

What's a bilingual secretary doing managing a charity shop?

Hilary Jolly, Romsey Mill charity shop, Thoday St

Sometimes I think I must be mad: here I am at 8.30 on a Monday morning ringing round twenty people trying to get cover for the shop, which opens in thirty minutes' time. But, on the other hand, I know what a very, very lucky lady I am, because, even at this late hour, two volunteers have stepped forward.

Since 1999, I've been enjoying the (occasional) thrills and (not infrequent) spills of this challenging and satisfying job. It's the people who make it so satisfying: the unwavering loyalty of the volunteers and customers, the way the shop is deeply embedded in, and for, the local community, the feeling of being part of something much, much bigger, of service, in its very broadest sense.

After all the training, I never did work as a bilingual secretary. I've been student, mother, editor, typesetter, carer, cleaner, psychiatric support worker. At the shop, I'm all these things rolled into one! And I love it!



Waste Watchers

by Roger Williams

Once again the first week of the summer holidays saw a team of volunteers and over 80 primary age children descend on St Stephen's

Church each morning. This could only mean one thing: J-Team!

The theme for the week was 'Waste watchers' so we thought about how we could be more responsible in our treatment of the environment. We started by looking at God's creation of the world and then how Jesus had laid the foundation for us to build a better world—all in the usual context of fast-moving drama, games, songs, competitions, sports and crafts. Each morning finished with the inevitable gunging of one the staff team with some of the most disgusting gunge yet!

J-team is over for another year, but the fun continues once a month with JAM, which follows the same pattern of activities. All primary age children welcome (contact Romsey Mill for more details).



Robin Barden receives a parting gift in his last few months at Romsey Mill!

Online giving

It is now possible to donate to Romsey Mill online using a credit or debit card. Just go to the 'Get Involved' section of our website and click 'donate now'!

Could you raise funds with every click?

If you already search the web, you could raise money in the process without it costing you a penny! www.everyclick.com gives money to charity each time it is used. All you have to do is register with them once at www.everyclick.com, tell them you'd like to support Romsey Mill as your chosen charity, and then every time you use their search engine they will make a donation to us. If you go to many online shops through the links on Everyclick, the shops will donate to us too!



E-feedback

Thank you for signing up to receive Mill News by email. We would value your feedback and suggestions. Please send them to marie.nazombe@romseymill.org.

Pass it on

If you like this version, please encourage your fellow supporters to sign up for e-news too!



t: 01223 213162
f: 01223 411707
info@romseymill.org
www.romseymill.org

Romsey Mill Trust
Hemingford Road
Cambridge
CB1 3BZ

MILL NEWS

Autumn
2007

INSIDE THIS ISSUE:

CO-CREATING Neil Perry, CEO	2
PROFESSIONAL TRAINING INPUT	2
BUMPS & BABIES Young Parents Programme (YPP)	2
FACT FILE Under 5s	3
F@RM Did you know?	3
SLEEP & TODDLER CLINICS Children's Centre	3
COMMUNITY PERFORMANCE Social Inclusion Prog.	3
BILINGUAL SECRETARY Charity shop	4
WASTE WATCHERS J-Team	4
ONLINE GIVING	4
EVERYCLICK RAISES FUNDS	4
E-FEEDBACK? Pass it on	4



Families enjoying the 'Teddy Bears' Picnic, with bubbles, parachute play and singing. The lively event was organised largely by F@RM volunteers with much community involvement.

Summer Fun

Outdoor activities

Regular programmes took a break over the school holiday but Romsey Mill was far from idle! Groups from all five programme areas went on trips ranging from camping to theme parks and from museums to teddy bears' picnics.

Falcon camp

Seven 11-12 year-olds from the Transitions Programme went on camp for a week with other children from across the region. They had a great time and clearly benefited from a whole week of positive activities. None of the children would otherwise have had a summer holiday. They all engaged well with the theme of 'love' and made important friendships with children going to their new school.

Here is an extract from one boy's letter to those who funded his place: *Going to camp was great. I really enjoyed sleeping in dorms and doing*

the assault course. I really miss all the friends we made. I went ice skating for the first time and I enjoyed everything I did, even boating. It was fun, next year I would like to go again. Thank you!!!!

Aspire trips

Aspire took five small groups of young people with Asperger syndrome on successful trips to London Museums, Alton Towers, cinema and bowling. These gave opportunities to practice and develop social skills in different contexts, and provided a day's respite for families - not to mention being great fun!

J-Team

The holiday club for 5-11 year-olds, run with Christ the Redeemer Church, went well again this year with 85 children, lots of gunge, and a positive message. See article on page 4 for more.



"The best day of my summer holidays!"

Trip to Wickstead Park with Transitions Programme.



Co-creating

This edition will enable you to catch up with the latest on programme, activities, staff, and more. The diversity of Romsey Mill's work is evident as, I hope, is our commitment to promoting inclusion.

Most of our activities reflect a particular concern for young people and families in disadvantaged communities, with disrupted lives, or from marginalised groups. Our motivation for the work we do springs from the belief that God cares passionately for each person.

The financial support Romsey Mill receives from individuals, churches, businesses and trusts

enables us to serve, encourage and create opportunities with over 1500 people each year. We are very grateful for recent donations including a generous gift from Ridgeons Timber and Builders Merchants towards our Transitions Programme.

