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### SPOTLIGHT

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

She has been recognised for the production of a brand-new health education course, Flourish, which she has written from scratch. Participants have loved the course and told the facilitator they wish it could have been longer!



In Darnhill, local production company Breaking Barriers performed their incredible monologue; 'Crossing the Line'. Over 60 members of the community came together to watch this powerful production and discuss the country lines focused theme that was highlighted. There was a great response which prompted lots of conversations.



This month RCT signed the Wellbeing of Women Menopause Workplace Pledge to show our commitment to the ongoing battles and issues that women may face when going through menopause. As a majority female workplace, we feel this is an important initiative to be a part of and have updated our menopause policy.



Throughout October staff have been decorating their desks and the office for Halloween. Business Manager Lizl proposed a competition to encourage everyone get into the spirit. Head over to our Facebook page to see more pictures of the decorations. Congratulations to Molly who won the best decorated desk competition.





We love seeing photos like this and are glad we can put a smile on our young people's faces.

We want to send a huge thank you to Cash for Kids Greater Manchester! Thanks to a fund allocated by them, we have been able to provide art and craft packs, new school shoes and warm clothes for some of our most disadvantaged young people as they settled back into school. These items will help equip them for the cold winter months ahead and take the burden off many families.



Bev, our Deputy CEO, attended The Women's Support Network showcase at Touchstones. Featuring an array of brilliant projects for women funded by Action Together, it was wonderful to see the passion and commitment amongst our fellow voluntary sector organisations who work tirelessly to make a difference across our borough.



On the 24th and 25th of October we welcomed a group of volunteers into the building for their two days of mentor training, which they access before being paired up with a young person.

Here we have everyone with their certificates after completing the course.

Topics covered include, safeguarding, active listening, the effects of trauma on the brain and understanding the impacts, dealing with challenging behaviour as well as ideas for activities to do with their young person.

If you'd be interested in becoming a volunteer mentor, please contact Kate on [kate@r-c-t.co.uk](mailto:kate@r-c-t.co.uk) for more information.



As part of Black History Month Celebrations, Bev was invited by Caring and Sharing to attend their Time for Change: Action not Words event, at Middleton Arena, as a guest speaker.

Organisations shared examples of how we are achieving change and addressing inequalities by working together.



## As part of World Mental Health Day groups at RCT did various activities to commemorate the day.



The Haven Peer Support Group took part in a Qigong session. Qigong is a mind-body exercise form that uses meditation, breathing and movement to increase energy and enable the body to heal itself. The exercise and healing techniques used were developed in ancient China and Tibet. It is practiced for a variety of reasons and has countless health-related benefits.

Everyone felt extremely relaxed and refreshed after the session, which was lead by Kirsty. A huge thank you to Kirsty for coming into RCT and facilitating the session.

Our Older Youth Group wrote about their experience of RCT. We couldn't be prouder of the poem and are really glad they see RCT as a safe space.

### Mental Health Day 2022 at RCT

If your anxiety is a thing,  
come to RCT -  
let's get talking.

Teachers are always on our back,  
why can't they cut us some slack?  
When annoying people leave their mark,  
come to RCT to regain your spark.

Our safe space is always here,  
no matter what time of the year.

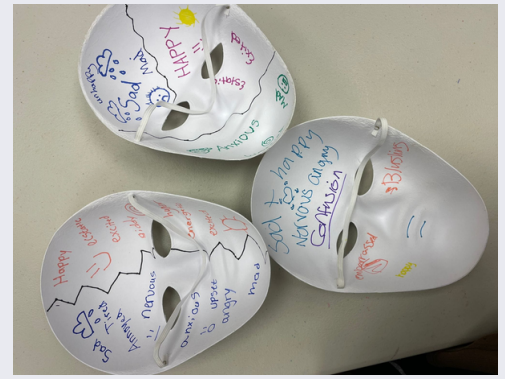
If you've seen a hateful post,  
RCT can provide some toast,  
a listening ear and someone to help -  
they care about your mental health.

If you feel like you're in a prison,  
head to RCT for some escapism.

Crafts, film, games and fun -  
RCT is inclusive for everyone.

In need of support or a friend?  
It's RCT's main trend!

Written by members of RCT's Older Youth Group



Our Darnhill Youth Group did some great work creating masks that reflected their feelings and emotions on the inside and also looked at how their behaviour on the outside is impacted and perceived to the outside world.

This generated lots of discussion and sharing of personal experiences within the group.



Members of the RCT staff team accessed a fantastic 'lunch time learning' session delivered by Holly on trauma informed practice.

We were delighted to welcome Jo, from the Work and Skills team at the Local Authority to participate in the session.

In the coming weeks we will be rolling out training focused on trauma informed practice for our fellow voluntary sector partners.