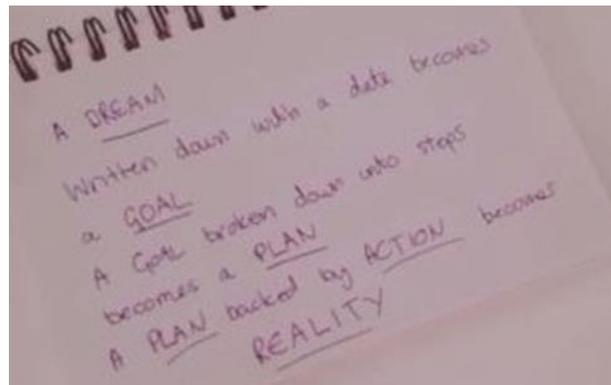


Dear all,

September here we are! With lots to update on too. As always, we do hope everyone has been keeping well. Amidst the busyness of schools returning, many of you heading back to the office and the general rush of life the majority of us seem to be experiencing at the moment, we you are able to enjoy a few moments to rest and prod away any nudging thoughts whilst reading about all we have been getting up to at TRAIN since our July newsletter...

Youth Work

With exam results days being a particular whirlwind for some this year and many heading back to school following the heavier lockdown months, it has been a big past few weeks for many young people. We have therefore been ensuring to reach out and be there to support.



The Youth Work team have flagged themselves as being available for chats through their social media accounts on these key days, as well as across the past weeks in general and as usual, have been regularly checking in with young people to see how they are doing.

Detached

It has also been brilliant to have been able to start back with our Detached sessions around Didcot. Lisa

and Charlotte have been absolutely loving getting out (PPE equipped) to see both familiar faces again and a number new. Whilst being such a valuable means of building relationships and spreading the word about our support, considering the current circumstances, it also gives staff a good opportunity to hold informative conversations around risks and current guidelines and to positively role model physical distancing - encouraging young people to keep safe.

Care Packages

It has been very fun to begin giving out care packages to young people regularly engaging in our provision – supported by funding kindly granted to us by the South & Vale Community Safety Partnership. Deliveries were met with lots of excitement for the bags filled with various bits and bobs to support young people in taking care of their mental health and wellbeing - from seeds to skipping ropes and origami paper to face masks. Staff will be demoing various activities they can try out across the coming weeks with the items through social media, offering:

- Ideas for creative skills young people may wish to grow
- Simple, positive ways of taking time for themselves and unwinding throughout their school weeks and any difficulties they may be facing
- A sense of connection and community

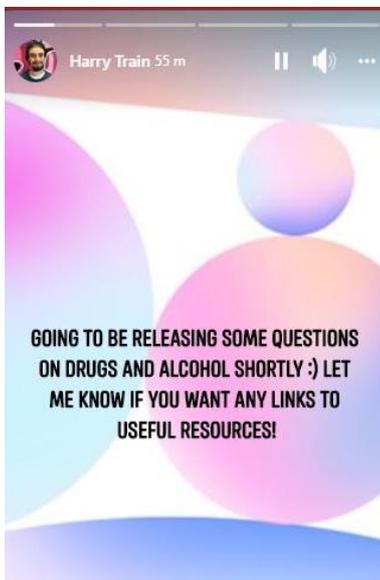
Digital Provision

Continuing to offer support digitally has been valuable in enabling us to continue maximising our accessibility for those who may not be feeling fully comfortable heading out yet or facing particular challenges when it comes to socialising with others.



Justina's structured 1:1 mentoring has been going brilliantly, young people making really positive progress over the weeks as she has worked with each to develop healthier and more confident, motivated mindsets for the future.

A range of content has then also been posted online by the Youth Work team across the Summer weeks for [Digital Lunch and Dinner & Debate](#), [Virtual Hangout](#), [Young Women](#) and [Young Men's](#) sessions, topics dipped into including:



Food and Mood QUIZ!

Drugs & Alcohol - A big topic but one of clear benefit to open conversations around. Polls and worksheets have been offered for Young Women's and Dinner & Debate to enhance understandings of healthier ways of coping with difficult situations to taking d&a, local services for accessing further support and other

Food and Mood - With the large influence what we eat has on our emotions, growing awareness of this relationship was the focus area for Justina's Young Women's group last week, including a brilliant quiz on eating habits to aid sleep, enhance concentration and for energy i.e. no skipping breakfast!

