



April NEWSLETTER 2021

Dear all,

Well, what a difference a month makes! We hope that the gradual emergence out of lockdown has been as motivating for you as it has been for us. The steps may be small and tentative but every step forward is a step in the right direction. Read on to see what steps we have taken over the last month...

Youth Work

The biggest change from the easing of restrictions for us was of course the re-opening of schools on March 8th. We worked hard with the schools so that we could safely recommence our face-to-face ALMT funded Head Start programme and in-school mentoring; there's been a lot of planning to ensure we follow each school's covid guidelines so that we maintain the safety of both students and staff.

Our Head Start initiative offers three programmes:

➤ **Promoting Wellbeing and Exploring Mental Health:**

Providing the opportunity for young people to explore the topics around emotional wellbeing by looking at ways to look after yourself, recognising feelings, the effects on mood linked with eating habits and food hygiene as well as healthy friendships.

➤ **Positive Behaviours in School:**

Giving young people to look at support networks, positive role models. Whilst also helping young people understand passive, aggressive and assertive behaviours and managing their behaviours within school.

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➤ **Team Building and Self-Esteem:**

Support the young people to explore the difference between high and low self-esteem, whilst building communication skills, assertiveness, confidence, and a sense of self.

Lucinda and Charlotte J. have been providing our ALMT funded Head Start sessions virtually with one of the schools; a couple doing the programme have shared that they feel it has helped improve their confidence, through talking about things they don't usually talk about. A teacher also voiced being keen for the Wellbeing and Mental Health stream of the programme to be delivered with young people, considering the effect of lockdown on young people's mental health.



Over the last month we have been able to start going into schools again to run the programme face to face which has been fantastic and we have recently begun running the programme with another school last week.

It has been great to get back into schools and we look forward to providing more in-school support after the Easter holidays.

Support Sessions

Our online provision, detached and 'by invitation' face-to-face group sessions have all continued and we always ensure that we are guided by the National Youth Work Agency [Guidelines](#).

Our Young Women's Group has been able to be delivered face-to-face and we have had some fantastic sessions including:

- International Women's Day - a quiz on females in history, then poster making.
- Covid - a quiz for a refresher on rules/guidelines as restrictions ease.



Topics covered in our additional support groups include:

- Eating disorders for National Eating Disorder Awareness Week
- Self-harm
- Desert island team building activity

Detached

Our detached work has been quite quiet over the last month, however we continue to have a visible presence in and around Didcot as it is important for the young people to know that we are here to support them. It's been positive to meet young people known to us, having a brief catch up to check in on how they're doing and let them know about our wider provision. Conversations have also been useful for our awareness of certain issues



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concerning certain young people and supporting our ability to better support them.

Outreach

Alex and Lisa held a leafleting outreach session outside the Methodist church where we are currently located. It went really well, meeting lots of new young people walking home from school. We are hoping to run more outreach sessions from now on, with the weather warming up, setting up base in certain spots around the town for young people to come and say hi.

Digital Provision

Our digital provision has continued this month with:

- Dinner and Debate
- Hangout and Check-in
- Youth Club

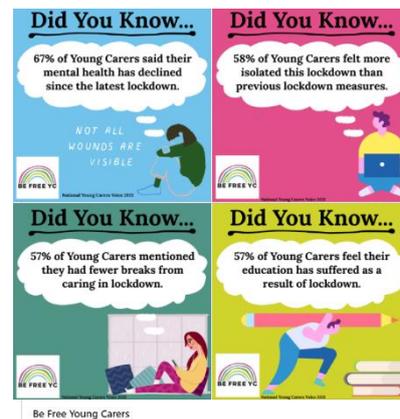
This month saw Eating Disorders Awareness week which gave us the perfect opportunity to discuss this very important subject during dinner and debate.



It was also Young Carers Action Day this month and some worrying statistics were published by Be Free Young Carers about how the pandemic has affected young

carers. It is essential that we help young people to look after their mental health and feel confident to ask for help if they are struggling.

The pandemic has affected all young people in many different ways and helping young people to develop healthy coping strategies is vital; to this end we are grateful to the developers of [eQuoo](#) who have gifted us 75 full licences for their app which is designed to 'build resilience, boost your relationship skills, enhance personal growth and lower your anxiety'. We are sure that this will be of great benefit to the young people we support.

