MAY 2026

ROCHAM NEWS!!

Welcome to this months newsletter we hope you had a lovely Easter break.
This month we have two Bank Holiday's, the centre's will be closed on, Monday 4th May and Monday 25th May.
Congratulations to Nathan who is our Client of the Month, nominated by one of our Team Leaders Chantelle, who had some lovely things to say about him.
We have lots of projects to catch up with this month including, the Creative Hub, Gardening, Baking at The Boathouse Cafe, Bushcraft and an interview with Tobias on his sessions at the JB Centre.

TIME FOR A BREW AND A CATCH UP

Who doesn't like to pop out for a brew and a natter?

A few of our clients did just that and went to the local Cafe for a brew and a chat. They talked about everything from the weather, to how much they enjoy going out and about.








PURE NEWS

Mental Health Awareness Day 11th-17th May

BY ISAAC

The theme For this years campaign led by the Mental Health Foundation is 'Action' focussing on taking small but meaningful steps towards maintaining good mental health.

We all have mental health, just as we all have physical health. Our mental health is as important as our physical health and not looking after our mental health can affect our day to day lives, recognising changes in our mental health is important. Everybody gets 'fed up' and it is natural to feel down some days.

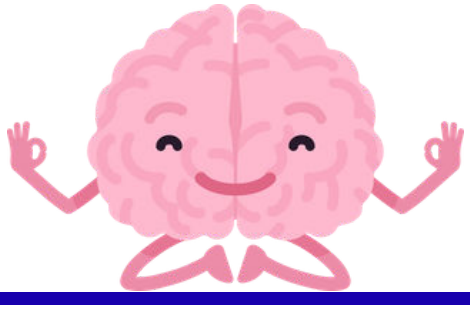
If these days of feeling fed up and down is beginning to stop you doing things you would usually enjoy, it may be time to talk to someone either a staff member, parent or carer, GP or friends. If you feel as though you can not talk to anyone, you can ring the Samaritan's on 116 123 and the call will be free.

These people can help you to talk through your feelings and help direct you to getting the support you may need.

Many people are reluctant to talk about their mental health and even these days, their is still a stigma attached to mental health issues, personally I think this needs to stop, I would urge anyone who is feeling down to talk to someone, you are never alone.

To help with my research for this piece I found a website called, www.mentalhealth.org.uk the website has lots of useful information, ways of getting involved and helping to raise awareness of this very common issue.







VIPERS HIT THE BACK OF THE NET!



Congratulations to our vey own football team, 'The Vipers' who recently played the 'Stockport Spartans' and beat them 9-6.

It was a great match with almost every player scoring a goal.



PURE NEWS

CLIENT OF THE MONTH

Congratulations to Nathan our Client of the Month nominated by Chanelle one of our Team Managers/ Client Co-ordinators.

Nathan is always a super star in what ewer he does, he can use his skills to do just about anything from crochet, clay work, helping to design logos, drawing and knitting.

Chantelle has this to say about Nathan,

"Nathan has been a key role in helping us to create a fantastic partnership with Rochdale Community Trust and Dale 1907.

Nathan has not only helped to create the ideas we had, whether it was making a giant flag or re-upholstering chairs using recycled football shirts, or making a giant football scarf using donated football socks, he takes everything in his stride.

Nathan also came up with the idea of using the scrap fabric from our football shirts to make teddy bears and cushions, which were donated back to Dale 1907 to help them raise money for their charity.

Nathan is a polite gentlemen, he is always keen to join in any task asked of him, he is also an amazing teacher to other's in his group that may struggle learning new skills, he is a true inspiration to others." Chantelle.



CREATIVE HUB

The wood shack group make the most amazing bug houses, bird tables and bird feeders. These are then painted and decorated by the clients at the Creative Hub.

The bird feeders then need filling with food and Qasim and Angela do a fantastic job doing this.







MUNNI HAS COMPLETED HER BEAD ART, WE THINK YOU WILL AGREE IT LOOKS SPECTACULAR!

