

NEWS FROM THE ROSEBUD CENTRE

WEEKLY ACTIVITY SCHEDULE

MONDAYS:

Personal Development
4.30pm - 6.30pm

TUESDAYS:

Performing Arts
4.30pm - 6.30pm

WEDNESDAYS:

Music Production
4.30pm - 6.30pm

THURSDAYS:

Open Evenings
4.30pm - 6.30pm

FRIDAYS:

Cookery Club
4.30pm - 6.30pm

SATURDAYS:

Self Defence
2pm - 4pm (14th & 28th Nov)
Be You Workshop
12noon - 4pm (21st Nov)

Celebrating Black History Month

Last month, we rounded up October with a busy half-term week including activities ranging from movie screenings to performing arts, music production workshop and a day out. We visited the Feel Good Friday flagship project of Listening Ears in Abbey Wood on Friday 30th October 2015. The event formed part of our long term intergenerational project strategy to build links between young women and the elderly in the community. The programme coincided with the celebration of Black History Month, which included an interactive quiz, as well as a visual presentation of African history, the Civil Rights movement and live music. Rosebud will be back at Feel Good Friday to join the celebrations for the Listening Ears annual Christmas party on Friday 18th December 2015.



**Celebrate
Black History Month
With Listening Ears
@ Feel Good Friday!**
**30th October 2015
12noon - 4pm**
Special Guests: Rosebud Centre
Venue: The Pavilion, Bostall Gardens, Viola Avenue, Abbey Wood,
London, SE2 0TQ Telephone: 0203 583 3032, 077 989 236 57

Youth Council

Following discussions with service users, Rosebud launched a Youth Council election process, where members ran for leadership positions and others were asked to vote for their favourites. The results have been collated and the board leaders have been selected, along with committee members. Watch this space for input from our new Rosebud Committee!

RoseGarden

Mothering Our Daughters workshop is back for the last time in 2015 on Saturday 5th December from 12noon to 4pm.

Quote of the Month

"Always concentrate on how far you have come, rather than how far you have left to go. The difference in how easy it seems will amaze you."

- Heidi Johnson

