



JULY Round-Up NEWSLETTER

Dear Supporters,

We hope you have all been keeping well, whilst continuing to safely enjoy revisiting places you may have been missing over the past few months.

Considering the circumstances of the year so far, it seems quite mindboggling that it's suddenly somehow August - we congratulate all teachers who have broken up for Summer, hoping you are all having hugely well-deserved rests, whilst continuing to think of all who are still working incredibly hard as a result of the pandemic, as well as all the young people we have been supporting over the past month.

We hope you enjoy having a read about the brilliant activities the Youth Work team have been offering over July, to bring some added positivity to young people's weeks.



 07458306358

   @DidcotTRAIN

 info@didcottrain.org.uk

Chairman: Brian McNamee

TRAIN is a charity registered in
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Registered Number: 1176258



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Youth Work

Whilst we've not yet been able to return to our usual youth work, staff have been continuing to work hard to offer a big mix of fun, supportive and educational activities through social media.

Although young people have been able to get out and about more, especially now so with school's having broken up, having the option to see what we have had going on digitally has continued to benefit many – from those who are still feeling conscious about heading out or who may not have close friendships, to those who would like the occasional supportive chat.

Regular communication and meetings with local schools and young people's services has additionally been important to ensure as a community we are linking up and particularly supporting young people classed as vulnerable – of great importance in these times of unease and strain for many.

[Informal check-in's](#) and more [structured 1:1 mentoring](#) have continued to offer young people valuable opportunities for light conversation or to open up about concerns. Justina has seen fantastic personal development in the number who have taken up 1:1 mentoring over the month, with clear growths in confidence, resilience and overall wellbeing amongst many other areas. For further info about referring a young person onto the programme please head to page 8.

Im about if anyone needs a chat today :)

Hope everyone's enjoying the sun!!



Digital Lunch and Dinner & Debate, Virtual Hangout, Young Women and Young Men's sessions have then been filled with quizzes, challenges, tutorials and worksheets, delving into a range of topics over the month, a few of which include...

Fitness

Especially considering how much our fitness sessions at the Methodist Church were enjoyed by those who came along pre-lockdown, we've been keen to continue offering the young people some fitness motivation, even if we haven't been able to spur them on face to face. Lisa's been busy putting her PT experience into action:



- Creating regular workout videos.
- Delivering free 1:1 virtual PT sessions which young people have loved.
- More virtual dog walks through Instagram 'lives', young people have been free to have a watch of and comment throughout.

Risky and anti-social behaviour

It was not a surprise that many of the young people known to us were out and about with friends at the word go, as soon easing restrictions permitted. In light of this, to discourage young people from engaging in anti-social behaviour whilst out, we have been sharing lots of video content around negative and risky behaviour, including:



- 'Adolescent risk-takers: The power of peers' (Nature) – delving into the science of

peer-influence, to then prompt discussions around risk-taking in the Dinner and Debate group chat.

- 'Deep It' (MillionYouthMedia) - exploring the impact carrying a knife can have on young people and their community. This fed into poll style questions Harry posted after, which many then shared their reflections around.
- 'If Only' (MillionYouthMedia) - enhancing awareness around gang and youth violence.

Self-care and self-esteem

Mental health and wellbeing are topics which have always naturally weaved their way into our delivery. However considering the uncomfortable and, in many cases, extreme changes the pandemic has brought about to many of our livelihoods, there has arguably never been a more important time for us to be sharing tips and advice to encourage growth in young people's self-esteem and motivations to take care of themselves. Recent results (July) from a [survey](#) carried out by Young Minds* for example showed that of all 13-25 year olds surveyed, 80% agreed the lockdown has sadly made their mental health worse.

