

[www.tocommunity.org.uk](http://www.tocommunity.org.uk)

Edition 011  
Editors: Orla and Lauren

# Welcome to TOC

## Live, Learn & Work



## Summer Times—Good Times!



Mental Health Awareness Week  
12th May - 16th May

To improve our mental health :

We like to connect with our friends and family

We like to spend time outdoors

We like to celebrate together

**DON'T WORRY,  
BE HAPPY!**





Live, Learn & Work



## TOC Team: 'Let's meet Carl'

Interview by Orla and Lauren:

Carl started TOC last September and comes 5 days a week.

*"The TOC Team are very caring and I have made some very nice friends."*

Carl has tried lots of different work experiences.

*"My favourite work experiences are 'Smokey's' Restaurant, 'Charlie Charlie 1' Café and 'The Phoenix' Café."*

Carl loves working on the till and meeting new people.

He also enjoys volunteering at Brent Lodge Wildlife Hospital cleaning out the hedgehogs.

*"I like Roo's sessions on Fridays."*

*"TOC means everything to me"*

*"TOC really helps me to become independent and to make better choices".*

*"I like seeing the young people trying new things and getting stuck in with sports to be more active" - Dylan*

## TOC



## TOC Team: 'Let's meet Dylan'

Questions and interview by Orla and Lauren

Dylan joined TOC back in September 2024 on a student placement, and he has been volunteering for us ever since!

Dylan is in his final year at The University of Chichester.

*"I like playing sport"*

Football is Dylan's favourite sport and he supports Chelsea.

Dylan's favourite colour is blue.

His favourite food is chicken curry.

Dylan's favourite work experience at TOC is going to Brent Lodge Wildlife Hospital to help look after the hedgehogs.

Thank you so much Dylan for your enthusiasm, humour and support.

# Chichester 'Personal Bests' Event

TOC is very proud to be working alongside 'Active LD', 'Everyone Active', The University of Chichester and Chichester District Council to offer all of our young people the opportunity to take part in this amazing event.

It is promised to be a day of sport, fun and friendship for adults with learning disabilities, where participants are celebrated for taking part and doing their best.

TOC feel that it will be the perfect ending to a fabulous year—"it's going to be a real 'Community Day of Celebration' for all our young people and their families."

The 'Personal Bests' Event is an unsupported event—so do please come and support your young adult.

There will be lots of different sports for everyone to take part in.

Each participant will receive a free t-shirt.

Medals and certificates are available for all participants.

To Receive a free t-shirt please complete the online booking form by [Friday 23rd May](#).

Registration forms are available from [www.activeld.org](http://www.activeld.org)



## Activities

A range of 6 sporting activities for everyone to take part at.



## When

Day: Wednesday 16<sup>th</sup> July 2025  
Time: 9.30am - 3pm



## Where

Tudor Hale Centre, University of Chichester, PO19 6PE  
(What3Words: tales.wobbling.dances).



## Cost

£15 for each participant

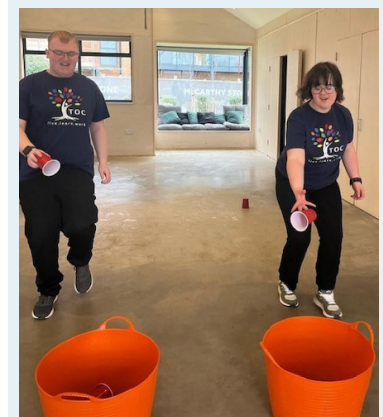


## Book Now

Contact Active LD [events@activeld.org](mailto:events@activeld.org) or call Betty 07884 063201.  
Registration forms available from [www.activeld.org](http://www.activeld.org) or use this QR code.



## TOC



**We are in training!**



[www.tocommunity.org.uk](http://www.tocommunity.org.uk)



## 'Sailing at Cobnor'



Thank you so much to everyone at Cobnor Activities Centre for giving some of our young people two fantastic days sailing.



★ ★ ★  
*Congratulations!*  
★ ★ ★

TOC would like to wish a very warm welcome to George.

[www.tocommunity.org.uk](http://www.tocommunity.org.uk)

For general enquiries

email: [contact@tocommunity.org.uk](mailto:contact@tocommunity.org.uk)

For payment or donation enquiries please

email: [admin@tocommunity.org.uk](mailto:admin@tocommunity.org.uk)

For anything urgent please phone:

Louise on **07826546786** or

Hilary on **07895999572**



## Marathon Completed!!

Hi all,

Thank you for all the kind words of support – I am pleased to let you know that I successfully completed my first marathon yesterday in under 5 hours!!! I've learnt a couple of valuable lessons for marathon running 1) make sure you keep up your training (I didn't and my whole body is aching today) and 2) nobody tells you that you could lose a couple of toenails due to the pounding your feet take on the London roads! But don't let that put you off – it was one of the best experiences of my life and so thankful for your help in raising some vital funds for TOC. It is not too late to donate through this page so please share with friends and contacts that might consider helping TOC.



Very Best wishes,

Joe