



NEWSLETTER



WELCOME TO YOUR SPRING NEWSLETTER!

We hope the last few months have been fruitful for you and your family.

In this newsletter, you will learn more about the fantastic initiatives we have been running and our plans for the near future.

The past few years have been challenging for us and we had to adapt to the virtual world, but we have now been able to host more physical sessions at our very own Nurturing Foundations Hub, located in Hapurhey, North Manchester.

Newsletter Highlights

SOCIAL SATURDAYS

INTERNATIONAL WOMEN'S DAY

ACA LAUNCH

WORK BASED LEARNING

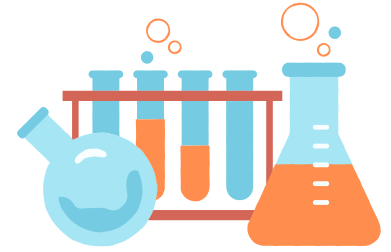
RADEQUAL

EASTER HOLIDAYS

BIKE PROJECT

MENTAL HEALTH AWARENESS WEEK

SOCIAL SATURDAYS



STEM WORKSHOP



During the spring term, we hosted an interactive Science, Technology, Engineering and Maths (STEM) workshop in collaboration with Sublime Science (winners of BBC's Dragon's Den). It was a day full of experiments, fun and learning.

RACISM



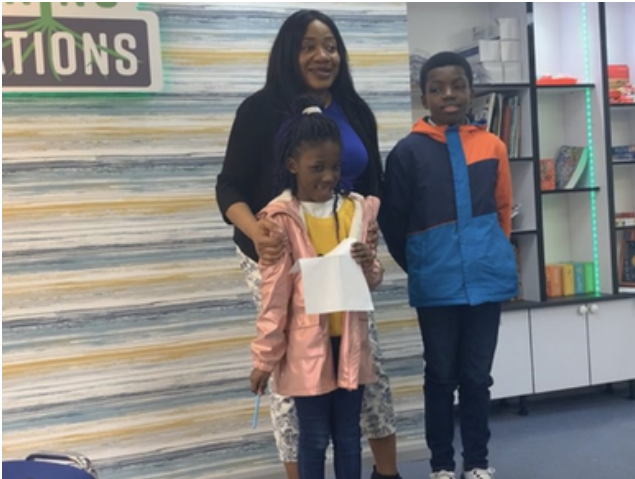
Our next two Social Saturdays Sessions were focused on the topic of racism. Our younger students designed wonderful superheroes to fight against racism. Our older students participated in discussion-based activities and both groups came together to showcase their fantastic work. We marked the end of these two sessions with games, puzzles and pizza!



SOCIAL SATURDAYS



COMMUNICATION SKILLS



During our penultimate session, we played a game show hosting game called 'Blankety Blank' to develop presentation skills. They did a great job maintaining eye contact, speaking clearly and bringing lots of energy! Perhaps we will be seeing our young people on our TV screens one day!

MOVIE DAY



Our final session was about films, fun and feedback. To celebrate the end of term, we watched Spider-Man: Into the Spider-Verse while enjoying tasty popcorn. Afterwards played musical chairs and answered general knowledge questions! We also received fantastic feedback on this term's sessions and our young people used words such as 'action-packed', 'confidence-building' and 'educative' to describe Social Saturdays.

IWD 2022



In honour of International Women's Day, we hosted an event at the Hub with donations from Winning Hearts and Minds Manchester. We had well-being talks and freebies to celebrate women and thoroughly enjoyed our time together.

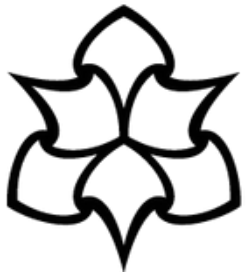
ACA Launch



AFRICAN AND CARIBBEAN ALLIANCE

We celebrated the launch of the African and Caribbean Alliance, which is a combination of 5 North Manchester VCSE organisations, led by Nurturing Foundations. The project aims to increase the health and wellbeing of residents of Manchester through increasing the collective resilience of the Voluntary, Community and Social Enterprise (VCSE) sector. In a constantly changing environment, VCS leaders need to build flexible and resilient organisations and strong partnerships, be outward facing and solution focused. Collectively, we will grow membership and capacity for smaller emerging community groups to enable them to have full access to support and to build thriving and sustainable organisations.

WORK-BASED LEARNING



**Manchester
Metropolitan
University**



We are supporting students from Manchester Metropolitan University on various projects including young people and their mental health.

Here are some photos of them taken at our Hub!

'I feel honoured to have been paired with Nurturing Foundations for my work-based learning module, as it allowed me to work with Jay and all the other workers and volunteers. It was inspiring to see how much the foundation helps children, families, and other Northern Manchester organisations. Along with this, Jay taught us, as a group, many skills that will be beneficial for us as we move on into our careers.'