A few activities we carried out over the month to therefore boost young people's self-esteem and offer lots of self-care tips included:

- Lots of self-made tutorials including guided relaxation (starring Justina 's very sleepy but sassy chihuahua Mimi), calming yoga flow and cooking – from pasta making to red velvet cup-cake baking!
- Justina has created brilliant worksheets for Young Women's Group around sleep, self-



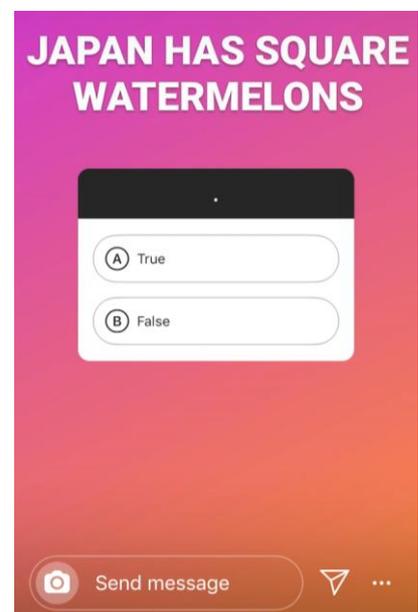
esteem and stress, young people have been free to work through at their leisure.

- Harry posted 15 minute drama 'Rise Up' (MillionYouthMedia) for one of his Dinner & Debate sessions, centred around a young man's experiences of bullying and body image. Young people then shared their views on the film through debate style questions posted on Facebook after.

Fun and Positivity:

To try and keep young people's spirits lifted we have been continuing to offer lots of generally fun bits and bobs to be enjoyed, including:

- Scavenger Hunting – from young people being quizzed on what 3 items they would grab if they became shipwrecked on an island, to seeing how quickly they could find and research a number of items. Congrats to the 3 who were sent love2shop vouchers for submitting their photos impressively speedily for the second of these! A very big thank you to TK Maxx for the kind donation of the vouchers.
- Kahoots quizzes – brain teasers, films, geography and how much do you know about London, we've had all sorts... and we're very grateful to Groundwork UK and Tesco for enabling us to upgrade our Kahoots account to a level which allows young people to take part, thanks to funding recently awarded!
- Interactive polls - a number of fun themed polls have been posted for Lunch & Dinner and Debates, between more topical, educational sets posted for other sessions - including riddles, true/false type quizzes and would you rather questions e.g. porcupines can float? Japan has square watermelons? What do you think? Scroll to the next page for the answer...





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Both true!!

Other News

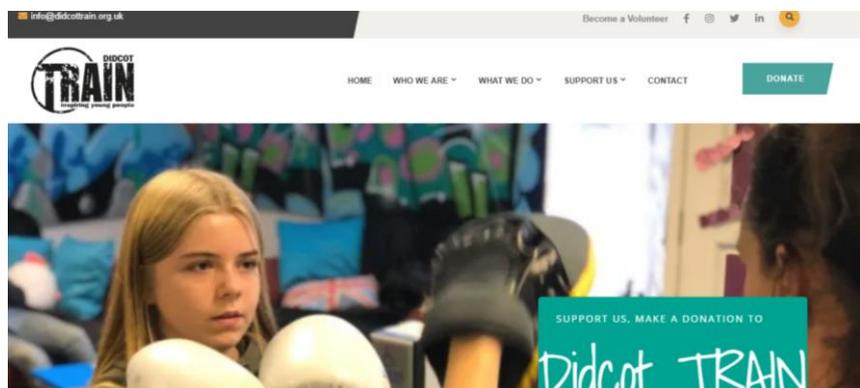
We're Hiring

As Senior Youth Worker Justina is expecting a baby, we are looking for a new member of staff to step in throughout her maternity leave! Commencing 21st September and with a focus on mentoring provision, the post will play a key role in delivering, developing and maintaining our work here at TRAIN. For further details on the position and how to apply, we encourage all who may be interested to head to: <https://www.didcottrain.org.uk/jobs/> and do feel free to get in touch if you have any questions.

Website

At the start of the month we wished goodbye to our much-loved former website. This has done us very well in helping us share all the wonderful things that have happened at TRAIN back into its history, but it's exciting to say hello to the new!

We have however been having a few teething issues with the new website so would like to apologise for various information which has been missing. We're in the process of sorting any issues and building it up so please bear with us and don't hesitate get in touch via phone or email if you have any questions.



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We're very thankful to [Dusk Lab](#) for the hard work they have been putting in designing the website for us.

'Hanging out online – using social media as a virtual youth club' webinar

[Oxfordshire Youth](#) have been running a number of really fantastic webinars to link up young people's services in the county through the lockdown. Justina joined on the panel for this particular one, alongside the brilliant [Thames Youth Projects](#) and [Yellow Submarine](#) to share ideas around how best to support young people in the current context, helping us learn from each other. It's certainly been so great to see and hear about all the innovative things organisations have been doing over period.