WELL DONE MUNNI!

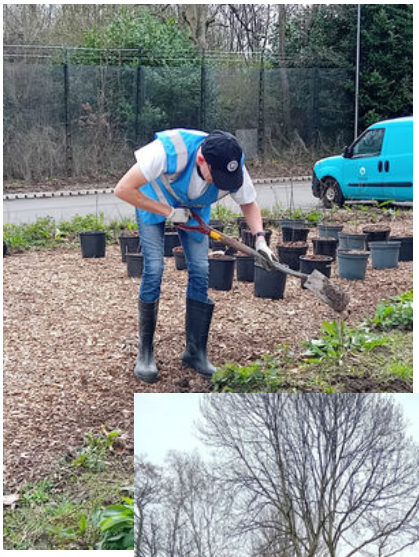
PURE NEWS

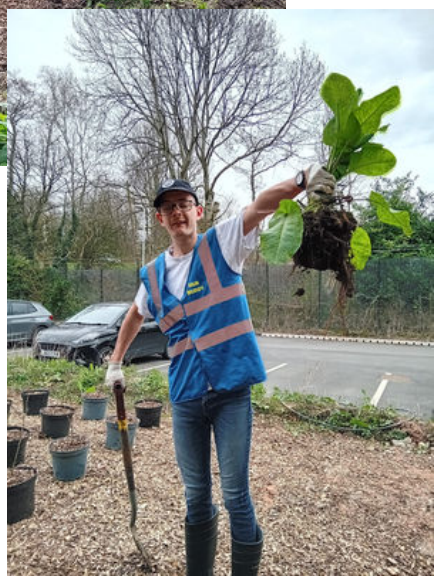
GARDENING

Now the weather has got a little better, our gardening crew are getting their green fingers dirty again and have recently been potting up new plants, weeding the flower beds and getting rid of the pesky nettles. The group where also supported to make some Easter crafts made out of sliced wood branches. Well done everyone!



















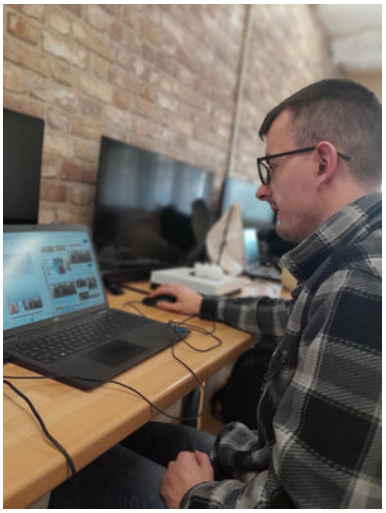
PURE NEWS

NEWLETTER GROUP

We thought it was about time we featured our very own newsletter team and let you meet the faces behind this fantastic newsletter.

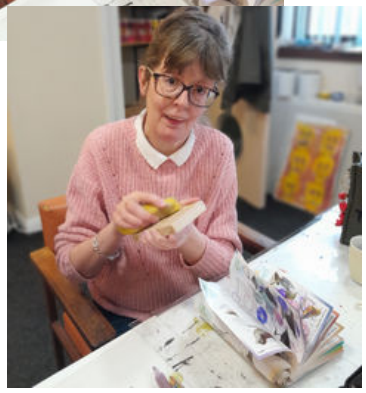


Wendy is a master on the keyboard, she types up our articles and writes her own segments on how accessible places are she has visited when she is out and about with the local access group.



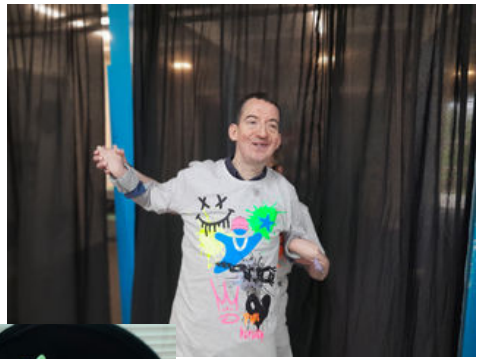
Isaac is our main researcher he researches our awareness days and writes out the articles.
Isaac is also working on a local access information file for clients to decide where they would like to go. There is also accessibility information, cost and directions for staff.

