

South Norfolk Youth Advisory Board

Autumn Activity Programme 2022



Food Hygiene Course (13-19s)	Full!	Join us for our Food Hygiene Course – improve your skills and your employability!
First Aid Course 12 – 19 year olds	Full!	One day course to get your First Aid Certificate – valid for three years.
Whitlingham 12 – 18 year olds	Full!	A whole day outside! Choose two activities from Kayaking, Paddleboarding and Archery.
Quaker Wood 11 – 19 year olds	Full!	Quaker Wood is made up of young woodland, open spaces, wildflower meadow, pond and natural areas. Take part in these conservation sessions , carrying out different tasks.
Clinks Farm 12 – 19 year olds	Saturdays: Monthly <i>December places available</i>	Clinks Care Farm is a 143-acre farm combining the care of the land with the care of people. Take part in these sessions and enjoy a variety of jobs including animal husbandry, conservation tasks, and market gardening.
Wellbeing and Social Sessions 11 – 19 year olds	Fridays: Monthly in Needham or Hethersett	Relaxing and calm sessions designed to give you time to focus on you, meet others, enjoy some mindfulness and wellbeing activities, and get support.

Coming up, details will be on our website soon: **Christmas Intergenerational Project**

You can still access our **Careers Advice and Support** if you are aged 15+

Join our team of Young Commissioners who make decisions about what the South Norfolk YAB does, where it spends its money, and how it supports young people. Gain valuable skills while volunteering your time.

These sessions are open to young people who live in South Norfolk, or who attend school in South Norfolk (Year7+). Further information can be found at <https://www.snyab.org/> or contact 07778 896325 or email info@mtmyouthservices.org.uk



Places are limited so please book as soon as possible. We will need a consent form in advance of the session.