Road Safety - With young people heading out more again, Charlotte refreshed young people on road safety through creating resources based on THINK! advice and guidelines.

Credit Cards

- Credit cards are not the same as Debit or Cashpoint cards.
- Credit cards have a separate account and allow you to borrow money.
- You can apply for a credit card from any provider including your own bank.

We will do a separate worksheet on borrowing to do more on this.

What should you do if you lose a debit or credit card? *

Your answer

Losing debit or credit cards

Finance - The world of banking and finance can feel like a bit of a minefield for us all, with the amount of vocabulary and options out there. To grow young people's confidence when it comes to understanding aspects of finance and in managing their money, Lisa and Charlotte created some great worksheets and interactive polls on the theme i.e. how much aspects of life such as running a car cost, breaking down financial terms like overdraft and interest and offering tips on opening bank accounts.



Body Image - Do we as individuals have control of our own body image? If we have negative feelings towards our own body image can we take steps in changing these feelings? A couple of questions Lisa has prompted young people to reflect on through her Dinner & Debate sessions over the past weeks.

30 day about you challenge

DAY 1

what is your eye colour?

DAY 2

What is the most important thing in your life?

DAY 3

who is your favourite celebrity?

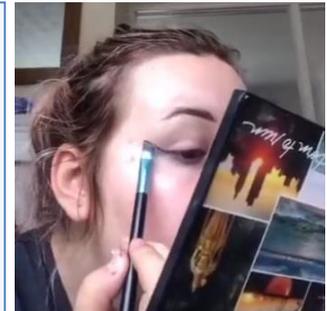
DAY 4

what is your favourite colour?

DAY 5

What is your favourite meal?

Fun & Positivity - To engage young people and offer some light relief from any worries, although unsurprisingly always a key theme at TRAIN, a few particularly fun activities the past weeks have included: fun fact quizzes, bingo challenges and tutorials - from colourful fruit salad creations to simple makeup demos and fitness workouts. Maybe you're feeling keen to take on Lisa's name fitness challenge on the final page, although we hope any Jacquelines, Sebastians or any other long named readers are feeling particularly brave!!



Other News

Staff Updates

Unfortunately at the end of August we said goodbye to Harry, who has transitioned on from TRAIN to exciting opportunities ahead. Both him and his photo updates of Merlin the (incredibly fluffy) cat, will be missed. We wish him all the very best for the future. Also to thank you everyone who has applied for our recently advertised part-time Youth Worker and Youth Work Manager vacancies. We will be in touch over the coming weeks to offer an update on whether your application has been successful in going through to the next stage.

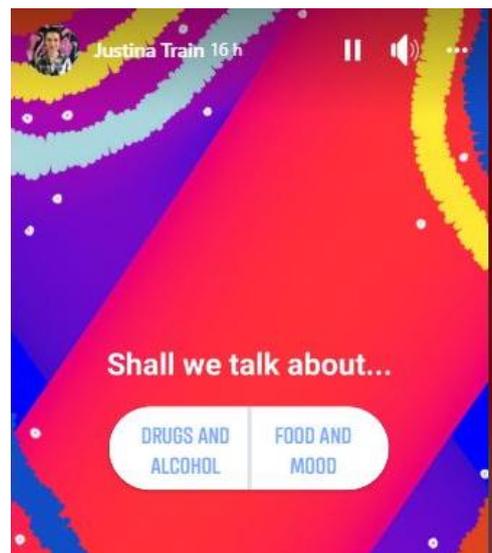


This coming month and keeping updated:

Over the coming weeks we will be remaining mindful of how all those we are engaging with are doing, as the majority continue transitioning back into the school routine – through our online and detached delivery. An overview of our current provision can be found [here](#). We also continue to remain mindful in decisions around our provision going forwards, of guidelines and actions from the Government and other youth work service providers. This goes alongside gaining the views and ideas of the young people themselves on our provision, so we can continue shaping it in line with their needs.

Updates on any changes to our delivery will be communicated through our website's [News](#) updates and @DidcotTRAIN Facebook and Twitter pages. If you're keen to receive email notifications for our news updates, please head to the bottom of our [website's](#) homepage for the sign up link or feel free to get in touch.

Any general enquiries, please do reach out to us through one of the means in the footer below.



Know a Young Person who wants to get involved?

