

**Dear all,**

Welcome to 2021, we hope it finds you well! We know that it has been a difficult start for many, but here at TRAIN we have not been deterred...

## Youth Work

Despite having to start 2021 in lockdown 3.0, we have been able to not only recommence our virtual provision but also, in line with National Youth Work Agency [Guidelines](#), to continue our detached work and in February we returned to a bit of normality with the provision of some face-to-face group support sessions.

### Detached

It has been somewhat quieter than usual out on our detached work; however, we see this as a good sign that the young people are following the current rules and staying at home.



Since January we have been going out on detached four times a week as it is important to maintain consistency and routine so that the young people know where to find us if they need us.

Most recently our conversations have centred around the added difficulties that the pandemic is creating for young people, particularly with regards to learning from home. We have had some great discussions about how to stay motivated and focused and the young people continue to inspire us with their resolve and adaptability.

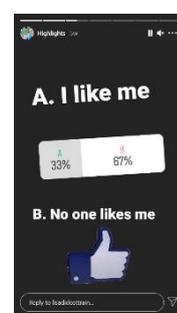
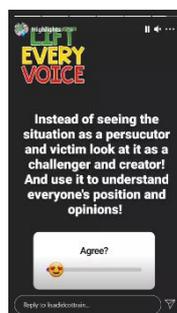
## Digital Provision

Our digital sessions have continued into the new year and we can now also be found on TikTok! As with the other platforms, our TikTok tag is @didcottrain. Our virtual provision has provided us with the opportunity to reach out to more young people and keep our work relevant and responsive to their current needs. We have been offering virtual sessions including:

- Young Women's Group
- Dinner and Debate
- Hangout and Check-in
- Youth Club

In our Dinner and Debate sessions we create a space for the young people to discuss issues that are important to them, so far this year our topics have included:

- The climate – how we can help to protect the planet
- Conflict resolution – how to turn a negative interaction into a positive through listening to everyone involved
- Self-image - looking at how the young people think about themselves



It is important for the physical and mental wellbeing of the young people that they have a variety of activities available to them. With the continued limitations on available activities in the community, we have been getting inventive with activities for them to enjoy; Lucinda's Instagram posts have included a scavenger hunt with a prize of a £10 voucher and Lisa has been posting fitness videos on TikTok of exercise challenges that the young people can do in their own homes.

|                                     |  |   |
|-------------------------------------|--|---|
| Screenshot someone who inspires you | Name your favourite song at the moment               | Photograph a book with THE in the title |
| Photograph something soft           | Photograph something you loved when you were younger | Photograph a bird                       |
| Name your favourite thing to eat    | Photograph something you wear on your head           | Screenshot a positive quote             |

**GOOD LUCK**




Since the end of last year, we have been able to reintroduce some face-to-face groups including the Young Women's Group and a Support Group. These sessions are by invitation only which allows us to ensure we are meeting in a covid-safe, socially distanced way. During February half-term we were also able to hold a couple of movie nights, helping to get the young people together again and reduce feelings of isolation.

## Other News

We would like you to get to know our wonderful team here at TRAIN, so in each newsletter we will put the spotlight on one member of the team, this month:



## Spotlight On...



### Lucinda

Hi, I'm Lucinda and I am the senior youth worker here at Didcot TRAIN. I am a passionate, creative and energetic individual. I am a psychodynamic art psychotherapist as well as being a senior youth worker. I've had the opportunity to work with a variety of people and have an array of expertise, from homelessness, addiction, offending, children and young people.

On Mondays, me and the youth support worker, Charlotte J , go out on Detached. Our detached work is at the heart of our organisation, where we go to the young people out on the streets. We go to various areas of Didcot where we know the local youth might be. This is a way of building trusting relationships, engaging our young people in an open and non-judgmental, supportive way. We respect the young people and understand that sometimes they might not want to talk to us so we sometimes just give a friendly wave or a smile so they know we're about. It isn't just me and Charlotte J who go out on detached either, our Youth Work Manager, Alex, Youth Workers Lisa and Charlotte P and our trusty volunteers go out most evenings of the week too. It is a unique way of working that gives the young people a choice to take part and feel more in control. It helps utilise their view of the world, as well allowing the young people to develop stronger relationships and collective identities. It shows respect and values of differences, and promotes the young people's voice in a way that makes them comfortable.

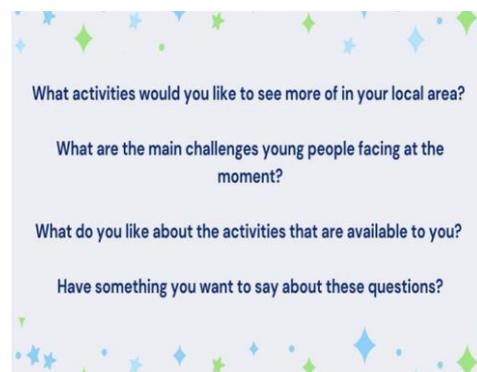
The rest of the week I am also running one-to-one mentoring sessions and group mentoring. The individual mentoring is tailored in a holistic way for each young person. It consists of weekly meet-ups, supporting the young person with their specific needs in a confidential, safe space. Each session is unique to that individual and so delivery can be different each time. It offers a space where they can learn tools to support their emotional regulation, gives an opportunity to view things different and allows them to express themselves safely without judgement. I feel that it is vital to set up early interventions and support our young people, to improve their life opportunities and empower them to believe in their self-worth and know their potential.

