

# Youth Pages

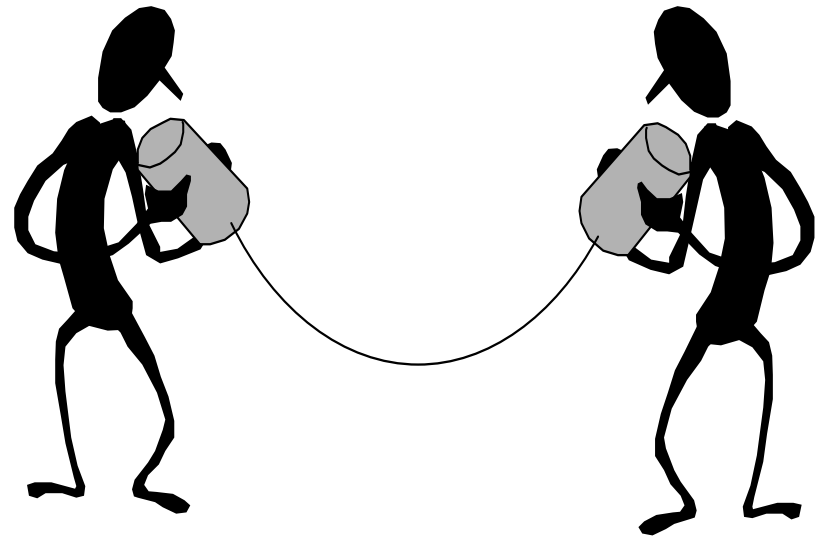
August 2009

## GOT SOMETHING WORTH SHARING? PASS IT ON!!!

We've just launched our new workshop, Pass It On that will help you get your message across to other young people. There'll be a range of fun and interesting activities, games and discussions and a chance for you to work on your own project to 'Pass It On'.

Whether its drug or alcohol awareness, road safety, keeping safe at home, being healthy, being physically active... we've all got things we're passionate about and want to share with other people so why not take the opportunity as 'Pass It On'?

If you'd like us to come to your youth club, group or project and work with you to 'Pass It On' please let your youth workers know and ask them to contact us to arrange a visit.



## CAT MARK... WE NEED YOU!

**Do you think its important that organisations that offer services for young people provide them in a safe, young person friendly way? If the answer is yes then why not become a CAT Mark assessor?**

CAT Mark assessors go and visit organisations working with young people and provide them with helpful feedback and useful information about how they can make their service more young person friendly.



All young people who are CAT Mark assessors attend a half day training event first and you have support workers to help you with the whole process from going on the visits to writing up your report.

Want to sign up or find out more? Speak to your youth worker or contact Lynsey on 01962 852307 or by email to [ac3.ychiow@ukonline.co.uk](mailto:ac3.ychiow@ukonline.co.uk).

## YOUNG LEADER RESIDENTIAL

**Have you done or are you currently taking part in our Young Leader Training? If so, then this is for you!**

All young leaders are invited to take part in our residential weekend from 20th-22nd November 2009 at Fairthorne Manor near Botley in Hampshire.

This will be a great weekend full of fun activities and more chances to develop your young leader skills and make new friends.

Ask your youth worker for more info and a form or contact us on 01962 852307 or email [ac3.ychiow@ukonline.co.uk](mailto:ac3.ychiow@ukonline.co.uk).

## HOT TOPIC

There's been lots in the news recently about how to eat a healthy packed lunch whether you're taking it to work, school or college. What do you think makes a healthy meal and how do you go about making sure you have a healthy diet?



## WHAT'S HAPPENING IN SEPTEMBER AND OCTOBER

- 21st September is International Day of Peace. What does this mean and why does it take place? Look it up at [www.internationaldayofpeace.org](http://www.internationaldayofpeace.org)
- 29th September is World Heart Day to raise awareness of heart disease. Find out more at [www.world-heart-federation.org](http://www.world-heart-federation.org)
- October is Black History Month: visit [www.blackhistorymonthuk.co.uk](http://www.blackhistorymonthuk.co.uk) to find out more about what this means and what will be going on
- 2nd October is Jeans for Genes day, do you know what this is? Are you taking part? Their website has more information; [www.jeansforgenes.com](http://www.jeansforgenes.com)
- 5th-11th October is Learn To Sign week which is organised by the British Deaf Association. Sign Language is one of the key ways of communication for a deaf person. Visit their website [www/bda.org.uk/Learn\\_to\\_Sign-i-19.html](http://www/bda.org.uk/Learn_to_Sign-i-19.html) to find out more and discover where you can learn to sign
- 8th October is World Vision Day raising awareness of blindness. Visit [www.v2020.org](http://www.v2020.org) to find out more
- 8th October: National Poetry Day. Why not get involved and use your creative writing skills? Find out more at [www.nationalpoetryday.co.uk](http://www.nationalpoetryday.co.uk)
- 17th October is World Child Poverty Day. Find out what you can do to help children around the world who are living in poverty by visiting [www.actionaid.org.uk/childpovertyday](http://www.actionaid.org.uk/childpovertyday)
- 25th October: Don't forget to put your clocks back an hour for the end of British Summer Time (BST). Officially the clocks change at 2am but many people change them before they go to bed or when they get up in the morning
- 31st October is Halloween. Traditions include dressing up in scary costumes and trick or treating but do you know the origins of these traditions? See what you can find out by doing your own research and for tips on how to keep yourself safe over Halloween visit the Suzy Lamplugh Trust website and download their factsheet [www.suzylamplugh.org/files/pdfs/guidance%20pdfs/st\\_halloween.pdf](http://www.suzylamplugh.org/files/pdfs/guidance%20pdfs/st_halloween.pdf)



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