



CARING AND SHARING

NEWSLETTER

CARING AND SHARING ROCHDALE

NEWSLETTER 2021



Caring and sharing is a charity organisation based in Rochdale, Greater Manchester



United Kingdom whose mission is to support and empower the community by educating training and providing services. Over the years, the charity has strived to make a difference to the lives of the less privileged. Particularly, Caring and sharing engaged itself in various activities in the year 2021 to support the community more.

In January the organization started the year by sending out thank you message to all its partners and supporters who had journeyed with them in the previous year. despite the lockdown, the organisation Caring and Sharing continued its charitable work of supporting the less privileged

in the community and globally including children and families in Zimbabwe. We also engaged the youth through remote sessions in various games and activities in preventing the aftermath and effects of COVID-19.

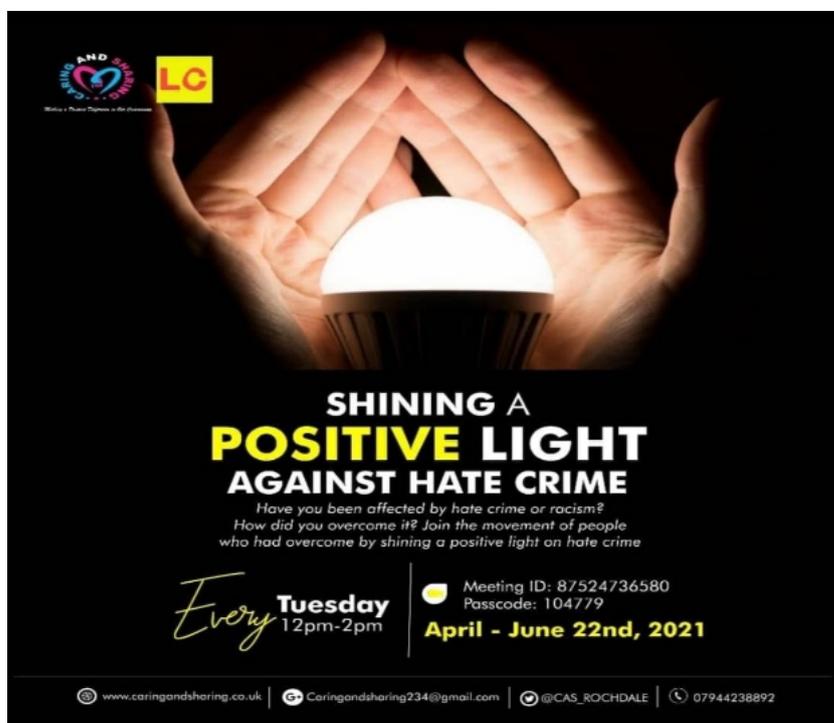
During the month of February During the month of February 2021, the organisation identified the need of mental wellbeing support amongst the clients, staff, and volunteers of the organisation. Following this, the organisation sought funding for this which was



granted and eventually they organised sessions for mental health and wellbeing advice which occurred weekly and remotely. The aim of the sessions was to offer professional support in mental health and wellbeing.

In the month of March Caring and Sharing organised an event in celebration of the International women's Day.

The event was hosted remotely and was attended by various guests including women who have positively impacted the community, and the community at large.



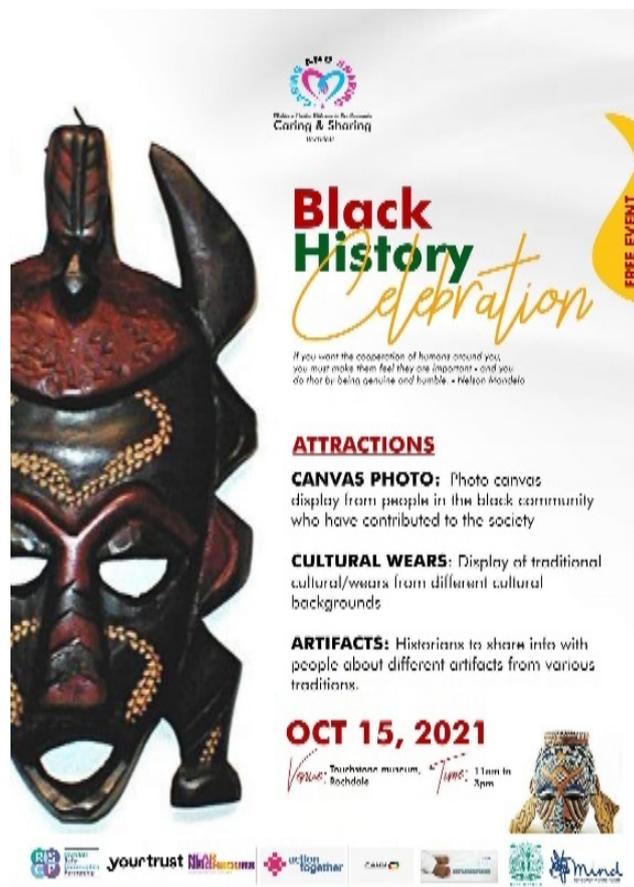
Caring and Sharing continued their enlightenment work in the month of April by organizing sessions that raised awareness against hate crimes. This sessions were a platform to shine a positive light against hate crimes. They were hosted remotely and were attended by members of the community and key guests. The sessions run throughout the month of April to June. Throughout the month of May the organization continued to

