

As we come to the end February we are wondering where the time has gone, but are feeling thankful for the lighter days as we head towards Spring.

As always we have plenty of news to share with you in this month's newsletter and we hope you enjoy reading about everything we have been doing.

If you have any thoughts or comments we'd love to hear from you.



SPOTLIGHT



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

Ifra was recognised for her kind nature, unwavering commitment to the young people she works with and for her amazing creative resources and ideas.



This month we hosted another FASD Roadshow and were joined by a range of professionals. In the UK, as many as 1 in 13 babies born to mothers who drink during their pregnancy are affected by FASD. Thank you to 10GM for this opportunity to showcase the dangers of drinking during pregnancy.



We finalised the transformation of our upstairs space into functional office space.. This space is now used for our adult team. They decided on rustic desks to complement the theme of the upstairs room and the exposed beams. Everyone has settled in upstairs and we all have more space.



Hannah E has been delivering Trauma training. She has developed a training package for professionals working in Rochdale borough voluntary sector. This offers FREE training for professionals including an introduction to trauma, how to embed knowledge into practice and group supervision.



Our new walking groups are now in full swing. Running every Tuesday from our office on Drake Street and Wednesday from Milnrow Library, Gerry and Wendy facilitate an enjoyable wellness walk .

Numbers are growing and the groups are looking forward to welcoming new participants.



Our Warm Spaces groups on a Saturday, Wednesday and Thursday have been going really well. During these tough times it's been brilliant to be able to offer this service and have lots of families attending to receive a warm meal in a warm and welcoming space.

Volunteers



Needed!

APPLY NOW



Are you

...

- Aged 18+
- A good listener?
- Looking to gain skills?
- Able to spare 2-3hours per week?
- A positive role model?
- Wanting to give back to your community?

JOIN OUR YOUTH TEAM

- Learn new skills
- Gain experience
- Professional development
- Free ongoing training
- Travel expenses
- Work in a rewarding environment

Contact us for more info:

☎ 01706 345111

✉ info@r-c-t.co.uk





We want to say a huge thank you to the Heywood Community Nursing Team for delivering session 3 of our Health Education programme, "Flourish," which covered Common Childhood Illnesses. It was a really enjoyable and engaging session with lots of questions answered and lots of information shared within the group.



Holly, Jo and Hannah E have been out delivering Mentor training this month to Bowlee Community Association. The group were very keen to learn how to best support young people and were certainly a passionate group. The role of a mentor was discussed alongside learning around active listening, deescalating techniques, transporting young people, safeguarding and trauma informed practices. If you are interested in having the team deliver to your organisation, for a very reasonable fee, please contact us on 01706 345111 or info@r-c-t.co.uk



In February our Heritage group continued on their project with production company Breaking Barriers. Everyone was treated to a live display of how the locks work and how the gates open by Ian from the Canal & River Trust. Some young people also gave interviews about the project and how the canal helps their mental health.



On 14th February we participated in One Billion Rising. One Billion Rising is the biggest mass action to end violence against women (cisgender, transgender, and those who hold fluid identities that are subject to gender-based violence) in human history. The campaign, which launched on Valentine's Day 2012, began as a call to action based on the staggering statistic that 1 in 3 women on the planet will be beaten or raped during her lifetime.

Our Phoenix Group came together in Darnhill Library to perform a dance as a call to action highlighting abuse against women and girls.



During February half-term Hannah E and Emma ran a stall at Children's Emotional and Mental Health Matters – Pennines Family Fun Day. The children loved making stress balls, mindfulness colouring and building lego, whilst parents and carers learnt about the support that RCT provides for children and young people.