

Youth Press

4Youth
Hampshire & Isle of Wight

February 2014 Edition

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THE TIMES ARE A CHANGING!

It's been an exciting few months in the offices of 4Youth. First we changed our name to 4Youth and now, after getting used to the new name (which is a lot easier to say when answering the telephone) we are moving offices too! Read on to find out where we are going...

After many years based in the St Thomas Centre in Winchester, 4Youth will be moving to new premises in Eastleigh during the week commencing 10th March 2014. We are moving into the offices of One Community Eastleigh.

We are hoping that this will be a smooth transition from one office to another with minimal disruption to the services that we provide. Our new office telephone number has yet to been confirmed; keep your eyes open as we will email this to you as soon as we can. Here's our new address! Don't forget to update your contact details that you have for us.



4Youth

16 Romsey Road

Eastleigh

Hampshire

SO50 9AL

A reminder of how to contact our team...

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Simon.4Youth@gmail.com / 07756 774085

Sarah.4Youth@gmail.com

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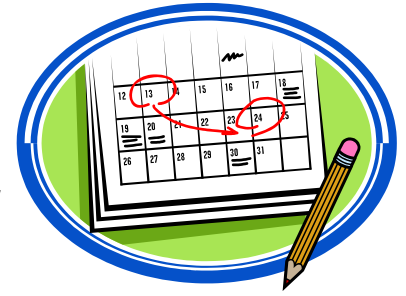
Participation.4Youth@gmail.com

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Inspiring • Enabling • Achieving

TIME TO RE-AFFILIATE

Calling all members of 4Youth... The current affiliation year ends on 31st March so it's time to re-affiliate to ensure you can continue to benefit from all the different services and resources provided for you by 4Youth.



All members will shortly receive an email from our office administrator, Sarah, reminding them that the affiliation year is coming to an end. But in the meantime, here's a reminder of just some of the benefits of affiliation.

- Member 'freebies' (see page 3)
- Extensive training and development programme
- Activities and events for young people
- Access to discounted insurance
- Young Leader & Young Facilitator programmes
- Help with policies, procedures and working guidelines
- Access to discounted DBS (Formally CRB checks)
- Regular newsletters and e-updates
- Someone to talk to about your work with young people
- Tailor-made help... support from 4Youth for the things you need help with

We are also pleased to announce that affiliation rates for the new affiliation year will remain the same as last year. This means that you can affiliate your project to 4Youth for less than £1 per week! If you wish, there is still the option to save time and money by affiliating for multiple years which entitles you to a discount (see below).

The rates of affiliation are as follows:

1 Year	£45.00
3 Years	£127.50 (equivalent to £42.50 per year)
5 Years	£200.00 (equivalent to £40 per year)

Did you know...

- 4Youth members come in all shapes and sizes and all our members are entitled to receive the same benefits of affiliation. Make the most of your membership by booking in your workshops, visits, training or other 'freebies'
- Affiliation fees only account for approximately 3% of our income on average and are put towards covering some of the costs associated with the many member services we provide.
- 4Youth is a not-for-profit organisation. The full cost of the services that we provide and the 'freebies' we offer members is met by the extensive additional fundraising that 4Youth undertakes. This includes applying for grants, seeking sponsorship, receiving donations and holding fund raising events.

MEMBERS FREEBIES

Two years ago we introduced our new and improved members freebies offer. You'll be pleased to know that we are going to continue with this for a third year. So what's the deal?

What's on offer: ... you can choose the combination of services from 4Youth that best suits your needs. All members receive one free visit or activity workshop and you can then choose a second freebie that meets your needs.

Choose from:

- A second visit or activity workshop from our set list of activity options (see below)
- A short in-house youth worker training and development session from our existing programme (excluding accredited training): <http://4youth.org.uk/training/>
- Support to write or re-develop an aspect of your group's Policies, Procedures or working guidelines
- A team building session for your staff
- A facilitated staff or management group meeting
- 'Consultation' time to develop another aspect of your work
- Something else: can't see exactly what you need? Contact us and we'll see what we can do!

How to get in touch: Simon.4Youth@gmail.com

Don't miss out on your free activity workshops, choose from the options listed below then get in touch to book a date and time for your workshop visit...

