



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 w:www.ychiow.org.uk*