

YOUTH PRESS

Youth Clubs Hampshire and Isle of Wight

Working to Enable Young People to Fulfil Their True Potential

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The St Thomas Centre, 20 Southgate Street, Winchester, Hampshire, SO23 9EF. 01962 852307 www.ychiow.org.uk

• BEACH PARTY! • BEACH PARTY! • BEACH PARTY! •




Saturday 25th June 2011

**Taking place at Shanklin
on the Isle of Wight**

Starts at 11:30am, finishes at 7:30pm

**Beach
BBQ
Sailing
& Disco**



**Open to young people age 8+
£4 per person**

**See the information sheet
for full details**

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• WORKSHOPS • WORKSHOPS • WORKSHOPS •

ARE YOU 'STAYING SAFE'?



What is this workshop about? Out and about, at home, on the internet, using mobile phones... young people come across many different situations where they have to learn to keep themselves and each other safe. This workshop explores these issues in a fun and informative way passing on key knowledge and important skills to the young people taking part.



What actually happens in a workshop? This workshop incorporates a range of interesting and enjoyable activities, discussions and tasks looking at topics relating to young people and their safety. The sessions encourage young people to think for themselves, measure risk and decide what they can do to keep themselves and their friends and family safe. The young people can then choose to create a piece of work to pass their message on to others as well.

You can book a Staying Safe workshop as one of your free workshop visits, just give us a call on 01962 852307 or email cs1.ychiow@gmail.com and we'll put together a workshop to suit your group of young people.

Not for you? Don't forget we've got plenty of other workshops on offer including Beat Bullying, Juggling and Circus Skills and Initiative Challenges. Visit www.ychiow.org.uk/clubs-visits-workshops.htm for all the info or get in touch if you've got a question.;



• AFFILITION • AFFILITION • AFFILITION • AFFILITION •

HAVE YOU REMEMBERED TO RENEW YOUR AFFILIATION YET?

Don't miss out by letting your affiliation lapse! Renew online today or ask us for a form.

What's new?

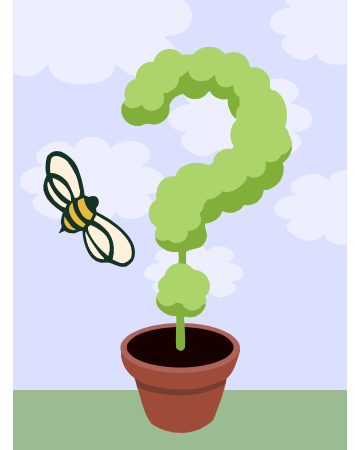
- **Online Renewal Forms:** we'll send you the link that takes you to the webpage with the form you need to complete and return
- **Upload Policies and Procedures:** need to send us a policy or procedure? Simply upload it from your computer to the renewal form and send it electronically
- **Multi-year Affiliation Discounts:** Choose whether to affiliate for 1, 3 or 5 years; the longer you affiliate for, the more money you'll save!
- **New Payment Options:** you'll have the option to send us a cheque as usual or to pay by bank transfer

What you need to do: Check your email for the information and link to go online and renew. If you don't think we've got your correct email address, get in touch and let us know by emailing secretary.ychiow@gmail.com. Or, go online to www.ychiow.org.uk/become-a-member.htm and follow the link to the renewal form.

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WHAT YOU MIGHT NEED TO KNOW

There are lots of questions about running a youth club and being a youth worker that pop up on a regular basis. On this page we share some of these with you and give you some food for thought. If you want to talk to us in more detail about anything on this page call 01962 852307 or email opmanager.ychiow@gmail.com.



Now that the weather is nicer and the evenings are lighter can we do youth club outside? Many clubs like to take advantage of the summer months and move outside to get more space and do different activities but here's a few things to think about before you go dashing out the door...

- Is it safe? Before you take the young people outside, have the workers had a chance to explore the space, think about any possible hazards and dangers and take steps to reduce these to an acceptable level?
- Are you covered? Have you checked if your insurance policy covers you to work in a different setting?
- Have you got consent? Do you have consent from the young people's parents to work with them outside as well as inside? You may need to review and revise the consent you've asked for if you're going to change your meeting place
- Can you still supervise? If moving outside means splitting your staff between 2 different locations, have you checked to make sure that you've still got enough staff to adequately supervise all the young people you are responsible for? Can you still patrol other areas of the building/grounds such as the foyer, toilets and kitchen areas?
- What about health issues? Are there any new health issues that working outside brings up such as expose to sunlight, allergies to insects, pollens etc
- Whos who? Does working outside mean that the you'll be working in a place that is also open to the general public? What steps can you take to ensure young people know who the responsible adults are and what to do if they're approached by a member of the public or have concerns about their behaviour?



