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Edition 010
Editors: Orla and Lauren

Welcome to TOC

Live, Learn & Work



Exciting news!

On Friday 28th February TOC were delighted to welcome our local MP, Jess Brown Fuller, and a local councillor Tracie Bangert, to a tour of our new TOC HQ at 'The Boardwalk'.

Jess took the time to meet with the TOC Team—including two of our lovely young people Emily and Carl. She asked many questions and got a real feel for how this amazing space is going to support our TOC young adults, and how it's going to bring people together.

A massive thank you to Jess and Tracie. It means so much to us to have their support and backing for the TOC Project in the local community. Jess even said that she would come and make some coffees for us in the new café!

It was so exciting to see how the building renovations are progressing. We are nearly there folks! Hopefully we can start to move in in May!!

Watch this space for a 'Grand Opening'





Live, Learn & Work



TOC Team: 'Let's meet Orla'

Interview by Lauren:

Orla has always come to TOC on a Tuesday since we started.

"I love my computer work."

Orla interviews and helps to write the TOC newsletter. She also designs and makes flyers and posters for us.

"I like to write it all."

"I like interviewing my friends."

Orla also loves dancing with Jo.

"It is good exercise."

Orla likes TOC because:

"It gets me out of the house to have fun with my friends."

"I really enjoy working with TOC—it's really good fun" - Tina

TOC



Thank you so much Tina for supporting TOC. You are making a real difference to our young people. They love cleaning caravans with you.

TOC Team: 'Let's meet Tina'

Questions and interview by Rivkah and Chloe

1. How long have you been working at Seal Bay Caravans?

"14 years in March"

2. How many caravans have you cleaned?

"I don't know, an awful lot"

3. What is the best bit about your job?

"Summer lunch break sitting on the beach watching the spitfires fly overhead"

4. Do you have a team or work on your own?

"Generally on my own but have friends I work with as well—2 friends—Rosie and Aleisha"

5. What is the busiest time of the year?

"Always the school holidays, especially July and August"

6. What is the hardest part of your job?

"The deep clean in the winter when it's really cold and muddy outside"

7. Do you enjoy TOC joining you on a Monday morning?

"It's lovely working with a big team"

TOC WELLNESS

Rivkah interviewed our 'Wellness' Lead—Roo
Orla and Lauren edited and wrote up the transcript.

1. Why do you want to work with TOC?

"I want to make a difference, and I could see a need for a focus on mental health and wellness in TOC. I could see a great role for me within TOC. I want to work with the young adults to boost their self esteem and to increase their independence."

2. What activities do you run or lead?

"One to one talks with the young adults, asking questions and finding out about each other. For example, we do litter picking chatting together. We talk about feelings and ask if anything is worrying us and I am able to shed some light and comfort for the young adults."

"I teach self care strategies, where we build skills, so that if a situation occurred the young adult is able to deal with it on their own."

"I run a forest school session up at Goodwood which is good for mental health and wellness."

"On a Friday we do lots of crafts. We do 'doga' which is doggy yoga and lots of mindfulness and meditation."

"We talk about healthy choices."

"We have recently started a vlog, which is going quite well."

"We are starting a recipe book."

"We have done a project called 'Resilience Rockets', which is all about self care strategies."

"All the young adults that I work with on a Friday have boosted their confidence levels."

3. What are your plans for the future?

"I want to continue to work on this wellness project with the young adults, making sure we are continuing to progress on building the tools we need to manage our stresses and anxieties. It's important to have a healthy mind as well as a healthy body. We need to work together to be the best that we can. I aim to keep you positive and happy."

4. What is your favourite music?

"I absolutely love country music and I like classical music which boosts the neurons in your brain."

"I work 5 days a week with all the TOC team and young adults. I love working with the young adults, and incorporating their ideas into my sessions. Some of the young adults have run their own sessions, teaching us. And they all did a phenomenal job! I was very proud."

5. What did you study at university?

"I studied special educational needs and disability which incorporated mental wellness."

6. What do you do in your free time?

"I love going for long walks and being outdoors with nature.

I like fishing and cooking lots of healthy foods.

I like listening to lots of podcasts about mental health and wellness.

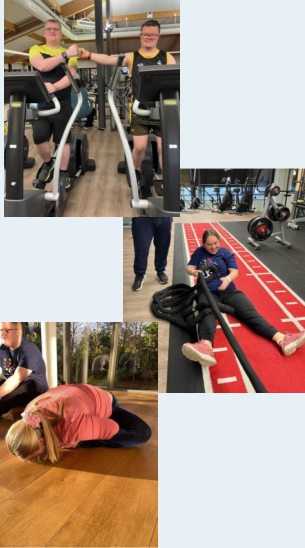
I like spending time with my family and my dog."

Thank you so much Roo for all that you provide for the TOC Project and especially for the young adults. We are so lucky to have you on board.

TOC



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'Fund Raising'

Unfortunately we have had to postpone our 'Afternoon Tea' fundraiser on March 15th.

However, Joe Collins, Lou's son is very kindly raising funds for TOC by running the London Marathon on Sunday 27th April.

If you would like to support, motivate and cheer Joe on please send any donations via the link below:

[Joe's London Marathon - a Charities crowdfunding project in Chichester by Joe Collins](#)

Thank you in advance for your kind support on this fundraiser.

TOC continue to tirelessly apply for different grants to support our important work for the young people.



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For general enquiries
email: contact@tocommunity.org.uk

For payment or donation enquiries please
email: admin@tocommunity.org.uk

For anything urgent please phone:
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Dates for your diary:

- 1/4/25 last day of the Spring Term
- 2/4/25 training for the TOC Team
- 23/4/25 Cobnor
- 24/4/25 start of the Summer Term
- MAY!! - moving into TOC HQ
- 16/7/25 'Personal Best' Sporting Event at Chichester University