

## Activities for young people in South Norfolk

### October - November 2018

<b>Activities that are outside</b>	
Tuesdays and Thursdays in school holidays - 23 <sup>rd</sup> and 25 <sup>th</sup> October	<u>Appleseed Care Farm</u> - young people aged 13-16 can attend one or more of these days and take part in a range of outdoor activities that develop skills and an understanding of the environment that surrounds them. Activities are based around animal husbandry, horticulture and conservation. To book a place, download the Appleseed Form from <a href="http://www.appleseed.org.uk">www.appleseed.org.uk</a> (click on 'YAB Taster Days') and return asap to secure a place. If this is not possible, complete the slip overleaf.
Saturdays, once a month	Visit to <u>Clinks Care Farm</u> working with livestock, and carrying out conservation and market garden jobs. The farm has pigs, chickens, cows, sheep, chickens, geese and ducks, amongst other animals on site. Lunch is prepared using produce from the farm. These sessions are for young people aged 13 – 19 years.
Saturdays 10 <sup>th</sup> Nov, 8 <sup>th</sup> December	Visit to <u>Quaker Wood</u> – a day of conservation work, learning new skills from experts in a beautiful woodland area with natural ponds. These sessions are for young people aged 13 – 19 years.

<b>Activities that focus on your wellbeing</b>	
First Friday of each month	<u>Wellbeing and Social Sessions</u> – early evening session for young people to relax, take part in some activities, have a walk, and talk to youth workers about things that are important to them. For young people aged 11 – 19 years.
Thursday 25 <sup>th</sup> October, 7 <sup>th</sup> & 14 <sup>th</sup> Nov	<u>Introduction to Mental Health AND / OR Be Real</u> – two workshops looking at positive mental health and wellbeing, and how to boost our own body confidence. For young people aged 13 – 19 years.

<b>Activities that help you get involved</b>	
Monthly, Wednesdays 7- 8.30pm	<u>YAB Youth Club</u> – session to meet new people, take part in different activities including sports, cooking, and crafts, or just hang out with your friends. For young people of high school age.
Monthly sessions	<u>Digital Support Sessions</u> – chance to volunteer to help people learn more about their smartphone or tablet. These are drop in sessions for young people aged 11 - 19 years, based at the libraries in Wymondham (Thursdays, 4.30pm – 6pm) and Diss (Wednesdays, 3.30pm – 5pm), and supported by a youth worker.
Monthly sessions	<u>Young Commissioners</u> - The purpose of the YAB is ensure that youth provision across the district meets the needs of young people aged 13 – 19. Young Commissioners are making a difference in their community by having a say on activities for young people.
Wednesday 24 <sup>th</sup> October	<u>Activity and Social Day</u> – fun day with arts and crafts, games and cooking. There will also be a chance to groom and walk mini donkeys.
Friday 26 <sup>th</sup> October	<u>Pleasurewood Hills</u> – theme park coach trip in the school holidays. £5 refundable deposit required with consent form. For 11 – 19 year olds.

<b>Activities that help you develop skills and get qualified</b>	
Saturday 13 <sup>th</sup> October	<u>Food Hygiene Certificate</u> – practical session followed by online test to get nationally recognised certificate. Sessions for 13-19 year olds.

19 <sup>th</sup> OR 22 <sup>nd</sup> October	<u>Cooking Day</u> – session focusing on cooking and baking. Young people aged 13-19 need to have passed a Food Hygiene course to attend this, as it further develops skills.
Tuesday 23 <sup>rd</sup> October or 24 <sup>th</sup> Nov	<u>First Aid Course</u> – pass this one day course, and get your certificate valid for three years – for 13 to 19 year olds.
Saturday 10 <sup>th</sup> November	<u>An Introduction to Health and Safety at Work</u> AND / OR <u>Fire Safety at Work</u> – appropriate for those who work or are soon to have work (full or part time) – for young people aged up to 19 years.

**Transport can be provided for young people who live in South Norfolk for most activities – please check**

Unless stated, information and booking forms about these activities can be downloaded from [www.snyab.org](http://www.snyab.org) If you are unable to download any of the information and consent forms that you require, please complete the slip below and information will be sent to you.

Name of young person:.....

DOB:..... Male / Female / prefer not to say

Address:.....

.....Postcode:.....

Home Telephone:..... Mobile:.....

Email address:.....

School / College / Work:.....

I wish to attend (list activities):.....

Reason(s) for wanting to attend:.....

Please return this slip to: MTM Youth Services CIC, Rambler Cottage, The Street, Botesdale, IP22 1BZ  
Or email your requests to: [sam@mtmyouthservices.org.uk](mailto:sam@mtmyouthservices.org.uk)

The South Norfolk Youth Advisory Board (YAB) works to improve services for young people aged 13 and above. All work undergoes consultation with young people, their communities and relevant agencies before being put in place. For more information about South Norfolk YAB please visit:

<http://mtmyouthservices.jimdo.com/youth-advisory-board/>  
<http://www.snyab.org/what-does-snyab-offer/>

