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Edition 005
Editor Orla

Welcome to TOC

Live, Learn & Work



We have had a busy start to the year - 2024

Firstly, we want to send a very warm welcome to two new TOC members this term—Bea Hall and Sam Laker. They have slotted into the TOC group extremely well and we are all enjoying getting to know them.

TOC have been very kindly donated some money to purchase some 'dry robes', to keep our young people warm and dry when they are out working in the wet and cold during community based activities. They are brilliant and we have already started to make good use of them. The new logo has been printed on both the front and back and they look so smart! They have also kindly contributed towards new zipped hoodies, which have been ordered for our young people.

TOC are now operating from a new venue—The Shed, in Graylingwell—on Monday and Tuesday. It is a calm environment which we are going to enjoy leading into the summer. Thank you to the CCDT for making us feel part of their ever growing community.

Thank you, as always, to St Paul's Church for their continued support and kindness with TOC. Our weekly activities at St Paul's includes 'Community Lunch' on Wednesdays at 12:30pm and a 'Coffee Morning' on Thursdays at 10:30am. Please do come by for food, a coffee and a chat—all made and served by our lovely TOC young people.





Live, Learn & Work



TOC Team: 'Let's meet Damon'

Interview by Orla, Emily and Lacey May

Damon comes to TOC four days a week.

He likes litter picking, going to the farm to see all the animals, going to Goodwood to do the coppicing. "

"I like to make the caravans are all clean at Seal Bay and checking if anything needs mending. The doors get a bit stiff and need to be fixed."

"I like cooking and serving drinks and food in the café."

"TOC is really good fun"

Damon loves coming to TOC to be with his friends—

"Westgate is my favourite, going to the gym and Aqua Aerobics, and sometimes it's sports in the sports hall. "

"My favourite lunches are fish and chips or sandwiches"

"I always leave my sessions with TOC with a smile on my face" - Ben

TOC



TOC Team: 'Let's meet Ben'

Interviewed by the TOC Young Adults

Ben Polhill works with 'Everyone Active' at Westgate Leisure Centre. His official job title is 'Activities and Wellbeing Community Manager' for Chichester.

Ben has been supporting us for two years and runs two sessions for TOC each week and helps us all to keep fit, healthy and active.

We love working with Ben in the gym on a Wednesday afternoon.

"I am getting more fit and strong with Ben. He is a good man"

Ben also runs our Thursday afternoon sports sessions. He makes them fun. We have improved our skills immensely, especially our ball skills. We love 'tag' games.

In his spare time Ben likes to be active. He particularly likes rugby and hiking. His favourite food is a protein shake with oats and a little bit of dark chocolate!

Ben has a pet dog—Maggie and a tortoise called Bob.

Thank you so much Ben for supporting our TOC Project. The young people have really improved their fitness levels and all of us really do appreciate you.



‘TOC Coppicing at Goodwood’

- ◆ What is ‘coppicing’?

Coppicing is cutting trees down so that they can regrow.

- ◆ Where do you do coppicing?

We take a small group up to the woods at Goodwood.

- ◆ What tools do you use?

We use big loppers and pure strength.

“Zak and Peter are very, very strong!”

- ◆ What do you like about coppicing?

“I love watching the trees fall down and using the big loppers”

“We are building a big wall with the branches and we like watching the wall grow”

“Zak loves coppicing and would do it everyday if he could!”

We want to say a huge thank you to Simon and Noz from the Goodwood Education Trust for all their support.

Well done everyone!

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'Date and Mates Night'

Article written by Orla, Emily and Lacey May

In response to our Young People wanting to go out for a meal with their partners / friends without a chaperone, TOC organised a very successful 'Dates and Mates Night' on Thursday 8th February. It was hugely successful and everyone had a wonderful evening.

A huge thank you to Simon, Emily's Dad, for playing his guitar and singing for us. It was such a treat to have live music.

"It felt like a real night out at a restaurant"

"Lovely, positive and oh so happy"

"the TOC Team did a good job of serving our dinners"

"it was a nice meal, especially the fish and chips"

"It was really, really good fun."



THANK YOU to everyone who gave up their time to serve the young people and make it such a memorable evening.



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