

# NEWS FROM THE ROSEBUD CENTRE

## Rosebud Clocks 10!





## Rosebud Creative Gallery

We all have our talents and gifts that makes us all unique and it is important that we all embrace them. Maya (13) who is one of our Rosebud girls did a self-portrait of herself which is amazing you can see the real talent in her drawing skills. Maya also wrote an "I wish note" regarding the coronavirus and what she hopes for the future.



Amazing cooking and plants from Brenda who is in charge of running rosebud and the workshops what take place.



***Do you cook at home or grow any plants?***



If not, why not start now, you could learn and gain some new skill or hobbies.

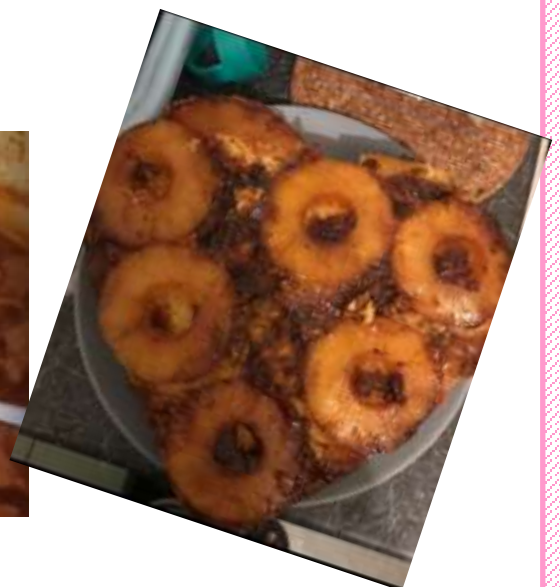


## How are you keeping busy during lockdown?

During this period many of you may find it hard to keep yourself busy or not know what to do with your free time, to find out what ways to keep yourself busy keep on reading.

We spoke to a former Rosebud staff who we still keep in contact with to find out what she does in her day-to-day life while at home. When asked what she does in her free time she said *"I did [some] writing. Now I just finished researching about hiking/mountain climbing, created a budget, after lunch break creative time"* she also mentioned how the writing done is going towards her book which will focus on self-help and hopefully we would read one day. Her advise out to everyone is to *"use this lockdown as an opportunity [to] reflect on your self enhance your creativity [and ensure to] read books on personal growth"*.

Many of the other girls have also sent picture of things they have picked up since the start of the lockdown for instance cooking/bakery, new exercise routine, dancing and many more, the images below show these



## Latest News & Updates



Eid Mubarak to every Muslim around the globe, may this month of Ramadan be easy for every single one of you.

Despite being on lockdown and not being able to run workshops on site, it has not stopped us from keeping in contact with our girls and parents. We are currently running online sessions on Zoom to see what everyone has been up to as well as keeping them occupied.



### Coronavirus

As the outbreak of this virus continues to spread rapidly please ensure to follow the government guidance through their website. We send our condolences to those who have lost a loved one during this period our prayers are with you and your families, and please stay at home to help save lives.