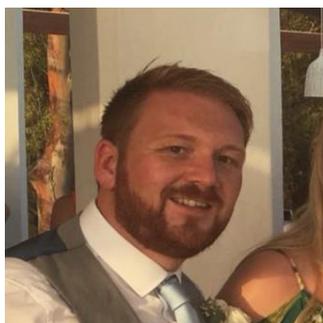


Other News

We hope you enjoyed getting to know Lucinda last month, this month we invite you learn a bit about our wonderful manager!



Spotlight On...



Alex

Hi! I am Alex and I am the new(ish) Youth Work Delivery Manager at TRAIN. I started with TRAIN back in late October last year. I joined TRAIN from Prince's Trust where I was an Operations Manager for the Thames Valley. Whilst I was at Prince's Trust, I got to hear about this amazing organization



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called TRAIN and got to hear of the great work they do. So, when the opportunity became available, I knew I had to get involved. Since starting I have had a warm welcome from the whole team at TRAIN and have felt very supported as I grow into my new role.

So, what does a Youth Work Delivery Manager do? Well, my role is to ensure the day to day running of the organization is done so smoothly, I will also support our amazing youth workers where I can, to be able to continue the important work they do. I even plug those gaps when it comes to going out on detached and supporting sessions myself. But more importantly I am there to oversee all our projects and liaise with the amazing funders that we have who without we would not be able to implement these amazing projects to support young people in Didcot and the surrounding villages.

Prior to TRAIN as I mentioned I worked for Prince's Trust, however that is not where I started my career working with young people. I started my journey with Reading FC Community Trust back in 2008, where I began as a Community Football Coach. Like many aspiring coaches I wanted to be the next Mourinho or Pep, but my passion and direction changed when my eyes were opened by the social inclusions dept at RFC. I spent several years at the community trust using football as a tool to positively engage with young people. This opportunity opened so many doors for myself and I will be forever grateful.

Over the coming weeks and months with the national lockdown being lifted I am looking forward to getting sessions back to normal and meeting more of the young people TRAIN engages with. And I hope this getting back to some sort of normal will start from this easter break, when we can begin hosting some trips and activities outdoors. I look forward to working with this amazing team of youth workers and I am sure I will get the chance to meet many of yourselves too!

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This coming month and keeping updated:

The Easter holidays will soon be upon us and we have lots of exciting activities planned for the young people to participate in. Scroll to the bottom or head to <https://www.didcottrain.org.uk/2021/03/29/easter-at-train/> for the timetable!

All updates to our provision can be found at www.didcottrain.org.uk/covid-19-provision-update

Know a Young Person who wants to get involved?

Do you know a young person aged 11-18 years living in Didcot, Harwell and/or attending a Didcot school who would like to get involved? Please direct them to our social media pages or our [website](#) where young people can keep in the know about what sessions the Youth Work team are offering day-to-day and get involved in any virtual activities by following/friending their TRAIN social media accounts. Our Weekly Timetable can also be found on all platforms towards the beginning of each week.

Young people are very welcome to message staff's Facebook and Instagram or call/message their work numbers in their delivery hours →

Young people...

Follow @LisaTRAIN



@CharlotteTRAIN

@LucindaTRAIN

@charlottedidcottrain

@lisadidcottrain



@trainlucinda

Call/text



Lucinda: 07458306359

Charlotte: 07458306361

Lisa: 07458306357

Thank You:

We are extremely grateful to all those who support us, especially as these difficult times continue into a new year. We would particularly like to thank:

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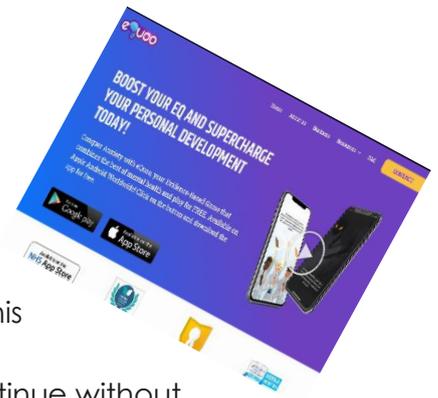
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- **The developers** of [eQuoo](https://www.eQuoo.com) for gifting us 75 full licences which will help the young people maintain good mental health.
- **Indian Dream takeaway** for providing free food to young carers on Young Carers Action Day 2021.
- **Didcot Methodist Church** for allowing us a room in their premises: your kindness is greatly appreciated.
- **TRAINS's Trustees** for continuing to enable us provide this essential service.
- **All** those who help to fund our work, we could not continue without you.
- **TRAIN's volunteers** for helping us to provide the support and opportunities that the young people need and deserve.
- **All the young people** who engage with us and inspire us.