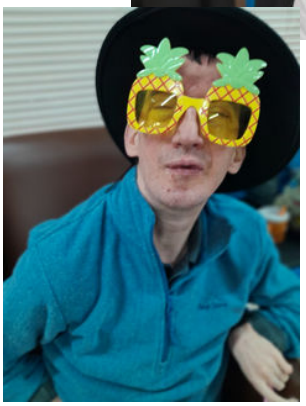




TRYING SOMETHING NEW!

Lyndsey loves to do her paperwork and can be a bit reluctant to put her pen down, recently though she has swapped her pen for a sanding block and has been sanding blocks of pallet wood and helping to make some bookends.
She has really enjoyed learning a new skill and has been a great help to the upcycling team.





Dom has recently enjoyed the dancing group, trying on the costumes and busting some moves on the dance floor!

PURE NEWS

BAKING AT THE BOATHOUSE

The baking group have been busy making cakes to sell in the cafe, why not pop down to The Boathouse and grab yourself a coffee and a piece of cake before they have all gone!



Tony has been grating the carrots to make a lovely carrot cake.





Seb Covering his Flapjack with chocolate



Jolene has made a rather tasty looking brownie.





Alice is fabulous at baking, here she is making a lemon drizzle cake.

PURE NEWS

Bushcraft

The bushcraft group have recently made an emergency back pack, using fabric that was donated to our upcycling session.

Each client started with a square piece of fabric and using string and rope made a cross body bag, that could be used to carry a number of things including cooking utensils and food stuff.

The bag can then be folded down and stored inside a regular rucksack so they always have a bag for emergencies.















PURE NEWS

Interview with Tobias

Wendy has been interviewing Tobias this month asking him all about his sessions



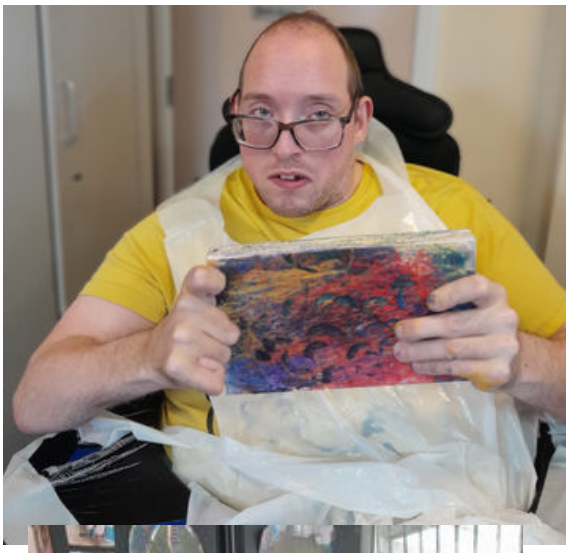
What is your name and how long have you been at Pure Support?

My name is Tobias and I have been attending Pure Support Rochdale and Oldham for around 10 years.

What sessions do you do?

I do the Art Session with staff member Will, I also do Music, Relaxation, Tai chi and Sign Language with Bernard.

What are you working on at the moment?



In my Art Session I am working with ink on wood learning about and working with different textures.

In music we are learning about different artists and types of music.

What is your favourite style of music?

I don't really have a favourite, I like most types of music, I don't like opera though.

How long will it take you to finish your art project?

It is an on going project and will change as I add different colours and textures.

What do you use in your session?



My art session use inks paint brushes paint knives, blocks of wood and acrylic paints. In music I am currently using a Ukulele.

What do you like about your sessions?

In my art session I like to get messy and learn new techniques.

In music I like learning about different Learning about different instruments and different types of music.