

## CYBERMENTORS

Cybermentors is a new online support site for any young person who is affected by bullying. Whether being bullied at school, in the street, targeted on your mobile phone or through the internet, or maybe you are bullying someone and want to stop you can use Cybermentors to speak out to someone about your concerns.

The great thing about Cybermentors is that the mentors are also young people. The Beat Bullying campaign discovered that many young people feel more comfortable speaking with their own peer group and so that is exactly what Cybermentors has tried to create. All the young mentors have been involved in training through their schools and are supported by senior mentors from colleges and universities. There are trained counsellors involved for matters that are more serious.

If you have been affected by bullying or know someone who has been, and you want to see what Cybermentors do and how to contact someone for support and information find them at [www.cybermentors.org.uk](http://www.cybermentors.org.uk). Alternatively, if you are interested in becoming a Cybermentor for more information have a look at the website.



## CALLING ALL YOUNG LEADERS

Have you or are you about to take part in the YCHLOW young leader programme?

Well, if you are, we are very excited to offer you the opportunity to attend our second young leader residential!!!

A weekend away at Fairthorne Manor, just outside Southampton, the weekend includes outdoor activities, more young leader training and a fantastic opportunity to meet other young leaders.

All you need to do is get your parents to complete the permission and medical forms and return them to us with £30. Your workers do not need to come with you on the weekend, however they must attend some young leader training themselves on Thursday June 11<sup>th</sup>, or you will not be able to attend the residential!

There are only 20 spaces, and a maximum of 5 young people from each club/group/project can attend. So act quickly, this gets booked fast and the next one won't be until the end of this year!!!!

If you need to know anything else, or have any questions, contact Lynsey or Charlotte on 01962 852307.

## In2Action

## YOUR NEWS

**Facing Up to the Challenge:** This year Young Carer, Tessa managed to put a modern twist to her Lent experience. Tessa, like many people in recent years, has been spending more and more time on social networking site Facebook, and so for lent decided to give up using the site.

Tessa admits she would often spend five or six hours an evening on Facebook chatting with friends and looking at pictures; that Facebook felt like a huge part of her social life and a good way to communicate. Tessa is following the Lent tradition as a Christian, but also chose to give up Facebook as she wasn't enjoying being part of it as much as she had and was finding it boring. Tessa felt she wanted a positive reason to stop logging on! Tessa wanted to "prove to myself I could do it".

This has been a great personal challenge for Tessa as the only one of her peers to be missing all the latest happenings, on what appears to be the nations favourite social site!!!

But there have been some benefits. Tessa has enjoyed having more time to do other things and has spent a lot more time reading books, talking to and seeing people, which she has enjoyed, and feels less dragged into some of the arguments and conflict that Tessa has seen as a big problem with Facebook.

Tessa has found that not being on Facebook has not affected her social life at all which was a concern when she began her lent challenge and has been a positive discovery for her as now she can enjoy the same friendships and fun without needing her laptop all evening every evening!!

"Yeah I will! But not as much" was Tessa's answer to whether she will return to using Facebook when Lent has ended. Tessa is very pleased she has been able to manage without Facebook and is so positive about her lent experience she is already planning next years experience; a lent without marmite!!! Love it or hate it! Christian or not! Lent could offer anyone the opportunity to test their self control and Tessa has realise that some of the things we think we cant live without we actually can and quite comfortably!!

If your interested in what Lent is all about and want to know more try asking around and see what you can find out from friends, family, church and school.



## WHAT'S HAPPENING IN MAY AND JUNE

- 4th-10th May, Deaf Awareness Week. This week aims to raise awareness of a wide range of issues to do with hearing loss. Visit the website [www.deafcouncil.org.uk/daw/index.htm](http://www.deafcouncil.org.uk/daw/index.htm) to find out more.
- 10th May, World Fair Trade Day 2009. "Fair Trade is essential for millions of people who work and struggle for survival everyday. It's all about justice and human rights... join me in supporting World Fair Trade Day" Sir Paul McCartney. Find out more at [www.worldfairtradeday09.org](http://www.worldfairtradeday09.org)
- 18th-24th May, National Vegetarian Week. An annual awareness campaign to promote vegetarianism and tasty vegetarian food. Get involved by visiting [www.vegsoc.org/nvw](http://www.vegsoc.org/nvw). Would you go veggie for a week to support the campaign?
- 18th-22nd May, National Allergy Week. Nearly all of us are allergic to something. This campaign aims to raise awareness about what allergies are and how to deal with them. Their website has more details [www.allergyuk.org](http://www.allergyuk.org)
- 1st-7th June, Volunteer's Week. A celebration of volunteering across the UK and new opportunities to get involved. Check out their website [www.volunteersweek.org.uk](http://www.volunteersweek.org.uk)
- 8th-14th June, Carers Week. There are over 6 million carers in the UK and this includes children and young people. Find out more about Carers Week at [www.carersweek.org](http://www.carersweek.org)
- 15th-21st June, Refugee Week. [www.refugeeweek.org.uk](http://www.refugeeweek.org.uk)
- 22nd-28th June, Child Safety Week. Raising awareness of the causes of accidents to help keep children and young people safe. Visit [www.capt.org.uk/csweek](http://www.capt.org.uk/csweek) for more info.

