

NEWS FROM THE ROSEBUD CENTRE

Weekly Activity Schedule

(term times only)

11-15 years

Mondays 4pm - 6pm

Personal Development

Tuesdays 4pm - 6pm

Performing Arts

Wednesdays 4pm - 6pm

Music Production

Thursdays 4pm - 6pm

Arts & Crafts

Fridays 4pm - 6pm

Cookery Club

Saturdays 11am - 4pm

Creative Media

16-19 years

Mondays 11am - 3pm

Music

Tuesdays 11am - 3pm

Drama

Wednesdays 11am-3pm

Cookery Club

Thursdays 11am - 3pm

Fashion Design

Fridays 11am - 3pm

Jewellery Making

Saturdays 11am - 4pm

Careers & Futures

Challenge Accepted!

Our much anticipated weekend residential at PGL Surrey took place last month, from 20th - 22nd February. It was an action packed programme of activities including a night walk, an army training circuit, abseiling, zip wire, rock climbing, and a slightly mild version of bungee jumping, dubbed the power fan. For many of our girls, it was their first encounter with high energy activities in the outdoors. Everybody was encouraged to push themselves and take on the challenge, which they did amazingly well. We all came away from PGL feeling energised, refreshed and fearless. Many expressed their thoughts on the experience, saying they surprised themselves and were able to see their own potentials, in addition to learning to be independent, being a good team player and managing their time well.

For the month of March, we are eagerly anticipating our International Women's day community event taking place at Rosebud on Saturday 7th March from 12noon - 4pm.



Did You Know?

From the beginning of March, we will be extending our weekday workshop sessions by 30 minutes. These have usually been run from 4pm - 6pm but we often find that many girls are very hungry and distracted having had their last meal at 1pm in the afternoon. Some end up snacking on unhealthy treats and junk food. To combat this and promote healthy eating habits, we will structure the sessions to run from 4pm - 6.30pm with a 45-minute break for a healthy home-cooked evening meal. The new changes will take effect from Monday 2nd March 2015. We welcome donations in support of the new dinner scheme.

RoseGarden

Saturday 28th March 2015

12noon - 4pm

Our monthly workshop session for parents of teenage girls will take place on Saturday 28th March 2015.

Like previous sessions, we encourage participation from either mothers or fathers, or both. We strongly encourage you to create time in your diary for these sessions. As always, they take place at the Clockhouse Community Centre.

