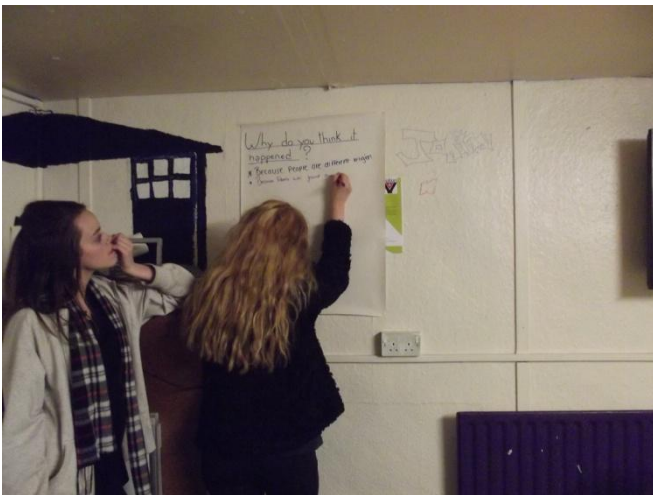


## Welcome back and happy New Year from the whole team at YMCA Bolton

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### Past and present activities and project work.

Back in November the young people of the youth club expressed their thoughts and anger over the Tragedy in Paris where over 120 people lost their lives. This has brought about discussion and awareness about war and terrorists and how acts of war affects not just the people involved in the war but also the rest of the world.



Writing down personal thoughts on the Paris tragedy

## Understanding world issues

How the young people have shown that they have been affected by ongoing conflicts

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A video has been made of the young people holding up a poster to show their support for the victims, families and

communities of the tragedy with the intention of it being sent to YMCA France.



Young people holding up their message of support

## Plan for January

### Youth cafe

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The cafe will be providing a healthier menu for the young people to choose from. This is to allow the sugar intake within the youth club to be lowered.

### Youth club

The main topic over the month of January will be healthy lifestyle. This is to allow young people to become more aware of the impact that eating sugary drinks, over indulgence in stimulants and alcohol has on their bodies and minds. Young people will be able to participate in activities such as, Dance, Healthy eating, Positive changes workshop, competitions and crafts. Any more ideas on healthy lifestyle activities please speak to Louise or Laken.

Also any comments to be made about the healthy eating project please speak to your youth workers or use the suggestion box which is located in the youth club on the youth council board.

# Interview with staff member

By Joe roe

## Cyber Bulling

The miss-understood part of bullying

With cyber bullying on a rise within the UK and more social networking site becoming available for people to use, it is important that the youth team talk to the young people about

- What is cyber bullying
- How to recognise it
- How to report it
- The affect it has on the victims.

### 1/How did you hear about the organisation?

Personal involvement

### 2/What have you done previously in relation to Young people and children's services?

7 to 8 years volunteering with the organisation and a youth and community degree

### 3/What do you think of the people you meet whilst working at the YMCA?

Best people in the world

### 4/What can you bring to the YMCA?

Working in the sessions

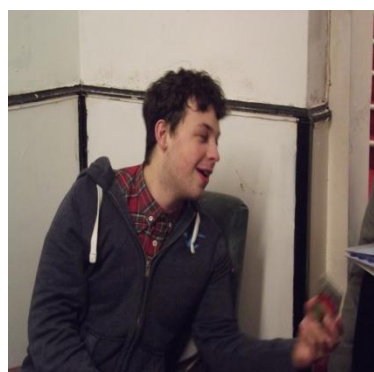
### 5/What do you enjoy about working here?

Evening work and love how committed people are to their work?

Over the next few weeks the youth team will devise a series of activities to help the young people become more aware of cyber bullying. One to one conversations and support is available for those young people who have been or are affected by this issue.



Young people with their cyber bullying posters



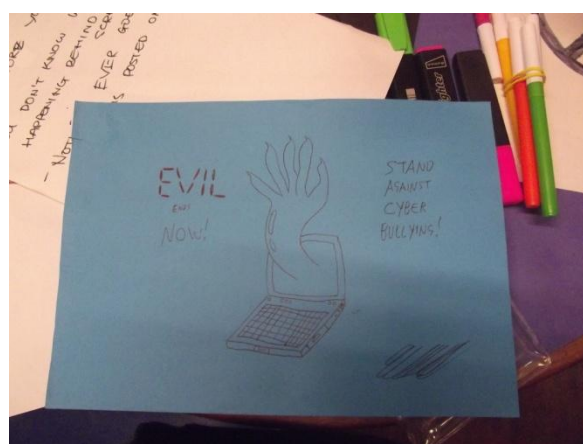
Joe roe

### Reporters for the news letter

If you fancy the chance to gain experience interviewing then speak to your youth work team

### Football at castle hill

The YMCA staff are looking at taking anybody interested in playing football to castle hill outdoor pitches. If you are interested can you sign up on the interest sheet on the main notice board?



# Monthly programme for January 2016

## January 2016 - Programme

Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b><u>4th Drop in 6-9pm</u></b> Healthy Eating survey / quizz	<b><u>5th</u></b>	<b><u>6th Drop in 5-8pm</u></b> Healthy Eating café healthy food (Kim)	<b><u>7th drop In 5-7pm</u></b> Healthy Eating café healthy food (Kim)	<b><u>8th</u></b>	<b><u>9th</u></b>	<b><u>10th</u></b>
<b><u>11th Drop in 6 - 9pm</u></b> Positive change week (Laken) 3 changes 'new you' (first half hour)	<b><u>12th</u></b>	<b><u>13th Drop in 5-8pm</u></b> Music night/ wall art (Kim)	<b><u>14th Drop in 5-7 pm</u></b> Nail art 'Dance fit' positive change	<b><u>15th</u></b>	<b><u>16th</u></b>	<b><u>17th</u></b>
<b><u>18th Drop in 6-9pm</u></b> Legal high quiz (first half hour) Laken Pool competition / crafts	<b><u>19th</u></b>	<b><u>20th Drop in 5-8pm</u></b> Music night/ wall art (Kim)	<b><u>21st Drop In 5-7pm</u></b> CPR AQA 10 dummies Gareth	<b><u>22nd</u></b>	<b><u>23rd</u></b>	<b><u>24th</u></b>
<b><u>25th Drop in 6-9pm</u></b> Job shop CVs training interview skills Laken	<b><u>26th</u></b>	<b><u>27th Drop in 5-8pm</u></b> Music night/ wall art (Kim)	<b><u>28th Drop In 5-7pm</u></b> Driving theory tests Gareth	<b><u>29th</u></b>	<b><u>30th</u></b>	<b><u>31st</u></b>



The monthly program has been put together by staff, volunteers and the young people of the youth council to allow all members of the drop-in to be treated equally and to all reach their potential.

**If any members of the drop in are affected by any of the activities on the monthly program please speak to your youth work team.**



YMCA enables people to develop their full potential in mind, body and spirit. Inspired by, and faithful to, our Christian values, we create supportive, inclusive and energising communities, where young people can truly belong, contribute and thrive.

SUPPORT & ADVICE

ACCOMMODATION

FAMILY WORK

HEALTH & WELLBEING

TRAINING & EDUCATION