Juggling and Circus Skills

Poi Making

Healthy Lifestyles

Initiative Challenges

Mask Making

T-Shirt Painting

Origami

Kite Making

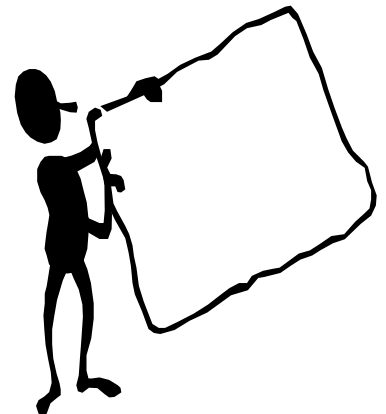
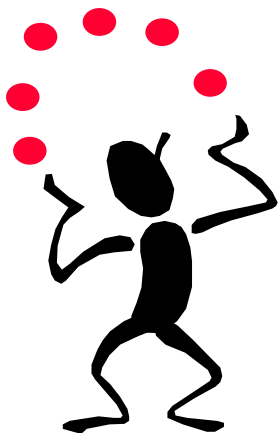
Banner Making

Staying Safe

Beat Bullying

Totem Poles

Scrap Sculpture



WORKFORCE TRAINING AND DEVELOPMENT

Throughout the year our staff deliver training sessions at various different locations. Here's a little taste of what's coming up.

ACTIVITY IDEAS FOR YOUTH WORKERS

When: Monday 17th March 2014

Time: 7pm - 10pm

Location: Hook

Aim of the Programme

- To provide ideas and resources that enable workers to provide a wider range of activities within a youth work setting

Objectives of the Programme

- By exploring different types of activities to use with groups of young people
- By developing increased understanding of learning through the experience of doing
- By increasing awareness of activities as opportunities for young people to learn and develop

GROUP WORK SKILLS

When: Thursday 20th March 2014

Time: 7pm - 10pm

Location: Denmead

Aim of the Programme

- To increase learner's knowledge and understanding of the nature of groups and how to work effectively with groups of young people

Objectives of the Programme

- By exploring different theories on groups and group work and how these can inform youth work practice
- By increasing knowledge of the different roles with groups including the leadership role
- By developing knowledge of how to facilitate effective group work and deal with problems within groups

Course	Members	Non Members
Activity Ideas for Youth Workers	£7.50	£20
Group Work Skills	£7.50	£20

Details of more courses can be found at

www.4youth.org.uk

If you're interested in booking a place, would like to find out more about any of the Training and Development sessions or are interested in hosting a session please email Simon.4Youth@gmail.com

HOW HAS YOUTH WORK CHANGED YOUR LIFE?

We want to know: 'How has youth work changed your life for the better?'

4Youth are putting together a collection of comments and stories about youth work from the point of view of anyone who attends or has attended a youth work service. You could be a young person currently attending or a young person or adult who has attended in the past.

Youth work takes many different forms and is found in lots of different settings. This can include: Youth Clubs, Youth Groups, Youth Projects, Youth Cafés, Youth Hubs, Youth Zones, Uniformed Groups, Young Carers Projects, Schools Work, Detached Work, Mobile Work and Outreach Work.

We are doing this to help us get across the message to others about why youth work is so important. We want to tell others about the value and positive impact of youth work.

What do we mean by change for the better? This could be a small change or it could be a change that has impacted on your whole life. However big or small the change we'd love to hear your story.

Please let us know how youth work changed your life by completing our short, online form at www.tfaforms.com/313060 or by doing your own session with the young people you work with and sending their stories to us at Ally.4Youth@gmail.com

We'd love to hear all your stories!



NEWS ROUND-UP



UK YOUTH CHIEF EXECUTIVE: Charlotte Hill, who heads up the National youth work charity UK Youth has been appointed as the Chief Executive of the Step Up To Serve campaign that was launched by the Prince of Wales in November 2013. Charlotte took over the role of CEO following John Batemans retirement in 2010. 4Youth would like to wish Charlotte all the best for the future and thank her for the support she has given to us.



RELOCATION: In March this year 4Youth will be relocating their offices to Eastleigh. Please do keep an eye on our website where more information will be forthcoming in the near future; www.4youth.org.uk. Those of you use twitter can also keep up with our latest news by following our Chief Executive Ally Lee-Dudley @Ally_4Youth



ONLINE DBS CHECKS: Online Enhanced DBS Checks (formally CRB) are available to 4Youth members through uCheck (formerly MG Care). This provides members with a local, low cost and simple solution to obtaining Enhanced DBS checks. If you'd like to know more, please email Sarah at SarahM.4Youth@gmail.com



STARBUCKS FUNDING: Groups of young people aged 16-24 years old can apply for up to £2000 from the Starbucks Youth Action programme which aims to empower young people to make a difference in their communities. <http://www.ukyouth.org/our-work-with-young-people/corporate-responsibility/youth-action>.



YOUTH INDEX: The Princes Trust has produced its 6th annual Youth Index report. This report is a must read for those working with young people and surveys young people across the nation to assess their wellbeing and state of mind.

YOUNG PEOPLE WANTED FOR DOCUMENTARY

Boundless is a production company whose work includes The Apprentice, Four Rooms to the Country, Great British Railway Journeys and Grand Designs. They have been commissioned by the BBC to make a documentary starring young people aged 18-24 years of age.