The month of September sees some further changes within our staff team. We say goodbye to Phillippa Ashcroft who has worked with Romsey Mill, as our Development Officer, for over four years. Phillippa's commitment to growing the work has been outstanding and she will be missed greatly. We are delighted to welcome Kath Cardall as the newest member of the Social

Inclusion Programme team. Kath joins us with substantial experience of working with young people, particularly through the performing arts. She has worked with young people in many parts of the world as well as in formal education settings within the UK.

We ask those supporters who look forward to receiving our published annual review at this time to wait a few more weeks for publication. We are confident that you will see that it was worth the wait! Any readers who do not normally have a copy of the annual review posted to them can receive one by contacting us via phone/email or by dropping into Romsey Mill Centre.

Neil Perry, CEO

Input to professional training

Young women from both Young Parents and Social Inclusion Programmes came together over the summer to reflect on their experiences of sexual health education and to input to the design and delivery of training materials for professionals.

In partnership with DHIVERSE and the Cambridgeshire Teenage Pregnancy Partnership, we ran four sessions exploring sexual health issues. The young women discussed existing sex education

provision, identifying a few areas which could be improved. These included relationships, confidence to communicate your own desires, respect, and sessions with males and females together. They devised an exercise which they will deliver at training sessions for youth workers, community workers and other professionals in November and January, after which they will be recognised as 'young trainers'

Through this the young women developed peer education skills, confidence, and communication and presentation skills.

Bumps and babies



This September a new group was launched in the Young Parents Programme (YPP) called 'Bumps and Babies'. This group is for pregnant young mums, new mums and their babies (under 1).

The group aims to provide a social space for young women to

meet and support each other as well as to provide health information, emotional and mental health support and the opportunity to try new activities that develop and explore interests and skills.

Sessions this term will include: baby massage, health visitor clinics, weaning, photography, baby development, pamper sessions, cooking, baby games, and singing.

YPP news in brief

- Recently YPP had a case study published in the National Government's publication entitled: *Teenage Parents Next Steps: Guidance for Local Authorities and Primary Care Trusts* (www.everychildmatters.gov.uk/teenagepregnancy, p47). The case study is included as a model of good practice, focusing on the mental and emotional health provision within the Programme
- Emily Grant, YPP Progressions Worker, has increased her hours to 3 days a week, due to positive response to, and identified need for, her work
- 13 young women started Cambridge Regional College in September, enrolled on part-time, full-time and evening courses



FACT FILE: Under 5s

The summer programme for local families with children up to the age of 8 included regular groups including messy play, sand play and physical play, as well as special events.

In total, 119 adults and 157 children attended sessions, including:

- 33 families who were new to Romsey Mill
- 37 families who have English as a second language
- Some parents from our Young Parents Programme

The health visitor dropped into sessions, enabling her to maintain contact with a few families in need of particular support.



The response of parents was very positive:

'We would have been housebound if it wasn't for you.'

'There would have been nothing for us to do without this.'

The programme offered a continuity of support for families who have been struggling with difficult domestic situations. In addition, we were able to offer friendship and a social network to a number of families who would otherwise have been very isolated as they are new to the area and/or have English as their second language.

Community performance (SIP)

Taught by 'peer mentors' – local young adults who, with our help, are now in business - a group of young people (aged 11-16) from Cambridge's Abbey ward have been learning how to DJ and MC. This involves mixing two records together, writing lyrics for songs and performing them. In perfecting these skills the young people have demonstrated vast levels of motivation and perseverance. Over the period they have also developed transferable skills such as organisation, communication, encouragement, learning from mistakes and responding to instruction.



The programme culminated in a performance in front of over 30 community members, organised by the young people.

F@RM: Did you know?

- F@RM stands for 'Friends at Romsey Mill' and is a parent action group working in Under 5s.
- F@RM is made up of around 14 parents who currently enjoy, or have previously benefited from Under 5s services.
- F@RM exists to support the Under 5s Programme; increasing dialogue between parents and staff and ensuring needs are met.
- F@RM recently produced a questionnaire, the responses to which reassured them that Under 5s is doing well and raised some good ideas.
- Through F@RM networks, a French toddler group is now meeting at Romsey Mill.
- F@RM is planning a table-top **sale on Sat 13th October (2.30-4.30pm)** to raise funds to buy new toys. Please come along to support!

Sleep & Toddler Clinics

Romsey Mill Centre is pleased to announce the introduction of sleep clinics (for young children) and toddler clinics, run by the local nursery nurse. No appointment necessary.

Sleep clinic:

2nd Monday of each month, 10.30am-12noon

Toddler clinic:

3rd Tuesday of each month, 12-1pm

They put on a flawless, energetic and engaging performance and were rightly very proud of their achievements. The affirmation they received from Romsey Mill staff, peer mentors, family and friends was a real boost, giving them confidence in their ability to succeed.

The group now want to take their skills to the next level by recording some tracks in our studio. As relationships develop we will be able to offer wider support in, for example, post-16 choices.



Do you have any musical ability?

We are looking for people to help us expand our music programme, particularly those who play an instrument or can use a PC to record and create music. To find out more, please contact Lee Tomkies on 01223 213162.