



ROCK NEWS



An open letter from The Rock

Dear Friends of The Rock,

It is now three years since The Rock Community Project was launched. Since then, we've concentrated on three aspects of the Stirling community:— 1. young people, 2. people working in Stirling City Centre and 3. families.

Tough assignments

- Families have proved to be the toughest assignment, and it may be that The Rock is not well placed to serve this group directly, although in reality everything The Rock does is relevant to families in some way.
- The drop-in lunchtime café and listening service known as **Café Refresh** also found the going tough. Despite the lovely baking provided by Marge Platt (now in the USA—thank you Marge) and her team of volunteers, the location proved far from ideal for 'dropping in' and the client base was very unpredictable. This project is currently on hold.

Boring but Important

- The Rock became a Company Limited by Guarantee. This simply formalised things that were already part of The Rock's ethos and changed nothing significant apart (critically) from giving everybody involved protection from unlimited personal liability.
- Council funding arrangements underwent a major shake-up, with the National Lottery being drafted in to support many core services. Youth work was the area indirectly affected by this change. A meeting of Rock members regretted the creeping extension of lottery funding, but concluded that, short of emigrating (where to??), there was no way of avoiding it. Actually, far from boring is the youth work happening in The Rock. With its relational emphasis and its Christian ethos, it has huge respect and influence in the community.



An Exciting Development



Dr Jane Gallacher with a group of BHS staff

'Hit the spot' was how one person described the recent seminar on Stress, run for BHS in The Thistles by Jane Gallacher during July. Around 25 BHS staff attended, both management and shop floor. Arranged through the Chaplaincy, this is an exciting development as it was first seminar to be held outside the Rock Centre and in the workplace. Feedback from the event was very positive and the plan is to explore this service with other stores. Ps The 'spot' was bio-dots - stickers that indicate your stress level!

A Big Thank-you....

.... to everyone who gives the rock financial, moral or personal support, and especially to Stirling Baptist Church, without whose original vision and generous on-going backing, The Rock would have been just one more good idea that never saw the light of day.

With best wishes from
All of us at The Rock

Opportunities @ The Rock

- **Pray** for the community: Wednesdays 7.15—8.00 am in The Rock Centre.
- **Money Matters:** Budget coaching, presenters (training provided).
- **Website support.**
- **Marketing**
- **Start-Up**
Donations of household goods welcome. If you have a few hours a month to spare, Start-Up needs you
- **Youth team (CAST):** sport, art, dance, music, getting to know the youngsters.

The Rock Needs
YOUR Support
Become a member.
It's FREE.

Coming to
REFRESH Seminars
4 September 2008
Dennis Canavan



THE STATE WE'RE IN
Want to help?

Welcomers, catering team, reception, programme planning, chairing, ideas. First Thursday of each month except school holidays.

**Interested? Contact
Christine.**

☎ 01786 462647

✉ admin@rockcommunityproject.org.uk

August 2008

The Rock Community Project is a charitable company limited by guarantee and registered in Scotland.
Registered address: The Rock Centre, 61-63 Murray Place, Stirling, FK8 1AP. Company No. SC328036, Scottish Charity No. SC034069