area and feedback on the new Bee Network due to launch in September. They fed back that live updates, a journey planner and how busy a bus is would be great additions to the app.



May brought six birthdays to the RCT office. Join us in wishing Jennie, Jo, Jill, Molly, Lizl and Sue a huge Happy Birthday. The offices have been decorated all month which has been lovely. We'll miss the balloons and banners as we head into June.