# NEWS FROM THE ROSEBUD CENTRE

# WEEKLY ACTIVITY SCHEDULE

#### **MONDAYS:**

Personal Development 4.30pm - 6.30pm

#### **TUESDAYS:**

Performing Arts 4.30pm - 6.30pm

#### **WEDNESDAYS:**

Music 4.30pm - 6.30pm

#### **THURSDAYS:**

Open Evenings 4.30pm - 6.30pm

#### **FRIDAYS:**

**Arts & Crafts 4.30pm - 6.30pm** 

#### **SATURDAYS:**

Cookery Club 12noon - 4pm

## **New Year, Greater Heights!**

We concluded the year 2015 with a joint Christmas celebration involving parents and young women at Rosebud. Our RoseGarden - Mums & Daughters session reinforced the desire for parents to become more involved with our activities at Rosebud and this year we are planning to export this by hosting our first ever residential weekend for parents! Details will be confirmed later in the year.

2016 is set to be a fantastic year for Rosebud, as its umbrella charity Listening Ears will celebrate its 10th year anniversary with a landmark event that will include the launch of a documentary about the charity.

This year, we are also set to hold a summer residential in August as part of our summer school programme. Later this year, major changes will be announced at Rosebud, including an expansion in the age range of service users and provisions that we offer.



# **Youth Council**

In this issue, we would like to introduce you to another member of the Youth Council Leadership Team. Tabitha Sowande is 13 years old and says; "This year, I'm really looking forward to the Rosebud residential during the summer".



# RoseGarden

Mothering Our Daughters workshop is back in 2016 on Saturday 5th March from 12noon to 4pm.

### **Quote of the Month**

"Do you want to meet the love of your life? Look in the mirror".

- Byron Katie