We recommend encouraging any young people* you feel may benefit from our activities and support, following/friending Youth Worker's professional social media accounts, to see what they are offering each week:

Facebook: @JustinaTRAIN @LisaTRAIN @CharlotteTRAIN

Instagram: @charlottedidcottrain @lisadidcottrain @justina.train



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They can also call the team or message in their delivery hours:

Justina: **07458306360**

Charlotte: **07458306361**

Lisa: **07458306357**

*provision is open to 11-18 year olds living in Didcot, Harwell and/or attending a Didcot school

Thank You:

Something we never feel we can say enough, considering how fortunate we are for the support of so many - the TRAIN volunteer team, our funders, donors, all who spread the word about our support and yourself of course too, for taking the time to update yourself on our work these past weeks... Our Trustees, staff and volunteers might be the ones doing the everyday work, but TRAIN has largely been a whole community project over the years and would be far from what it is without all the man power that has been put into it from Didcot and wider community. We are always incredibly grateful as we wouldn't be able to continue offering the support we do to the town's young people if it weren't the case.

Ways to support TRAIN:

As mentioned above, we appreciate all support hugely. A few ways in which you may be able to:

Spread the word!

One of the biggest ways to help is simply spreading the word! 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.

A few words from young people over the Summer 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*

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   @DidcotTRAIN

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Chairman: Brian McNamee

TRAIN is a charity registered in
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Registered Number: 1176258



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- *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*

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 at all!

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 young people's self-esteem, life skills and motivations for their futures. More information on making a single or regular donation, or fundraising for TRAIN [can be found here](#).

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.

Thank you for reading

Please do get in touch if you have any questions for us over the coming weeks. Thank you once again for your continual support. Whilst we may all be unsure what the rest of the year holds, we equally feel excited for the weeks ahead and inspired by all organisations and small charities in the county who have been working hard to support our communities, despite the difficulties in tiptoeing through the challenge of

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Covid-19. Many of these are (postcode) searchable through the NHS website's mental health support services search [page](#).

We also continued to be inspired by, well, everyone at the moment! All who are still very much needing to go the extra mile in their



work under the current circumstances or, for those who this may not be the case for, are generally spreading kindness and helping out in other ways. Perhaps it is a bit deep for a mid-week read (if you're having a browse of this the day of posting), but if this year's taught us one thing so far, it's that looking out and keeping positive for those around us really can be a game changer – both when it comes to making others feel a bit brighter and ourselves too. So let's all keep energised to continue inspiring the young people and those of all ages we share our every days with - whilst keeping our own 'feet up' time scheduled in too, because there is really much truth in the old 'we can't pour pouring from an empty cup' saying....

We hope you have smooth weeks ahead and do take care.

Best wishes,

The TRAIN Team

NAME

WORKOUT CHALLENGE

Spell your name to make your workout!






A – 10 burpees	N – 20 burpees
B – 1-minute plank	O – 15 push-ups
C – 20 high knees	P – 10 jump squats
D – 10 mountain climbers	Q – 30-second side plank (each side)
E – 15 lunges	R – 45-second wall sit
F – 20 crunches	S – 15 sumo squats
G – 30-second raised-leg plank (each leg)	T – 15 burpees
H – 20 mountain climbers	U – 20 jumping jacks
I – 15 squats	V – 30 high knees
J – 10 tricep dips	W – 15 tricep dips
K – 20 push-ups	X – 2-minute wall sit
L – 1-minute wall sit	Y – 15 crunches
M – 15 squats	Z – 20 burpees



EXERCISING OUTSIDE

I LOVE TO WORKOUT OUTSIDE SO MUCH I WOULD SHARE WITH WHY AND HOPEFULLY ENCOURAGE YOU ALL

- ITS FREE
- FRESH AIR. THIS CAN HELP WITH INSOMNIA
- SUNSHINE, PLENTY OF VITAMIN D AND TOP UP THE TAN
- RAIN, COOLS YOU DOWN
- SAVES TIME
- LIMITLESS SPACE IF YOU GO TO A PARK, OR WOODS AND A CHANCE TO CONNECT WITH NATURE
- HELPS WITH MY WELLBEING AND PUTS ME IN A GOOD MOOD
- YOU CAN DO IT WHEN YOU LIKE, NO OPENING AND CLOSING TIMES
- YOU CAN WORKOUT IN PRIVATE OR WITH A LARGE GROUP