Ways to support TRAIN:

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

Join the team

We are looking for someone with experience of grant & income generation to join our friendly Board of Trustees, someone who truly cares about championing the cause of Young People. The ideal person will work with the team of Trustees generally. They will help shape the strategic and developmental direction of the charity's operations and produce trust and grant applications which will fund and sustain our work. We especially welcome interest from those looking to share established knowledge as well as those looking to develop their own skills and experience as part of their own personal development goals. Most importantly, we are seeking an individual who cares deeply about the futures of young people. If you are interested please go to www.reachvolunteering.org.uk to read all about the role. You can also register an interest through our [website](http://www.didcottrain.org.uk).



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Spread the word!

One of the biggest ways to help is simply spreading the word! From talking about what we do with others, to sharing our Facebook, Twitter and TikTok posts (@DidcotTRAIN), this all helps us reach as many young people as we can in the area.

A few words from young people about what they like about TRAIN, to inspire you!

- *[I'm] more confident*
- *It's a safe place to come to*
- *I always know that if I was struggling with something, I could speak to someone from TRAIN about it.*
- *I feel really welcome here*
- *Good for my mental health*
- *It's really nice to be able to talk to people about how I'm feeling*
- *[I like] the activities and seeing some people that I don't normally see*

Amazon Smile:

Make a free donation every time you shop via Amazon Smile - you can choose Didcot TRAIN Inspiring Young People as your chosen charitable organisation and a percentage of your order value will be donated when you shop through [Amazon Smile](#), at no cost to you whatsoever!

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:

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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. Good luck!

Thank you for reading

We hope that you have enjoyed reading about all the exciting things we have been up to over the past month. We remain optimistic about the road back to normality and what this will mean for our range of provision and we look forward to telling you all about it next month.

If you would like to receive email notifications of our news updates please head to the bottom of our [website's](#) homepage for the sign-up link or get in touch with us through one of the means in the footer.

Best wishes,

The TRAIN Team

P.S Our Easter timetable can be found on the following page!

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EASTER HALF-TERM
Week One



Monday 5th
BANK HOLIDAY



Tuesday 6th

2-5pm: Outreach with Lisa & Charlotte at Ladygrove Park
3-5pm: Wind in the Willows Panto, invite only
6-8pm: Movie Night w. Lisa & Charlotte, invite only



Wednesday 7th

10am-2pm Garden & Lunch with Lucinda, invite only
5pm Virtual Youth Club with Charlotte P



Thursday 8th

11:45am - 1pm Virtual Escape Rooms, invite only
2-5pm Outreach with both Charlottes, Edmonds Park

Friday 9th

2-3pm Detached with both Charlottes

Saturday 10th

11:30am Walk & Picnic with Lisa, Darren, Rhonda and Charlotte J (max 15 spaces)



 @lisadidcotrain @charlottedidcotrain
@trainlucinda @charlottej.train
 @lisatrain @lucindatrain
@charlottetrain @charlottejtrain
 Didcot TRAIN

If you're interested in any of the activities we have going on, contact one of our youth workers on social media or email: info@didcottrain.org.uk tel: 07458306358

EASTER HALF-TERM
Week Two



Monday 12th

12-3pm CV & Interview workshop w. Alex and Lisa (15max).
2-5pm Outreach with Lucinda & Charlotte J, Edmonds Park
6-7pm Young Women's Group Pizza Night, invite only

Tuesday 13th

12pm: Bike ride with Alex & Lisa



Wednesday 14th

10am-2pm Garden & Lunch with Lucinda, invite only
5pm Virtual Youth Club with Charlotte P



Thursday 15th

2-5pm Outreach with Lucinda & Charlotte P, Ladygrove Park

6-8pm Movie Night with Alex & Charlotte



Friday 16th

2-5pm Outreach @ Edmonds park with Lisa, Lucinda & Charlotte P



 @lisadidcotrain @charlottedidcotrain
@trainlucinda @charlottej.train
 @lisatrain @lucindatrain
@charlottetrain @charlottejtrain
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