

Activities for young people in South Norfolk

March 2019 onwards

Activities that are outside	
Tuesdays and Wednesdays in school holidays – 9 th , 10 th , 16 th and 17 th April	<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 www.appleseed.org.uk (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.
9 th and 23 rd March	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.

Activities that focus on your wellbeing	
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 (Yr7+).

Activities that help you get involved	
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.
Friday 12 th April	<u>Intergenerational Project</u> – Buffet and Bingo run by young people for older members of the community. Chance to volunteer some time in Diss while holding a fun event for others. Planning and baking sessions: 30 th March, 1 st and 10 th April.
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 (Yr7+), based at the library in Wymondham (Thursdays, 4.30pm – 6pm), supported by a youth worker.
Regular sessions	<u>Young Commissioners</u> – Young people getting together and making sure that the YAB offers young people in South Norfolk good projects and services that meet their needs. Young Commissioners are making a difference in their community by making sure that young people's voices are heard. For young people aged 13 – 19 years.

Activities that help you develop skills and get qualified	
Tuesdays from 5 th March	<u>Cricket for Girls</u> – weekly sessions for girls to play cricket and develop their skills, supported by great coaches. These sessions are designed to be fun and enable young women to become more confident. Give us with your name and contact details and a coach will be touch. These sessions are based in Langley and are for 11 – 17 year olds.
Monday 8 th April	<u>First Aid Course</u> – pass this one day course, and get your certificate valid for three years. For young people aged 13 – 19 years.

Saturday 13 th April	<u>An Introduction to Health and Safety at Work AND / OR 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.
Saturday 13 th April	<u>Food Hygiene</u> Certificate – practical session followed by online test to get nationally recognised certificate. Sessions for 13 – 19 year olds.

South Norfolk YAB can also put you in touch with a Careers Adviser who will talk to you about your future, and help you to make positive choices and take steps in the right direction. If you would like to speak to Graham, you can email him directly on graham@mtmyouthservices.org.uk or fill in the slip below, and he will contact you.

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 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):.....

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Reason(s) for wanting to attend / get support:.....

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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

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/>

