

# Freshly Brewed Updates, Just For You ....



**Hi Everyone,**

At long last the sun is shining and here at TOC we are making the most of it! We have already had a fabulous day sailing at Cobnor Activity Centre. It is going to be so nice to be able to fully use our courtyard - we are starting to plan what's going to be planted in our planters. Thank you to our trustee, Sally for supporting us with this.

We have some exciting summer activities planned.

Our most important date in the diary is **'The TOC Annual Awards Afternoon'** which is going to be held at **2pm on Thursday 9<sup>th</sup> July** at St Paul's Church. All welcome.

TOC are so lucky to have so many supporters - in particular we are extremely grateful to The Seven Stars Pub in Stroud, Plumbase, The Chichester Racquet and Fitness Club and Nature's Way Foods for making TOC their 'Charity of the Year'. The funds raised are already making a huge difference to our young people.

A huge thank you also to all our super new volunteers, without whom we would not be able to roll out the project.

Enjoy the warmer weather!

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



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Editor: Paddy Asher-Relf



## Sara Jane Candles

A group of young people have been working with Debbie, from Sara Jane Candles, making Aroma Pendants to sell in our Boardwalk Store. The making of the aroma pendants was very interesting. It involved melting down soy wax and then creating a base with various ingredients.

*"I found the experience calming and relaxing."*

There are a range of scents available at our Boardwalk Store, including ...

- 🌸 Darjeeling & Tea Rose.
- 🍋 Lime, Basil & Mandarin.
- 🌸 Bluebells.
- 🌹 Black Rose & Oud.



## The Bike Project

The Bike Project has been amazing! Zak and Damon have been working on cleaning the bikes, bike maintenance, changing tyres, changing breaks and cleaning chains and cassettes. They have been learning the difference between road and mountain bikes. They have also been speaking to customers when they come in.

*“Ewan and Johnny have been fantastic - so big thanks to them for teaching and helping us”*



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## Nisa Supermarket

The placement at Nisa supermarket at Seal Bay is our newest work experience placement. The young people help do various tasks such as, unpack deliveries, stock shelves and recycle packaging. The drinks, crisps and sweets are favourite items to stock!

*“All the young people have responded really well and are doing an amazing job - Thanks to Paul and Ryan”*



## Visit from the High Sheriff, Dr Tim Fooks

On the 24<sup>th</sup> of March 2026, our young adults welcomed Dr. Tim Fooks to TOC HQ.

Dr Tim Fooks has a special interest in helping people with their mental health and recognises the challenges faced by many young people today.

At the end of his visit he said “TOC is an inspiring example of what can be achieved when inclusive ambition is matched with excellent facilities. Their purpose-designed building has created a space full of joy and hope – you can sense it as you come through the door – and it is clear that the young people feel a genuine sense of belonging and know that they matter. The confidence, skills and independence being developed here are truly life-changing.”

It was a warm, memorable visit.



## Natures Way Foods Fundraising for TOC



Not only are we incredibly grateful to Natures Way Foods for providing valuable volunteering and learning opportunities for our young people, but we are also **Natures Way Foods' Charity of the Year!** We have already received valuable funds that are going to help drive our project forward and benefit the young people at TOC.

Natures Way Foods has set up a Crowdfunder page to help support TOC and our young people.

If you wish to support TOC and the Crowdfunder campaign please search the following link ...

*[www.crowdfunder.co.uk/p/natures-way-foods-partnership---toc](http://www.crowdfunder.co.uk/p/natures-way-foods-partnership---toc)*

Thank you again to Natures Way Foods for all their support in helping provide opportunities for our young people.

# Personal Best Event



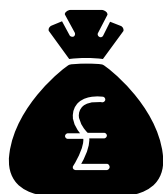
Range of 6 fun and inclusive activities for everyone to take part in.



**Wednesday**  
**July 22<sup>nd</sup> 2026**



**Tudor Hale Centre, University of Chichester PO19 6PE**



**£15 for each participant**



**Contact [events@activeld.org](mailto:events@activeld.org) or  
call Betty 07884 063201**



Forms available at  
[www.activeld.org/personal-bests](http://www.activeld.org/personal-bests)



## Sailing at Cobnor Activity Centre

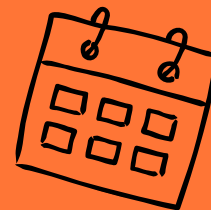


On Wednesday 15<sup>th</sup> April a group of young people had the pleasure of sailing at Cobnor Activities Centre. The day started off cold, misty, damp and windy, but the sun shone through in the end and the wind was fabulous for our fastest sailing yet! Everyone thoroughly enjoyed the sail and the hot lunch provided. The young people all had a go at steering the boat and pulling the ropes to change direction.

Thank you to all our friends down at Cobnor. We are very lucky to be able to have the opportunity for such experiences.

***“I loved it - being in nature on the water”***  
***“I definitely want to do this again.”***

## Save the Dates! Summer Events Calendar



### Week 1 – Kaeli

27th July – Making Music with Mike.

29th July – Sarah Sian Cooking AM, Veggie Wraps.

31st July – Making Music with Mike.

### Week 2 – Roo & Kaeli

5th August – Sarah Sian Cooking AM, Pizzas & Aerobics with Mel PM.

6th August – Theatre & Communication skills with Jazz from The Chichester Festival Theatre.

### Week 3 – Roo

10th August – Vision Board making Vanessa AM & Pallant House Arts PM.

12th August – Sarah Sian Cooking AM, Pasta Bake & Vision Board - Hospitality PM.

14th August - Vision Board Vanessa AM & Pallant House Arts PM.

### Week 4 – Roo

18th August – Candle Making with Debbie AM & Soul Alchemy with Sam PM

20th August – Sarah Sian Cooking AM, Veggie Burgers. & Pilates PM

21st August – Chichester Runners Mini Sports day AM & Wellbeing Team PM