- Resources on the move: do you need to take anything outside with you when you go that you would usually have easy access to inside, for example, your first aid kit, your signing in sheet etc
- Equipment: there are probably some bits of kit you'll use outside that you don't regularly use at any other time. Do you know who is responsible for checking this equipment over before it gets used to make sure it's still safe and in one piece?

The summer can be a great time for a change of scene and to offer a whole range of new activities. A bit of planning and forethought is likely to help ensure that when you head outdoors things go smoothly and hopefully everyone can have a good time.

STOP PRESS: Have you got these dates in your diary?

- **SURVIVOR CHALLENGE: MIDNIGHT HIKE: Overnight on Saturday 17th September**
- **ARTS EVENT 2011: workshops for up to 6 groups during October and November**

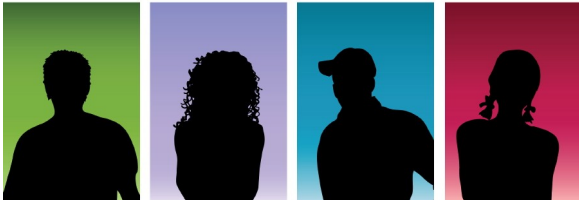
More news on both of these coming your way soon

• HOT TOPIC • HOT TOPIC • HOT TOPIC • HOT TOPIC •



YOUTH WORK: DOES ONE SIZE FIT ALL?

Youth work is a personal and social development process with young people. It is work that is planned, delivered and reviewed with definite outcomes in mind so in some ways it's a bit like a lesson plan. But that is where the similarity with lesson plans ends.



When a youth worker gets to know a young person they start to see that young person's potential even if they cannot yet see it for themselves. The worker then starts to put together a plan to enable that individual young person

to achieve that potential. Sometimes this requires inputs that have immediate outcomes for the young person, for instance dealing with anger issues needs a pretty quick response or the consequences in and outside a youth work setting could be disastrous. On the other hand working on issues of low self esteem and self belief might take a life time but are nonetheless just as necessary for the personal development of that particular young person.

Youth workers also have to provide opportunities for young people's social development planning activities that enable young people to develop their interpersonal skills and have the potential to become fully participating and active citizens in the future. This means considering both the needs of the individuals and the needs of the group in your planning and delivery.

In the current climate of instant outcomes and targets we sometimes lose sight of the fact that youth work is a long term investment and sometimes our work with young people will take time to mature and come to fruition.

So is there a single approach to working with young people which will work with all of them? I suppose the simple answer is no, but there are techniques and ways of working that have a universal appeal such as involving young people in meaningful decision making, providing team building opportunities, working to a dead line etc... But the point of this article is to make sure that we always remember that we are working with individuals and as such no two will ever be alike and will therefore require different approaches.

If you'd like to discuss anything in this article in more detail please do get in touch by email to ce.ychiow@gmail.com or call us on 01962 852307.

This article was inspired by 'The Evidence is There, But it is Difficult to See' by Howard Williamson published in CYPN on 22.3.11.



STOP PRESS: YCHLOW Newsletter... New format

From June 2011 YCHLOW members will only receive an electronic copy of the YCHLOW newsletter which we'll send you by email. You'll still be able to go online and read the latest edition, and older editions too, and if you need to you can request a paper copy.

Remember: if you haven't renewed your affiliation this will be the last newsletter we'll send you! Go online and renew today at www.ychiow.org.uk/become-a-member.htm

YOUR LOCAL COUNCIL FOR VOLUNTARY SERVICE (CVS)

Have you considered contacting your local Council for Voluntary Service (CVS) for help and advice? These organisations assist their local areas by supporting local voluntary activity and providing a range of services and facilities.

There are 11 district CVS's as well as CVS's supporting Southampton, Portsmouth and the Isle of Wight. In addition, there is a Hampshire-wide CVS, Community Action Hampshire, which is also a Rural Community Council.

Your local CVS will be able to help you by providing information about all sorts of things including:

training opportunities for your group and volunteers;
funding and support with applications.

It may also be able to offer you advice on fund raising activities and help with CRB checks. Some CVS's also operate Volunteer Recruitment Centres.