This coming month:

Keep an eye on our social media pages and website across the month to keep in the know about our provision over the coming weeks. If you're keen to sign up to receive email notifications for our news updates, please head to the bottom of our [website's](#) homepage for the sign up link or just drop us a line.

Any general queries or enquiries, please feel free to email info@didcottrain.org.uk, call on 07458306358 or complete our [Enquiry Form](#).

Know a Young Person who wants to get involved with TRAIN?

If young people would like to get involved in any of our activities, they just need to add Youth Workers' professional accounts on Facebook and Instagram:

Facebook: [@JustinaTRAIN](#) [@LisaTRAIN](#) [@CharlotteTRAIN](#) [@HarryTRAIN](#)

Instagram: [@charlottedidcottrain](#) [@lisadidcottrain](#) [@justina.train](#) [@harry.train.7568](#)

They will then easily be able to keep in the know about all the Youth Work team are offering each week.

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Young people are also very welcome to give staff a call or pop them a message in their working hours:

Justina: **07458306360** Charlotte: **07458306361**

Harry: **07458306359** Lisa: **07458306357**

If you are interested in referring a young person onto our free 6 week 1:1 mentoring programme (weekly sessions), we encourage you to head to the following [page](#) for further information. Free to get in touch with Justina via E-mail: justina@didcottrain.org.uk or Facebook: JustinaTrain if you have any questions.

Thank You:

Thank you to all who have supported us in many a way over the past weeks – from donating to simply sharing our Tweets and to all our supportive funders. We are always incredibly grateful as without your help we could not offer the support that we do and so important for young people in these present times.

Alongside our gratitude to [Dusk Lab](#) for creating our new website for us, we would like to express our particular thanks this month to the South and Vale Community Safety Partnership for awarding us financial support to support our mentoring, detached and holiday activities.

Ways to support TRAIN:

We continue to rely on the help of our supporters, especially as we continue navigating through Covid. Here are some ways you might be able to help:

Spread the word!

One of the biggest ways to help is simply spreading the word about our work!

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From talking about what we do with family members, friends or colleagues to sharing our Facebook and Twitter posts, this all helps us reach as many young people as we can in the area over the Summer.

Here's a few words from young people this month about what they like about TRAIN to inspire you!

- *Everything*
- *(again) Everything!*
- *Talking boosted my confidence and made me more sure (of the YP's career choice)*
- *(TRAIN's) helpful, efficient, trustworthy*
- *People I know I can talk to when I need and it will be between just us*
- *You make sure that everyone feels very welcome*
- *Helped me deal with situations better*

Donations/Fundraising:

We're incredibly grateful for donations of any size. As a small charity, these donations directly support our ability to offer a diverse range of activities to benefit the development of local young people's self-esteem, life skills and motivations to pursue positive aspirations. More information on making a single or regular donation, or fundraising for TRAIN [can be found here](#).

Amazon Smile:

We appreciate not everyone is in a position to donate at the moment. If you're a regular Amazon user, you can choose *Didcot TRAIN Inspiring Young People* as your chosen charitable organisation, and a percentage of your order value will be donated by Amazon when you shop through [Amazon Smile](#) at no cost to you.

SO Charitable Lottery:

Another fun, easy way to support is by signing up to the [SO Charitable Lottery](#). Tickets for the weekly lottery cost £1, each with a 1 in 50 chance of winning a prize of up to as much as £25,000! From every £1 ticket, 60p goes to the registered cause of your choice and another 10p then distributed to other good causes in South Oxfordshire.

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Keep looking after each other:

Thank you for reading!

A humongous thank you to all who are still working so hard in healthcare, transport, supermarkets, schools and other key sectors protecting our communities in the current times. We equally wish all the best for all businesses that have been reopening and hope you have promising Summer's ahead. Our thoughts continue to be with all for whom the pandemic is still a particularly tough reality.

We hope the rest of the Summer is both a sunny and safe one for us all and do hope many of you are able to get away for a few days in the sun, despite the challenges in doing so at the moment. Or otherwise that you can stock up on the sun and ice-creams to have *fab*-ulous Summers anyway and you cone scoop up some well-deserved time to yourselves!

Best wishes,

The TRAIN Team

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