

As March comes to a close and with it the end of Winter, April signifies new beginnings, blue skies, flowers sprouting and a four day weekend! We are loving these longer, warmer days as we head into April and are excited to start up our residentials and day trips again.

We also hope that everyone who is celebrating either Easter or Eid this month have fantastic celebrations.



SPOTLIGHT

Each month, the staff team are asked to select their Employee of the Month. This month the winner was Jo. Jo was chosen due to her organisation, enthusiasm and creativity as well as her hard work creating resources for the National Lottery Mentoring Programme.



This month we celebrated our Volunteer Mentors!
We held an afternoon tea, quiz and an education session around consent.
We couldn't do as much as we do to support children and young people without amazing volunteer mentors and we know how important it is to show our thanks.



Our new well-being sessions 'Women Get Moving' started mid March with a fun and energetic Zumba session. Other sessions will include; yoga, swimming, pilates, gardening, cycling and walking. Sessions run every Wednesday from 1pm.



Megan and Holly were out and about advertising RCT'S services at the Emotional Health and Wellbeing Network at Rochdale Football Club.
They met lots of other organisations and gave out information about who we are and what we do.



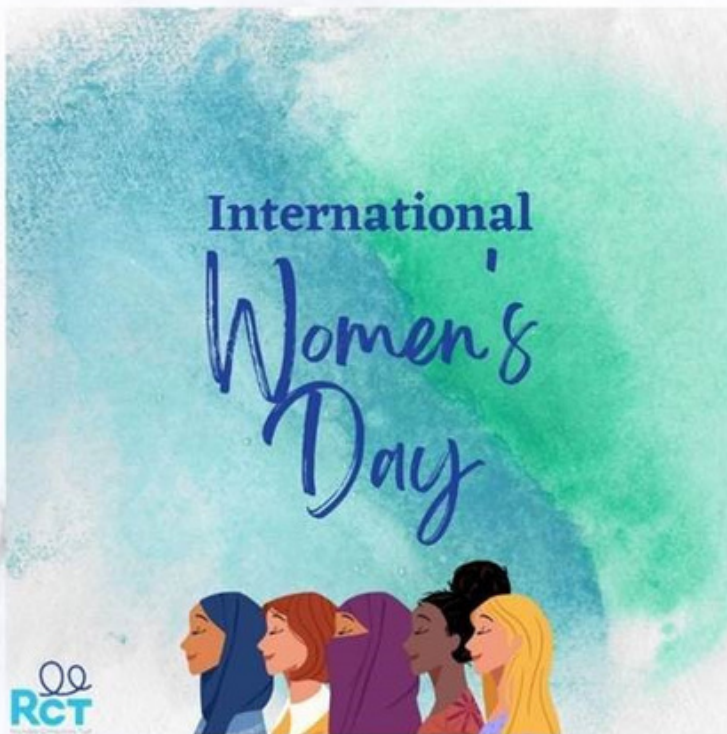
We're part of the Co-op
Local Community Fund



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Did you know we are a 'Local Good Cause'?
Rochdale Connections Trust is part of the @Coopuk Local
Community Fund.
You can help support us to continue to do the work we do
and you can help us make a positive impact in our
community every time you swipe your membership card.



The 21st of March was International Women's Day. Here
at RCT one of our primary aims is to empower the
women we work with through knowledge and building
resilience.

The theme this year was #embraceequity.
To mark the occasion we recorded and released an
interview with an inspiring woman about the importance
of creating not only equal opportunities but
opportunities that fit around women and their specific
needs.



Darnhill youth group spent
some time discussing
firearms following the
discovery of 3 firearms and
ammunition on the estate
earlier in the month.
The young people got
involved in the conversations
around weapons and
created a few images. It's
important to have
conversations on these
issues and we want to
ensure young people have
the space to be able to
discuss them.



Our 7-week Flourish course
came to an end with a full day of
First Aid Training delivered by
The Millie Trust. Huge thanks to
Dave who came in and delivered
the session. It was extremely
informative with lots of
questions answered and useful
knowledge shared.



This month members of our Youth team were out representing RCT at Hopwood Hall College Careers Fair. They had lots of enquiries about mentoring and shared the many benefits of volunteering.

If you're interested in becoming a volunteer with us, please check our website for our application form.



In March youth group had a hygiene and self-care week. Everyone received a care package full of goodies including shampoo & conditioner, items from lush, sponges and hand gel.



YOUTUBE.COM

Why do we volunteer? A video from RCT mentors

We asked our volunteers, why do they volunteer? This is what they s...

Members of the team, Jo and Molly, gathered together Volunteer Mentors past and present to create a video all about why they volunteer.

If you'd like to watch the video, please head to our YouTube Channel.



Work and filming continued along the adopted plot of land.

The group planted herbs and lots of wildflowers to encourage wildlife habitats. We could already see the daffodil bulbs poking through. We can't wait for summer to see how it all grows!