



Welcome to TOC

Live, Learn & Work



'Keys to the Kingdom'

We are absolutely thrilled to finally have the keys to our amazing , new TOC HQ. How lucky are we? We are beyond grateful to our extremely generous donor.

It truly is going to make such a difference to all of our lives.

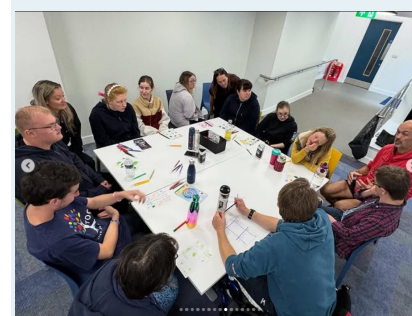
Hopefully most of you have had a tour of the HQ and were just as impressed as all of us. The TOC young people are settling into their new premises and we are loving having our own space.

We are very much in the process of getting the café ready to go. The 'Boardwalk' Café doors will be open from Monday 3rd November, so do please pop in and say hello. We are also starting to plan events for its opening. Such exciting times! We look forward to welcoming everybody.

We are also delighted to inform you that some of our young people have already started our new 'Pathways' structure. It all seems to be going very well. We are also grateful to Chichester District Council for awarding us a grant enabling us to employ a 'Pathways Lead' for two days a week. Welcome Kaeli to the TOC Team!

We have introduced a new work experience opportunity at Nature's Way in Bognor this term. They have been super helpful and very welcoming to our young people, who have loved it so far!

Please do get in touch if you know of any workplaces that might be able to offer our young people volunteering opportunities.





Live, Learn & Work



TOC Team: 'Let's meet 'Henry'

Interview by Patrick and Lauren:

Henry comes to TOC three days a week.

"I like coming to see you guys, talking to you guys."

Henry likes to be with his friends.

Henry likes cooking and serving. He is looking forward to the new café and kitchen opening.

"My favourite work experience is Nature's Way — shredding

paper and loading the photo-copier"

The best thing Henry likes to do is go to the gym.

"I like going on the weights, on the bikes, rowing machines and running machines."

"What does TOC mean to you?"

"I feel like I just want to go back to work. It makes me feel like I belong. It feels like another home to me."

"I really enjoy being with people. I love helping people. I would like to be part of the team. " - Lisa

TOC



TOC Team: 'Let's meet Lisa'

Questions and interview by Patrick, Lauren and Henry

Lisa is a new volunteer to TOC.

Let's find out all about her:

- How did you hear about TOC? - My husband heard about TOC through social media.
- What is your favourite activity? - I enjoy food and eating!
- What is your favourite food? - I love savoury food especially a roast dinner with roast potatoes and Yorkshire pudding.

"I also enjoy baking cakes."

- Do you have any hobbies? - I like going for long walks in the woods and hills. I like trekking and hiking. I enjoy meeting up with friends.
- What is your favourite colour? - my favourite colour is green.

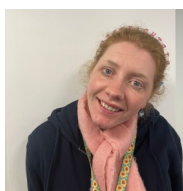
Welcome aboard the TOC Team Lisa. We are really looking forward to working with you and getting to know you. Thank you for all your time, effort and support.

Welcome to the 'TOC Team'



Welcome Patrick, what would you like to tell us about yourself?

I was born in Australia. I play wheelchair rugby. I don't take life too seriously!



Welcome Anna, what would you like to tell us about yourself?

I come to TOC on Tuesdays and Fridays. My favourite work experience is Brent Lodge on a Tuesday. My favourite wellness activity is Arts and Crafts on a Friday.



Welcome Zac, what would you like to tell us about yourself?

I am enjoying working at the farm. I like to see my friends.



Welcome Saffron, what would you like to tell us about yourself?

I would like to have my own baking business one day called 'Saffron's Sweet Treats'.



Welcome Matthew, what would you like to tell us about yourself?

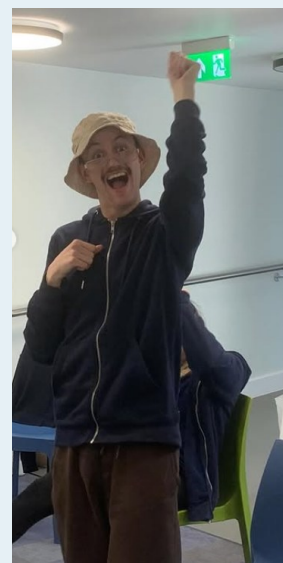
So far I have scored 13 goals in my footballing career, but not with my left foot! On the day I am quite skillful.



Welcome Kaeli, every journey starts somewhere. What was it that made you want to take the leap and join us?

I took the leap to join you guys, because I feel that this community TOC is something that I am very passionate about and I want to contribute to and want to support you into finding your journey, whether that's into a work placement or in a volunteering position and ultimately it's because of who you are as a group really positive.

TOC



www.tocommunity.org.uk



The Everyone Active Chichester Half Marathon and Fun 1 Miler

On Sunday the 5th October, our fantastic TOC team members Roo and Dylan ran the Chichester half marathon to raise much needed funds for TOC. They were kindly joined by Beth and Maisie. So far they have raised over £1000. Thank you all, this is amazing! TOC are so proud of all your efforts.

A huge thank you also to our fabulous young people who either ran or walked the 'Fun 1 Miler'. Henry shot off like a rocket and successfully raised £200 in sponsorship money. Mia was really impressive and was the first young lady to cross the finishing line. Congratulations also to Damon, Lara, Ella, Anna and Lacey May—you are all TOC Superstars and should be very proud of yourselves.

A massive thank you also to Jo for choreographing the TOC warm up dance and for getting the crowd whipped up into a frenzy before the race!

A great event. Congratulations to Ben and Anna from Everyone Active. TOC are looking forward to next year's event. Save the date: Sunday 4th October.



www.tocommunity.org.uk

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

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

For anything urgent please phone:
Louise on **07826546786** or
Hilary on **07895999572**



Dates for your diary:

Half Term Week— 27/10—31/10



Pub Quiz Night at The Seven Stars - Monday
27th October—7pm onwards

Café opens—Monday 3rd November

Opening Events tbc

We are full to capacity every day and will
look again at the waiting list in the New Year