Chris Pitt who is Assistant Producer at Boundless contacted us to find out if we knew of any young people who may be interested in taking part. We asked Chris to email us some more details, here is what he said... *"I am working on a new BBC documentary series about young people who we will send abroad to work in tough jobs around the world.*

This will be a great opportunity for young people who might need to earn a bit more money, and who are also keen to go abroad and experience a demanding job in an unusual location. These will be real jobs which people actually do, and the young people who we will take to do them will be paid for them.

We're looking for 18-24 year olds who, in the UK's harsh economic climate, may be struggling to find a decent job or pay the bills and who are prepared to spend three or four weeks away from home doing whatever it takes to earn some much needed extra cash.

The work itself will be physically tough and mentally demanding and they will be way out of their comfort zones but these are real jobs that require no prior experience and that anyone can do to earn some extra money"

If you know of any young people who may be interested and would like to apply please contact chris.pitt@boundlessproductions.tv"



Please note: 4Youth is passing on information about this opportunity but in no way endorsing it. If you are interested please undertake all the checks necessary to ensure it will be safe and suitable for you to take part in.

NEW SKILLS, NEW EXPERIENCES

4Youth are looking for more groups of young people who want to become Young Leaders or Young Facilitators (or both!). Each of these roles offers young people a chance to take on a new role, develop their skills and knowledge and take part in a fun and challenging programme with their peers.

Young Leader Training: is designed for young people aged 13+ who are ready to begin to take on a leadership role and some responsibility within their youth club, group or project. The course lasts approximately 12 hours, can be delivered in your own location and at a time and date to suit you. Topics such as what is a young leader, how to plan a safe session and responding to concerns about young people's wellbeing are all covered by the course.

Young Facilitator Training: is designed for young people age 16-21 who want to help other people to learn and develop whilst also developing their own skills. The programme lasts approximately 12 hours in total with optional formal accreditation too. It covers topics such as communication skills, learning styles and how to run a learning activity for your peers.

Want to know more? Email
Participation.4Youth@gmail.com



FAQS

There are lots of questions about working with young people 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 about anything on this page call 01962 852307 or email Simon.4Youth@gmail.com



One of the recent hot topics of discussion between our staff and our members has been on the subject of young people and their consumption of energy drinks. Youth workers have had concerns around changes in their young peoples behaviour after consuming these drinks, how this can be managed in the youth work environment and potential longer-term dangers. One local youth worker commented that their young people were consuming three or fours cans of energy drinks before coming to the youth club and that their behaviour was “off the scale”.



The energy drinks industry is big business. Red Bull is the UK's third largest selling soft drink behind Pepsi and Coca Cola. From looking at the various cans of energy drinks on the market it's clear to see why they are appealing to young people. Packaging is bright and cool looking, the cans are over sized and look like beer cans from a distance.

Over the past couple of years many youth workers across the country have faced issues relating to energy drinks. During 2012 the journal, 'Children and Young People Now' ran a news article about a youth project in Hull that banned energy drinks; a decision that was backed by the national drugs education charity 'Hope UK'.

Youth workers are not alone, teachers are also reporting difficulties in the classroom as some young people use these drinks as a replacement for breakfast and drink them throughout the school day. In January, government advisor John Vincent suggested energy drinks should be banned in schools as “children could be unteachable after several cans a day of the high-sugar, caffeinated drinks”.

Did you know... A 500ml can of Red Bull contains the equivalent caffeine content of two cups of coffee! The same can of Red Bull will contain 13 teaspoons of sugar!

Interestingly, suppliers of energy drinks have concerns too. In November 2013 the Guardian reported that the Supermarket chain 'Morrisons' were, as part of trial, to ban the sale of high caffeine drinks to under 16 year olds in a number of their stores. This may be rolled out nationally this year.

So as youth workers, what are our options?

Banning Energy Drinks: A complete ban isn't necessarily straight forward, as young people could buy and drink energy drinks before they come to us or during the session if they're allowed to leave and come back.

Work with local shops: One of our members struggled with the idea of enforcing a ban and took a different approach. They spoke to the supplier, the local supermarket, and explained the effects that these drinks were having on the young people who they were working with. After listening to the youth workers concerns the manager agreed that their staff wouldn't sell energy drinks to young people on the night the youth club opens. Ok, so it would be nice if the supermarket didn't sell them at all, but for this member group it's a start. And guess what? They have seen an improvement in the young people's behaviour.

Informed Choice: As youth workers we should be thinking about educating young people about the risks that are associated with high levels of caffeine intake. Once young people have this knowledge they can then make an informed decision about their personal consumption.