



Walk together ~ Work together
Youth Clubs Hampshire and Isle of Wight's Ultimate Teamwork Challenge...

Overnight on Saturday 17th September

Base Camp: Wickham Community Centre

Cost: £35 per team (max 8 people per team)

Can you survive an adventurous night of team challenges and walking?
Are you up for the challenge?

All teams of young people must be accompanied by their youth workers at all times
Age limit: 11 years and over

See your youth worker for more details or to get signed up

• New Activities •

We've got some new activities to bring out to you... Do you want to have a go? Choose from...

Kite Making
Building Totem Poles
Making and Use Poi
Origami

If you'd like us to bring one of these, or any of our other workshops, to your club then speak to your youth work.

Have you got a good idea for a new workshop activity? We'd love to hear your idea so drop us a line at cs1.ychiow@gmail.com and help us make our workshops even better!

• Talking Point •

How much do you know about safety online?

Do you know what to avoid doing so you don't put yourself or your friends at risk?

Are you pretty confident that you don't take any risks online?

Why not check out the facts and make sure you are your friends are keeping safe. Head over to www.thinkuknow.co.uk, a site with all sorts of information to help get online safely.

WHAT'S HAPPENING IN JULY AND AUGUST

- 27th June - 3rd July is My Money Week: this national week long event is about taking part in practical and engaging activities to promote money management. There's more info at www.mymoneyonline.org
- From 2nd-24th July its the Tour de France. This world famous cycle race will see the competitors cover a total of 3,430.5 km (thats 2,131.5 miles). Find out more about this event at www.letour.fr and why not get involved in some cycle-related or French themed activities yourself!
- 4th-10th of July is MEND Move It week which is part of the National Childhood Obesity Campaign aimed at promoting physical activity and healthy lifestyles. Find out more www.mendcentral.org/aboutus/mendin2011/moveitweek
- 4th-10th July is also National Transplant Week. Find out more about organ transplants and donation by visiting www.organdonation.nhs.uk/ukt/
- 23rd-31st July is Love Parks Week. This week is a celebration of parks and open spaces with lots of events going on around the country. Find out more at www.loveparksweek.org.uk
- 24th July is Samaritans Awareness Day. Do you know who the Samaritans are and what they do? www.samaritans247.org/
- 1st-31st August is National Road Victim Month. This campaign aims to raise awareness of the dangers on our roads and promote safety to all. Find out more information at www.roadpeace.org/
- 7th of August is Friendship Day in the US, do you think we should bring the celebration to the UK too? The day is a celebration of all the best things about being and having friends. Visit www.friendshipday.org/ for more information
- 12th August every year is International Youth Day and this year, the event marks the end of International Youth Year as well so it's extra special. To find out what it's all about and why there should be an international day all about young people visit the website at <http://social.un.org/youthyear/>
- 23rd-29th August is Love your Gut Week across the UK; an event promoting good digestive health. What's that all about then? Visit their website to find out more: www.loveyourgut.com/gut-week/