Our mentoring sessions are free for young people aged 11 - 18. You can find our referral forms on our website or feel free to email me [lucinda@didcottrain.org.uk](mailto:lucinda@didcottrain.org.uk) for a form or for any questions you may have

### **Oxfordshire Youth Research**

Oxfordshire Youth have been carrying out research on behalf of Oxfordshire County Council, looking into the services and opportunities outside of educational settings that are available to young people and whether they meet their needs. Charlotte and Charlotte P. had the pleasure of interviewing some young people for this research to find out what the main issues they feel are experienced by people in their age group.

The young people were keen to get involved and contributed some really valuable ideas around ways they would like the youth opportunities in the town to be enhanced to better meets their needs. It is fantastic that their voices were heard and that they





were able to represent the young people in the town and help influence the outcomes of the research.

### This coming month and keeping updated:

Looking ahead, we will continue with our virtual provision and limited face-to-face sessions in line with current guidance but we look forward to adapting as the road map out of lockdown proceeds. All updates to our provision can be found at [www.didcottrain.org.uk/covid-19-provision-update](http://www.didcottrain.org.uk/covid-19-provision-update)

As the schools are set to return from 8<sup>th</sup> March, Lucinda is looking forward to being able to recommence her ALMT funded group and 1:1 mentoring but as yet we are unsure as to when this will be.

### Know a Young Person who wants to get involved?

Do you know someone 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:

- [Markers for Mindfulness](#) for donating packs of school supplies to help young people who are learning from home.
- **Didcot Methodist Church** for continuing to offer us a room in their premises, we are so grateful for your kindness.
- **TRAINS's Trustees** for their continued hard work that has enabled us to navigate our way through the obstacles that covid continues to present.
- **All** those who help to fund our work, we could not continue without you.
- **TRAIN's volunteers** for their dedication throughout these difficult times.
- **All the young people** who have engaged with us and particularly to those who took part in the Oxford Youth research interviews.



## 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 recruiting for a Lead Trustee on Business Development. If you are interested please go to [www.reachvolunteering.org.uk](http://www.reachvolunteering.org.uk) to read all about the role. You can also register an interest through our [website](#).



**March NEWSLETTER**  
**2021**

## **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!

- *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*

## **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:**

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!

 07458306358

   @DidcotTRAIN

 [info@didcottrain.org.uk](mailto:info@didcottrain.org.uk)

Chairman: Brian McNamee

TRAIN is a charity registered in  
England and Wales  
Registered Number: 1176258



**March NEWSLETTER**  
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## Thank you for reading

We hope that you have enjoyed reading about how we have started this new year and we hope that the easing of restrictions will bring a fuller life for you and all the young people in Didcot. We thank the teachers and support workers who will now be working towards the safe re-opening of schools so that the young people can receive the education they deserve.

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**

 07458306358

 [info@didcottrain.org.uk](mailto:info@didcottrain.org.uk)

   @DidcotTRAIN

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**March NEWSLETTER  
2021**



**What's On**

**WEEK BEGINNING  
22ND FEBRUARY  
2021**

**Youth Worker's...**

**Facebooks:**  
@LisaTRAIN  
@LucindaTRAIN  
@CharlotteTRAIN

**Instagrams:**  
@lisadidcottrain  
@charlottedidcottrain  
@trainilucinda

**07458306358**

**Lisa - 07458306357**

**Charlotte - 07458306361**

**Lucinda - 07458306359**

[info@didcottrain.org.uk](mailto:info@didcottrain.org.uk)

| MONDAY   | TUESDAY  | WEDNESDAY | FRIDAY   |          |   |       |          |                               |  |       |             |  |   |      |       |          |  |  |      |       |          |  |      |             |          |   |  |      |       |          |          |      |          |          |  |
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| Activity   | Virtual Dinner & Debate - on Lisa's Instagram for weekly polls             |           |          |          |   |       |          |                               |  |       |             |  |   |      |       |          |  |  |      |       |          |  |      |             |          |   |  |      |       |          |          |      |          |          |  |
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| Activity   | Support group (Invite Only)  |           |          |          |   |       |          |                               |  |       |             |  |   |      |       |          |  |  |      |       |          |  |      |             |          |   |  |      |       |          |          |      |          |          |  |
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| Activity   | Virtual Hangout - check in with Charlotte.P to find out more week to week! |           |          |          |   |       |          |                               |  |       |             |  |   |      |       |          |  |  |      |       |          |  |      |             |          |   |  |      |       |          |          |      |          |          |  |
| TIME   | 6.30-7.30pm  |           |          |          |   |       |          |                               |  |       |             |  |   |      |       |          |  |  |      |       |          |  |      |             |          |   |  |      |       |          |          |      |          |          |  |
| Activity   | Virtual Youth Club - on Charlotte's Instagram                              |           |          |          |   |       |          |                               |  |       |             |  |   |      |       |          |  |  |      |       |          |  |      |             |          |   |  |      |       |          |          |      |          |          |  |
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| Activity   | Virtual Hangout and TikToks Videos - with Charlotte and Lisa               |           |          |          |   |       |          |                               |  |       |             |  |   |      |       |          |  |  |      |       |          |  |      |             |          |   |  |      |       |          |          |      |          |          |  |
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| Activity   | Support session (Invite Only)  |           |          |          |   |       |          |                               |  |       |             |  |   |      |       |          |  |  |      |       |          |  |      |             |          |   |  |      |       |          |          |      |          |          |  |
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| Activity   | Virtual Dinner & Debate (Instagram Poll)                                   |           |          |          |   |       |          |                               |  |       |             |  |   |      |       |          |  |  |      |       |          |  |      |             |          |   |  |      |       |          |          |      |          |          |  |
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Chairman: Brian McNamee

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