



DECEMBER 2024
IN THIS ISSUE:

- **OUR NEW PROJECT IN MIDDLESBROUGH**
- **A MESSAGE FROM TOC H CHIEF EXECUTIVE PAUL HACKWOOD**

CONTENTS...

2. Our new work in Middlesbrough
3. Exciting new youth provision in Newport
4. News from Toc H Cosby/ Cenotaph 2024
5. Message from the Chief Executive
6. Remembering Graham Peattie / Toc H Long Service



OUR NEW WORK IN MIDDLESBOROUGH



Toc H is pleased to be delivering the Art & Soul Project in partnership with the Hope Foundation in Middlesbrough and facilitated by Terry Doyle, a Holistic Wellbeing Coach and Community Organizer.

The group welcomes isolated adults together every Thursday morning to enjoy a safe space where they can reflect on their emotions through meditation, music and creative writing.

In early December, the group were visited by Helen Aitchison from local charity Write On The Tyne, who is looking to publish writing that will inspire readers with messages of hope and of overcoming adversity. Helen was bowled over by the sincerity, honesty and creativity of members of Art & Soul, who spoke with personal conviction about their own personal struggles.

Helen will liaise closely with Terry to make sure that the group's voices feature prominently in her next book, to be published during 2025.

There will be a publicity launch for the book -more details to follow in the New Year!

'The wonderful, inspiring, safe environment in your group is remarkable. I left feeling uplifted, inspired, and very grateful. The pieces will be perfect additions to the book and hopefully more will be produced from the diverse voices and creativity.'

Helen Aitchison, Write On The Tyne



EXCITING NEW YOUTH PROVISION IN NEWPORT



Funded by
UK Government

Active Juniors is our NEW fun, free after-school group for primary-aged children to meet new friends and take part in games and activities. The sessions foster inclusivity, encouraging children of different backgrounds and peer groups to build lasting friendships.

The group has so far been incredibly popular, and our specialist worker Angela says attendees are already experiencing the following benefits:

- New friendships and shared understanding across difference
- Increased physical activity
- Improved mental health and emotional wellbeing

Parents also benefit from provision of a low-cost after school activity, all-important as the cost of living continues to hit young families hardest.



For more information about Active Juniors, follow our
Newport Hub on Facebook:

<https://www.facebook.com/ToCH.Newport/>



A memorial tableau has been built in front of Cosby Toc H for Remembrance Day. The village parade passed it on the way to the War Memorial at Cosby Parish Church on 10th November.

Thanks to ONE Fabrication and Cosby Parish Council for supporting this project.

TOC H AT THE CENOTAPH 2024



Toc H members at the Cenotaph National Service of Remembrance on 10th November. The day was a chance to reflect on the contributions of servicemen and women involved in the two world wars and later conflicts.

A MESSAGE FROM OUR CHIEF EXECUTIVE

By Paul Hackwood - Toc H Chief Executive

Well first let me wish you well for this Christmas Season.

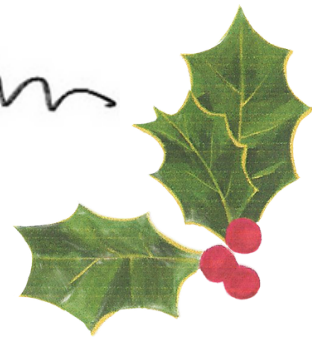
We live in times of great change. Most of us could never have expected some of the technological advances that have shaped our lives. Mobile phones of the type most people have today were unheard of only 20 years ago- now they are a ubiquitous part of everyday life. Advances in medical technology over the same timescale mean that many diseases that were untreatable and may have led either to death or a life of chronic illness are now routinely treatable. A useful advance with cars is that I can make the lights flash and the horn sound on my car from my phone when I lose it in a car park - which happens more often than I would admit.

Alas, the virtue and character of human beings has not advanced at the same sort of speed! We see this in global affairs where tough guy politics and the use of war has if anything increased. Ukraine, the Middle East, Sudan and the long and ongoing war in Myanmar leave all of us shocked and puzzled.

Then there are the divisions which have become much more pronounced in our own country over these last 20 years, where some communities do very badly while others seem to thrive and prosper.

It is our values which shape our virtue and our character and this is what makes Toc H such an important player in the world today. Our values of Friendship, Service, Fairmindedness and Reconciliation are even more important today than they have ever been. These values still characterise our vision and our mission as an organisation, driving our work now and in the future.

Paul Hackwood



THANK YOU TO OUR DEPARTING TRUSTEES

A sincere thank you from all of us at Toc H to Paul Dimoline and Robert Barker, much-valued Trustees of Toc H who are leaving us this month. Paul and Robert have offered many combined years of support to Toc H, guiding the organisation through an exciting period of change and renewal.

Our new Trustees will be announced on our website in the coming weeks.

REMEMBERING GRAHAM PEATTIE

Chairman of the Toc H Denny Disabled Club and much-loved husband to Agnes Peattie. Passed peacefully at home November 21st 2024, aged 82. Thank you Graham for a lifetime of service to Toc H and your wider community.



LONG SERVICE

We would also like to recognise Agnes Peattie, who last month celebrated 40 years of service to Toc H. A sincere thank you Agnes from all of us at Toc H, for your many years of dedication. This includes running the Toc H Denny support group, which offers friendship, support and inclusion for adults with learning disabilities across Denny, Falkirk and southern and central Scotland.

Thank You

CONNECT WITH US ONLINE

Toc H National

WWW.FACEBOOK.COM/TOCH.INTERNATIONAL

Toc H Newport

WWW.FACEBOOK.COM/TOCH.NEWPORT

Toc H High Brooms

WWW.FACEBOOK.COM/TOCH.HIGHBROOMS



CONTACT TOC H



Visit our website at: www.toch-uk.org.uk



Email us at: info@toch.org.uk



Call us on: 0208 057 4200



Connect with us: www.facebook.com/Toch.International

DATES FOR THE DIARY

Dates for your diary:

Sunday, 15th December All Hallows Carol Service

Saturday, 11th October 2025- Toc H AGM

Please contact us for more information on these events

HOW YOU CAN DONATE

Donating to Toc H has never been easier:

- To set up a regular gift, or offer a one-off donation, please visit our website: <https://www.toch-uk.org.uk/get-involved>
- Raise FREE donations for Toc H when you shop online using Easyfundraising. Find us at: www.easyfundraising.org.uk/causes/toch-h/
- If you wish to remember Toc H in your will - Please call our CEO Paul Hackwood on 0208 057 4200

TOC H MEMBERSHIP



Our members commit themselves to an associational life, encouraging participation, friendship and engagement in local communities.

Membership is **FREE** and supports us all to make our neighbourhoods better places to live and flourish.

We offer various simple ways to become a member:

- Sign up online on www.toch-uk.org.uk,
- Contact us on 020 8057 4200 for a membership form
- Scan the QR code on the left and complete our short membership form