participate in various events and activities such as Greater Manchester mayoral event and raising voice against human trafficking. The organization also officially opened its Caring and Sharing charity store in Rochdale. In June as the lock down was lifted and the COVI-19 measures were relaxed, Caring and Sharing set up various projects to help people upskill. This included re-employment skills, IT classes and English classes. These classes have been on going up until end of 2021. It is also in the month of June that we held the Mental health taboo sessions that were aimed at ending the mental health stigma. Along with all this this projects caring and sharing continued to support the vulnerable by giving out food parcels and helping others to access funding such as the Migrant destitution fund. These sessions were held face to face at the Old M&S building.



Throughout the month of August we continued to offer IT and English classes to the community and we held a three day holiday activity fun for the youth which were held weekly consecutively. In September we started another wellbeing project that occurred weekly on Thursdays.

October was a very vibrant month as caring and engaged itself in celebrating the Black History Month. We organized two iconic events; one in Touchstone museum and the other one in the Middleton Arena. The events were open for the community at large and key note guest speakers were invited. Our founder in Caring and Sharing Nikky Iginla spearheaded in the organizing and hosting of the events. As an organization we continued our partnership with MIF and we participated in organizing the welcoming of the Little Amal. We organized a successful event here in Rochdale and we were also part of her welcoming in Manchester city.



Caring and Sharing will like to say massive thank you to our partners, funders, supporters and the community at large for your unwavering support throughout the year 2021. We are looking forward to an even better new year and working with you more closely in the year 2022.



Neighbourhood Organiser Nicky Iginla.
Photo by Ross Cooke

Every festival hundreds of people across Greater Manchester get involved with MIF. Nicky Iginla Founder Caring and Sharing Rochdale was the neighbourhood organiser for Rochdale Borough in this years Festival in July. Caring and Sharing Founder Nikky Iginla was part of a radio interview speaking about the MIF and Refugees on BBC radio, BBC News & ITV.

NICKY IGINLA

Neighbourhood: Rochdale

Caring and Sharing Charity shop was opened in 2021 with the aim of providing basic items for those who would normally be unable to afford them in Rochdale.



Caring and Sharing organised weekly trainings and events throughout 2021 **(CONTD)**

THE GREAT GET TOGETHER & CARING AND SHARING
 Making a Positive Difference in the Community
 Caring & Sharing Rochdale

Connect through Heritage

18/05/2021
 12:00pm - 14:00pm

ADDRESS
 Sparth Community Center,
 Norman Road, Rochdale
 OL11 4HS

The event is part of the great get together inspired by Jo Cox and adheres to all social distancing guidelines.
 For more info visit greatgettogether.org

For more info and RSVP
NICKY 01706527880

sponsored by:
 Virgin Media O2

BASIC IT COURSE: To REDUCE ISOLATION & LONELINESS

Every Wednesdays

TIME
 11am - 1pm

VENUE
 Better Together Building (Old M&S Building)
 54, Yorkshire Street, Rochdale.
 OL16 1JW

for **REGISTRATION** and more info Contact Nicky on **07944238892** Or **01706527880**

BENEFITS

- Qualification provides a great entry point into the world of IT, introducing you to the basic computer skills
- Suitable for absolute IT beginners or novices
- Gain basic knowledge on widely used Microsoft Office programs, including Word, PowerPoint, and Excel
- Learn how to send effective email communications, produce more powerful presentations and do more with data
- Get computer literate to help you find success in a wide range of different careers
- Interpreters will be Available**

www.caringandsharing.co.uk | Caringandsharing234@gmail.com | @CAS_ROCHDALE | 07944238892



Mental Health is not a TABOO
 It's Okay To Talk About It.

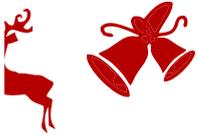
Come join us as we raise awareness on how to end this Stigma.

15/06/21
 Sparth Community Center, Normal Road, Rochdale, OLT1 4HS

First Aid Mental Health Training

www.caringandsharing.co.uk | Caringandsharing234@gmail.com | @CAS_ROCHDALE | 07944238892

Sponsored by **NEAR NEIGHBOURS**



Compliments of the Season

Best wishes and good health and happiness
throughout the coming year from Caring and Sharing and the Team



Volunteers do not necessarily have the time; They just have the heart

www.caringandsharing.co.uk | caringandsharing234@gmail.com | @CAS_ROCHDALE | 07944238892



Wishing you all a **Merry Christmas** and a **Happy New Year**

Thank you to all our volunteers, residents, professionals & partner organisations who have worked with us over the past 12 months to help improve services for the people of Rochdale.

Caring and Sharing Rochdale offices will be closed from 12pm Friday 24th December and will reopen on Tuesday 4th January at 10am.

You can find information & advice and leave

for further information contact www.caringandsharing.co.uk
Caringandsharing234@gmail.com

Best wishes
Caring and Sharing Rochdale