



As a member of Youth Clubs Hampshire and Isle of Wight, you are entitled to 2 free activity workshops from the 'Short Workshops' section during each affiliation year. When you book a workshop YCHLOW staff will come out to run the workshop with you for the young people at your youth club, group or project. Workshop visits are a great way to try out a new activity and pick up some new ideas.

Short Workshops

JUGGLING AND CIRCUS SKILLS

A chance to try out juggling, plate spinning, gymnastic ribbons and diabolos and even make your own juggling balls so you can keep on practising. This workshop is great fun, physically active and a good way to learn about following instructions to achieve a goal.

Every Child Matters: Be Healthy, Stay Safe

Time Needed: 1 session

HEALTHY LIFESTYLES

Explore healthy eating, active lifestyles and mental health topics by taking part in a wide range of activities ranging from team quizzes to smoothie making. Find out more about what it means to be healthy and become better able to make healthy choices

Every Child Matters: Be Healthy, Enjoy and Achieve

Time Needed: 1 or 2 sessions

BANNER MAKING OR T-SHIRT PAINTING

Choose to either work as a whole group to make a banner which is a great team building exercise or paint individual t-shirts and exercise those creative skills in this enjoyable workshop. The workshop is also a chance to learn about the process of going from initial idea to finished product.

Every Child Matters: Enjoy and Achieve, Achieve Economic Wellbeing

Time Needed: 1 or 2 sessions

NEW!!! SCRAP SCULPTURES

Using recycled/pre-used materials that you collect before the workshop, young people work in groups to create their very own masterpiece. A theme is decided in advance and during the workshop the young people must work together as a group to design and make their sculpture.

Every Child Matters: Enjoy and Achieve, Make a Positive Contribution

Time Needed: 1 session

INITIATIVE CHALLENGES AND TEAM GAMES

This workshop is lively, fun and challenging. Working in groups young people will have to put their problem solving and teamwork skills into practise to complete a varied range of tasks that will challenge them both physically and mentally.

Every Child Matters: Be Healthy, Make a Positive Contribution, Enjoy and Achieve

Time Needed: 1 session

MASKS WORKSHOP

An art and drama based activity in which young people first of all create a character by decorating a mask and then bring that character to life through drama. A chance to explore image, identity and self-expression in a fun, enjoyable way.

Every Child Matters: Be Healthy, Enjoy and Achieve

Time Needed: 1 session

HOW TO GET IN TOUCH WITH US TO BOOK A WORKSHOP:

*Youth Clubs Hampshire and Isle of Wight, The St Thomas Centre,
20 Southgate Street, Winchester, SO23 9EF*

t: 01962 852307 e: fo.ychiow@ukonline.co.uk f: 01962 844483

These multi-session workshops are part of our In 2 Action project and are delivered over a number of sessions. If you are a member of YCHLOW you can access any of these workshops. Our youth workers will work with you to put together an activity plan which we will then deliver with you and your colleagues.

In 2 Action

Multi-Session Workshops

POSITIVE PORTRAITS

Using a digital camera to explore the image of young people this workshop incorporates a wide range of different activities to encourage young people to explore image, identity, stereotypes and prejudice. By the end of the workshop the young people will produce a photographic collection of positive images of themselves that can be displayed within the local community.

Every Child Matters: Enjoy and Achieve, Make a Positive Contribution

Time Needed: 2 to 4 sessions

DRUGS AWARENESS

A range of activities that will help to provide young people with the skills and knowledge they need to make informed choices about drugs, make healthier lifestyle choices and take few risks.

Every Child Matters: Be Healthy, Stay Safe

Time Needed: 4 to 6 sessions

XPRESS YOURSELF

Being able to express yourself in a positive, effective way is a key life-skill. This workshop enables with young people to think about the range of different tools available to them to express themselves and explores topics such as assertiveness, individual roles within a group and how to feel confident

This workshop can also be designed to include interview skills and how to write a C.V.

Every Child Matters: Make a Positive Contribution, Enjoy and Achieve, Achieve Economic Wellbeing

Time Needed: 2 to 4 sessions

MAKING THE NEWS

How much do young people know about their local communities? This workshop is centred around the task of young people making their own local TV News programme. During the workshop there will be activities looking at teamwork and communication skills as well as the chance to learn new skills such as how to use a camcorder and laptop.

Every Child Matters: Make a Positive Contribution, Enjoy and Achieve

Time Needed: 2 to 6 sessions

STAYING SAFE

Hanging out with friends, going out and about on the roads, on the internet... how do young people keep themselves safe? In this workshop there will be a range of different activities all designed to help young people keep themselves, and each other, safe.

Every Child Matters: Stay Safe, Make a Positive Contribution

Time Needed: 4 to 6 sessions

Can't see what you're looking for? These workshops give you an idea of the kind of activities we offer. If you can't see something that quite fits into the needs and interests of the group you work with give us a call and we'll be happy to work with you to come up with a workshop that's tailor made to suit you.

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