Basingstoke Voluntary Services

The Orchard
White Hart Lane
Basingstoke
Hampshire
RG21 4AF
Telephone: 01256 423816
Fax: 01256 423825
Email: bvs@voluntaryservices.com
Website: www.voluntaryservices.com

Hart Voluntary Action

Civic Offices
Harlington Way
Fleet
Hampshire GU51 4AE
Telephone: 01252 815652
Fax: 01252 811841
Email: info@hartvolaction.org.uk
Website: <http://www.hartvolaction.org.uk/>

Rushmoor Voluntary Services

The Community Centre
Meudon Avenue
Farnborough
Hampshire GU14 7LE
Telephone: 01252 540162
Fax: 01252 370500
Email: info@rvs.org.uk
Website: www.rvs.org.uk

One Community

16 Romsey Road
Eastleigh
Hampshire SO50 9AL
Telephone: 02380 902400
Fax: 02380 902413
Textphone: 02380 902401
Email: info@1community.org.uk
Website: www.1community.org.uk/

Winchester Area Community Action

The Winchester Centre
68 St Georges Street
Winchester
Hampshire
SO23 8AH
Telephone: 01962 842293 (Reception)
Fax: 01962 848029
Email: waca@waca.org.uk
Website: www.waca.org.uk

Community First East Hampshire

The Tilmore Centre
1 Tilmore Road
Petersfield
Hampshire
GU32 2HG
Telephone 01730 710017
Fax: 01730 710117
Email: Online form
Website: www.cfeh.org.uk

Community Action Fareham

163 West Street
Fareham
Hampshire PO16 0EF
Telephone: 01329 231899
Fax: 01329 223156
Email: enquiries@farehamaction.org.uk
Website: www.farehamaction.org.uk

Gosport Voluntary Action

Martin Snape House
96 Pavilion Way
Gosport
Hampshire
PO12 1FG
Telephone: 02392 583836
Fax: 02392 604684
Email: mail@gva.org.uk
Website: www.gva.org.uk/

Havant Council of Community Services

Building 6000
Suite 6200
Langstone Technology Park
Langstone Road
Havant
Hampshire
Telephone: 02392 415556
Fax: 023 9241 5562
Email: admin@havantccs.org.uk
Website: www.havantccs.org.uk

Test Valley Community Services

Romsey Office
Council Offices
Duttons Road
Romsey
Hampshire SO51 8XG
Telephone: 01794 519998
Fax: 01794 517122
Email: info@tvcs.org.uk
Website: www.tvcs.org.uk/

Andover Office

2nd Floor, Wessex Chambers
Andover
Hampshire SP10 2BN
Telephone: 01264 362600
Fax: 01264 353010
Email: zoe.white@tvcs.org.uk
Website: www.tvcs.org.uk/

Community First, New Forest

Public Offices
65 Christchurch Road
Ringwood
Hampshire BH24 1DH
Telephone: 01425 482773
Fax: 01425 482666
Email: admin@cfnf.org.uk
Website: www.cfnf.org.uk

Southampton Voluntary Services

Kingsland Square
St. Mary's Street
Southampton
Hampshire SO14 1NW
Telephone: 02380 228291
Fax: 02380 222291
Email: information@southamptonvs.org.uk
Website: www.southamptonvs.org.uk

Community First for Portsmouth

338 Commercial Road
Portsmouth
Hampshire PO1 4BT
Telephone: 02392 827110
Fax: 02392 873785
Email: enquiries@community1st.org.uk
Website: www.community1st.org.uk/

Isle of Wight Rural Community Council

3 Langley Court
Pyle Street
Newport PO30 1LA
Telephone: 01983 524058
Fax: 01983 526905
Email: mail@iwrcc.org.uk
Website: <http://www.iwrcc.org.uk/>

Community Action Hampshire

Beaconsfield House
Andover Road
Winchester
SO22 6AT
Telephone: 01962 854971
Email: Online form
Website: www.action.hants.org.uk



• Youth Worker Development • Youth Worker Development •

YOUTH WORK: THE BASICS

Aimed at those new to youth work or thinking about starting out

This is a 2 day Youth Worker Development Programme designed to offer participants a chance to develop a basic understanding and awareness of youth work as a way of working with young people

SATURDAY 21st MAY 2011, 9:45am-4pm

- 1: INTRODUCTION TO YOUTH WORK
- 2: CHILD PROTECTION IN THE CONTEXT OF SAFEGUARDING

SATURDAY 18th JUNE 2011, 9:45am-4pm

- 3: PLANNING, DOING AND REVIEWING YOUTH WORK
- 4: POSITIVELY CHALLENGING NEGATIVE BEHAVIOUR

*Venue: The Garage Youth Centre, Eling Recreation Ground,
Off Totton By Pass (The A35), SO40 9JL*

Participants are expected to attend both days of this programme

*The cost is subsidised to £20 for members and £60 for non-members
(terms and conditions apply, please see booking form)*

Please contact us for more information

YOUTH WORKER DEVELOPMENT PROGRAMME

Sessions taking place at the YCHLOW offices in Winchester...

