

Youth Pages October 2009

ACTIVITY DAYS: DATES FOR YOUR DIARY!

We are very excited to announce that due to popular demand we will be running three outdoor activity days in 2010, as these get booked up very quickly and have limited spaces, we would recommend that you put the dates in your diary now!!!

The dates are:
Saturday February 6th
Saturday April 24th
Saturday June 12th

Need to know more, or want to book some spaces? Speak to your youth workers who can contact us for more details and to make a booking.

• Talking Point • Talking Point • Talking Point •

HEALTHY TUCK

Over the last few years there has been a lot of talk in the media about the kind of food young people eat. As a result of this schools have been issued with new guidelines about how to ensure they provide their pupils with healthy meals and snacks. What do you think about this?

Does your youth club, group or project have a snack bar, café or tuck shop? What sort of food and drink is served here and who should decide what is on sale? Why not talk to the other young people around you and see what they think?

Did you know your club/group/project can book a healthy lifestyle workshop from Youth Clubs Hampshire and Isle of Wight which can include smoothie making, quizzes and badge making. Talk to your youth worker about booking a workshop!



POSITIVE IMAGES; WELL DONE EVERYONE!

Following 6 weeks of workshops and preparation, Saturday 17th October was the culmination of our Positive Images Arts Project which was the presentation of the work of 7 different youth projects and in total involved approximately 85 young people.

Involving sculpture, dance, drumming, fashion and photography, the project focused on using all these different art forms to challenge negative images of young people and promote positive images instead. The young people who took part have had lots of fun, learnt some new skills and made some new friends as well.

So... well done to everyone for making this project so successful and congratulations to all the young people who came along on the 17th of October to showcase their work for a very appreciative audience!



WHAT'S HAPPENING IN NOVEMBER AND DECEMBER

- 5th November 2009: Guy Fawkes Night is traditionally celebrated with firework displays. Do you know how to keep safe around fireworks? Hampshire Fire and Rescue Service provide information on their website: www.hantsfire.gov.uk/yoursafety/campaigns/fireworksafety.htm
- 16th-20th November 2009 is National Anti-Bullying Week. Their website www.antibullyingweek.co.uk provides details of what will be happening during the week and how you can get involved. The theme for this year's event is Cyberbullying.
- 20th November 2009: BBC Children In Need Appeal: this is an annual fundraising event and you can get involved! Find out how at www.bbc.co.uk/pudsey. Maybe you and your friends could organise a fundraising event at your youth club/group/project or find an event locally that you can take part in?
- 23rd-29th November 2009: Road Safety Week. Organised by the charity, Brake, this national campaign is focussing on the dangers of drink and drug driving this year and working to reduce the number of accidents and deaths on the road caused by drink and drug misuse. Visit www.roadsafetyweek.org to find out more and get involved.
- 25th November—6th December 2009: This is National Tree Week which started in 1975 and celebrates the start of the tree planting season. Visit www.treecouncil.org to find out more.
- 1st December 2009: World Aids Day. This international day aims to promote an understanding of disability issues, the rights of persons with disabilities. Visit www.un.org/disabilities/default.asp?navid=9&pid=1484 for more info.
- 4th December 2009 is Carers Rights Day. www.carersuk.org contains information about this national awareness day. Many people in the UK are carers and that includes young people as well as adults.
- 21st December 2009: This is the date of the Winter Solstice and marks the shortest day of the year.
- 31st December 2009: New Years Eve is celebrated in many different ways by different countries and cultures, how does your family celebrate? What other traditions do you know about?

