



# ROSEBUD CENTRE FOR GIRLS

Newsletter

February 2014

## About Us

**Rosebud** is a support centre for young women aged 11 to 19. At Rosebud, we recognise the challenges that come with adolescence and our aim is to support and empower young women in the blossoming years before womanhood. Rosebud provides a space where young women can be expressive and open with their ideas without feeling condemned, receive acceptance for who they are, while they receive support to get to where they need to be. We provide a range of skills development workshops and training in various interest areas including:

Personal Development & Confidence Building  
Vocational Skills Development: Jewellery Making  
Health & Lifestyle: Cookery Club, Zumba and Belly Dance  
Career Development: CV and Apprenticeships  
Creative Arts Workshops: Fashion Design, Mosaics  
Musical Theatre: Drama and Music Production  
Media Production: Photography, Film, Animation  
Day Trips and Weekend Residentials  
One-to-One Mentoring, Counselling or Therapy

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*"I have learnt from Rosebud to always be strong no matter the situation"*

*"I would recommend Rosebud to anyone because they will listen to you and help you get over whatever obstacles you have."*

*- Testimonies from Girls*

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Painting the Woolwich Town Centre PINK!

## In This Issue

- February 2014 Half Term Events
- Recent Workshops and Events
- December 2013 Christmas Party
- Up-coming Events
- More information about Rosebud



Rosebud Girls at Tower Bridge

## Rosebud Days Out

On Monday, February 17, 2014 Rosebud girls visited London's Iconic Tower Bridge. They took a guided tour through the engine rooms and got some impressive views of the city on the glass walk-away. It was such an amazing day and they had loads of fun while learning more about the great city.

On Thursday of the half term week, the girls visited Fight For Peace Academy. There they learnt some valuable self-defense skills and took part in a mixed martial arts training session. It was a tough but fun workout. The girls are really looking forward to more of that.

## Recent Workshops at Rosebud Centre

Rosebud Centre recently relocated to our new premises; the historic ClockHouse Community Centre, Defiance Walk, Woolwich Dockyard, London SE18 5QL. Here we get to accommodate up to 20 participants per workshop with more and better facilities. These workshops include:

### Belly Dancing

Our belly dancing workshops returned to Rosebud this January. The sessions always leave us all in a sweat! The girls learn to hold in their stomachs, arch their backs, throw their hips to the music and spin on their heels. It's such a perfect balance between fun and fitness.



The girls get fit while having fun

### Cookery Club: Baking

We started a new strand of Cookery Club at Rosebud between 18th January and 8th February, 2014. The girls got to learn new skills in baking and cake decorating.

### Jewellery Making Workshops

During the 8 week period of jewellery making sessions, the girls learnt a lot about how they can make different types of jewellery that they can use or even sell to make some extra money. These included making intricate polymer clay pieces from scratch. These creative sessions taught the girls how to blend drawing, sculpture, print and textiles into one.

### Mosaic Arts Workshop

Participants at the 4-week creative arts workshop got to explore creative expression in the form of mosaics with emphasis placed on recycling, using glass, ceramic tiles, mirror, plastic and wood and they all got to create their own individual work.



The girls getting busy during a Cookery Club Session

## Rosebud at St. Paul's Academy

Recently, Rosebud Centre has taken our some of our services to one of the schools around—St Paul's Academy.

Some girls at the school took part in our Jewellery Making workshops held in the school premises and facilitated by Brenda, our jewellery making teacher.



The girls on our Personal Development & Confidence Building workshop with DiscoverME

### Confidence Building and Personal Development Workshops

As part of our programmes to support the girls to regain confidence and empower them to live independent lives, we have run several workshops on Confidence Building and Personal Development.

DiscoverME is our transformative Personal Development and Confidence Building programme. These workshops have benefited many including, parents, grandparents, managers, teams, groups and CEOs.

For girls aged 19 or under, it is an opportunity to discover the real you, peel off the layers and reveal the blossoming personality within.

DiscoverME runs over four intensive Saturdays and girls get to explore the three core elements of Being, Doing and Having through various methods of self-expression including creative writing,



## December 2013 Christmas Party

We had such an exciting time on Saturday, 21st December, 2013 at Rosebud when we had our Christmas Party to say thank you to all the girls and to all those who have supported Rosebud during the year.

We had an inspirational talk from our young mentor, Destiny Dalby as well as a Raffle Draw event with some great prizes donated to us by wonderful and generous people and businesses.



Rosebud Centre For Girls—Where You Can Be You!

### Our Funders

Rosebud is funded by the Big Lottery

Rosebud is managed by Listening Ears, a registered UK Charity  
Charity Registration Number 1145028

## Contact Us

Give us a call for more information about our services and products

**Rosebud Centre For Girls**  
ClockHouse Community Centre  
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Visit us on the web at  
[www.rosebudcentre.org](http://www.rosebudcentre.org)

**Opening Times:**  
9am—6pm Monday—Friday  
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