- Patsy Burd

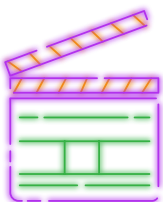


Hateful Extremism

- Incite and amplify hate, engage in persistent hatred, or equivocate about and make the moral case for violence
- Draw on hateful, hostile or supremacist beliefs directed at groups perceived as threats to the well-being, survival or success of another group
- And cause (or are likely to cause) harm to individuals, communities or wider society

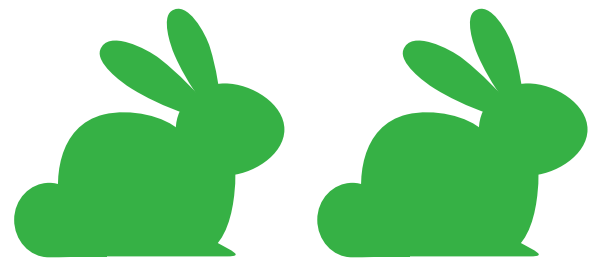


The RadEqual project is about challenging hateful extremism in the community through having constructive conversations to resolve divisions and tensions. Our young people participated in various workshops about extremism in society gaining valuable knowledge thereby increasing their knowledge and understanding of radicalisation and hateful extremism. They created their own session plan, produced and performed a play at the end of the project on positive steps to take and help tackle this issue. Their excellent acting skills was very impressive!



To watch a video of the play, click [here](#).

EASTER HOLIDAYS



NURTURING FOUNDATIONS

EASTER HOLIDAY ACTIVITIES!

FREE
ACTIVITIES FOR CHILDREN AGED 7-16

MUSICAL ACTIVITIES

ARTS, CRAFTS AND GAMES

MOVIES AT THE CINEMA

SPORTS IN THE PARK

NURTURING FOUNDATIONS HUB
502 ROCHDALE ROAD
MANCHESTER
M9 5AR

11 AM-3 PM
MONDAY 11TH - THURSDAY 14TH APRIL 2022
INFO@NURTURINGFOUNDATIONS.ORG.UK
07903072956

MANCHESTER CITY COUNCIL | Department for Education | Skills For Life | young FOUNDATIONS | MCR active

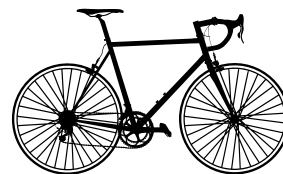


Easter holidays were so much fun as we welcomed a number of children aged between 7 and 16 to engage in activities including music, an Easter egg hunt, physical exercise, fun at the local park, a trip to the cinema and much more. Our young people demonstrated fantastic teamwork and communication skills - we are very proud of them!

BIKE PROJECT



On completion of their bike maintenance course, some of our young people receive new bicycles FREE. They are excitedly looking forward to developing their cycling skills and staying active. Huge thanks to Winning Hearts and Mind, MCRAActive and Young Manchester.



 MCR
active



MENTAL HEALTH AWARENESS WEEK



NURTURING FOUNDATIONS
DEVELOPING YOUNG PEOPLE



Mental Health Awareness Week
Join us for Afternoon Tea and a chat!

Promoting Wellbeing and Positive Mental Health for Children and Young People

FREE
Interactive discussions | Activities | Support | Refreshments & Lunch



Date: 12th of May 2022
Time: 12pm – 2pm
Location: Nurturing Foundations Hub,
502 Rochdale Road,
Manchester,
M9 5AR
Who: Parents, Caregivers, Professionals
working with children and young
people & anyone else whom would
benefit.

Contact: info@nurturingfoundations.org.uk
07903 072 956



During Mental Health Week, we welcomed a range of people to our Hub for afternoon tea and interactive conversations about promoting positive mental health and wellbeing in young people. Lots of smiles and warm moments during the conversation as we gained knowledge on how to avoid loneliness.

THANK YOU!



COMING UP!



SOCIAL SATURDAYS



'THRILLING' **SUMMER TERM** 'AWESOME'

FREE WORKSHOPS FOR YOUNG PEOPLE
AGES 7-16
12-2PM

friends 'ACTION-PACKED'

SATURDAY 21ST MAY
SATURDAY 4TH JUNE
SATURDAY 11TH JUNE
SATURDAY 18TH JUNE

'FUN'

'EXCITING' 'INSPIRING' 'CREATIVE'

'SOCIAL' 'CONFIDENCE-BUILDING' 'INTERACTIVE'

INFO@NURTURINGFOUNDATIONS.ORG.UK
07903072956
REGISTER ONLINE TODAY
WWW.NURTURINGFOUNDATIONS.ORG.UK



Social Saturdays will be resuming this week! If you would like your child to join us at the Nurturing Foundations Hub, call or email us using the contact details provided on the flyer.

Alternatively, click [here](#) to register via the online form.

HAF Half Term
Nurturing Foundations Hub
Thursday 2nd June 11am – 3pm
Friday 3rd June 11am – 3pm

Manchester Day!
We are taking part in Manchester Day on Sunday 19th June.

Our children and young people will be displaying their costume creation during the parade in Manchester City Centre.





CONTACT US



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