Child Protection: Saturday 11th June 2011, 10am-4pm

An introductory awareness raising session looking at approaches to Child Protection within a youth work context and aiming to enhance participants understanding of Child Protection issues and how to deal with them

Dealing with Challenging Behaviour: Saturday 7th May 2011, 9:30am-4pm

A look at some theories behind dealing with challenging and unhelpful behaviour plus lots of practical advice and tips on how to apply this to your everyday work with young people in your youth club, group or project

Risk Assessment: Saturday 2nd July 2011, 10am-4pm

An introduction to the practice of assessing risk within a youth club, group or project for the safety of staff, young people and visitors. Lots of practical activities aimed at bringing the process to life and enhancing participants understanding of Risk Assessment

STOP PRESS: Please note that following a recent review of our programme, we have had to revise our prices and therefore from 1st April 2011 we have introduced new fees for attending youth worker training and development sessions. For full details about sessions and current prices please visit our website

www.ychiow.org.uk/clubs-training-programme.htm

• **ACTIVITY IDEAS** • **ACTIVITY IDEAS** • **ACTIVITY IDEAS** •

FOOD, GLORIOUS FOOD!

Activities involving food are always popular with young people and, as there are a few food related awareness weeks in May and June (see below and the bottom of the Youth Pages), why not run an activity at your club that promotes healthy eating?

Here are a couple of ideas:



Ready Steady Cook: The leaders get a range of healthy food, split the young people into teams and each team comes up with a dish using the ingredients provided.

Food Art: Provide a wide range of washed fruit and vegetables (all of which are edible raw) and let young people make sculptures with them (and try eating bits of them too). You'll need to make sure everyone washes their hands at the start and that the tables, cutting boards etc are all cleaned properly so it's safe to nibble away!

Some Upcoming National Awareness Weeks

National Doughnut Week (7th – 14th May 2011): For one week every year through the sale of doughnuts at their outlets, participating bakers across the UK will be helping to raise money for The Children's Trust, a national charity which provides care, education and therapy for children with multiple disabilities and complex health needs. For more information visit <http://www.nationaldoughnutweek.org/>

Talking Point: Is it okay to eat doughnuts if you want a healthy diet?

Food Safety Week (6 - 12 June 2011): Food Safety Week is an annual event held to promote the importance of good food hygiene in the home. For more information visit <http://www.food.gov.uk/safereating/hyg/germwatch/>



Talking Point: What do you already know about good food hygiene

Diabetes Week (12 - 18 June 2011): The annual awareness week is organized by Diabetes UK to raise funds for people with diabetes, to increase awareness of the importance of healthy lifestyle and to dispel myths around diabetes. For more information visit <http://www.diabetes.org.uk/diabetesweek>



Talking Point: What is diabetes, what do you know about it and how it is treated?

Remember to do your own risk assessment before undertaking any new activities and make sure you think about your group of young people when planning what you'll actually do as every group is different.

MEMBERSHIP CARDS

Does your club/group/project use membership cards? We have a supply of durable, red, plastic cards with spaces for details to be entered (name, club, date, membership number). Available from our office at very reasonable rates (see order form below).

**YOUTH CLUBS HAMPSHIRE AND ISLE OF WIGHT
ORDER FORM FOR MEMBERSHIP CARDS**

Club:

Address:

.....

.....

.....Post Code:

Tel No:Mobile Number:

Requires membership cards.

Enclosed please find a cheque for £ made payable to 'Youth Clubs Hampshire and IOW'.

COST

50 cards £9.50 + £1.20 postage & packing

100 cards £18.50 + £1.60 postage & packing

150 cards £28.00 + £1.70 postage & packing

200 cards £37.00 + £2.00 postage & packing

Return to:
Membership Cards
Youth Clubs Hampshire & IOW
The St Thomas Centre
20 Southgate Street
Winchester
SO23 9EF



Sample Membership Card