

Dear all,

It seemed that spring had sprung...and then it snowed...and then the April showers arrived, but despite what the weather has thrown at us we have had a fantastic month with our Easter activities helping to restore a much greater sense of normality. We hope you enjoy reading about all the wonderful things we've been doing over the last month!

Support Sessions



Some exciting news for us is that, in line with the National Youth Work Agency [Guidelines](#), we are now allowed to have open access sessions for up to 15 young people. This is a wonderful step forward towards restoring a sense of normality to the young people's lives and for the availability of our provision. It means that our Young Women's Group and Dinner and Debate sessions are fully running and no longer invite only. Recently we have discussed the dangers around drugs and alcohol and how young people can stay safe. This was a fantastic session, with the young people engaging positively with the discussion and asking some important questions.

Youth Work



The job market can be a difficult place to negotiate at the best of times but covid has made it much more difficult as there are fewer jobs about and there are many people competing for the ones that are. To help the young people with this challenging situation, Alex and Lisa held a CV and interview workshop. This was a great success, with several

young people securing interviews and one young person has since gained employment – well done to all the young people who participated and who are looking positively to the future.



Outreach



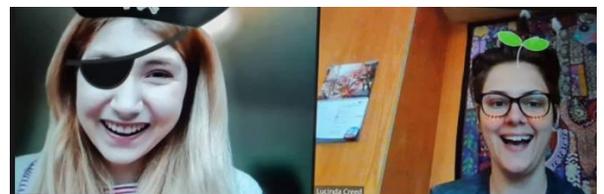
We held a couple of outreach sessions during the Easter holidays, setting up with a gazebo, picnic blankets, beanbags and snacks and drinks in Edmond's park and Ladygrove. These were very relaxed sessions which provided us with the opportunity to engage with the young people, have a good chat and have some fun playing football. We met a lot of new young people and we are now running a new group

session for a number of those that we met. These outreach sessions were very valuable in terms of relationship building and the young people were able to talk openly about their concerns; this is great for them to be able offload and enables us to better support them going forward.



Digital Provision

Our digital provision has reduced as we are moving back to face-to-face sessions, however Charlotte P. has continued running the virtual youth club and Charlotte J. and Lucinda have held some online sessions to ease the transition and ensure that those who are unable to meet in



person still have support when they need it. We also continue to use all of our digital platforms to engage with the young people, let them know what provision is available and find out what they need from us.



Easter Fun

Out and About



The Easter holidays were a great opportunity to provide a wide variety of activities, the weather wasn't always great but we had a good time nonetheless. Lisa and Charlotte J. went on a walk with some young people to Blewbury. It was a bit cold and wet and we would like to thank volunteers Rhonda and Darren for leading the way. We had fun stroking some horses along the way and had an enjoyable picnic in the park. The young people

enjoyed playing on the equipment and it was a good opportunity for positive conversations and to demonstrate a positive activity that the young people can do for free in their spare time. Well done to everyone who came along for the walk and completed a 10km round trip!



Charlotte J. and Charlotte P. organised an Easter egg hunt around Didcot, the two Charlotte's posted signs all around Didcot for young people to get photos of. When the young people had got all 5 photo's they won their easter egg! Being outside and with others is a great way to boost both their physical and mental wellbeing and it was great to be outside again after being stuck indoors for so long. It was really encouraging that despite the drizzle, the young people showed up and participated fully in all the activities.



In the Garden



Lucinda held two gardening and lunch activities at the Methodist church, where the young people worked hard tidying up the garden and planting lots of lovely flowers. Luckily the weather was on our side and the young people certainly earned their lunch - they were surprised with Easter eggs to say thank you! It was a great effort by everyone who participated and the church garden looks wonderful now – thanks to all who joined in.



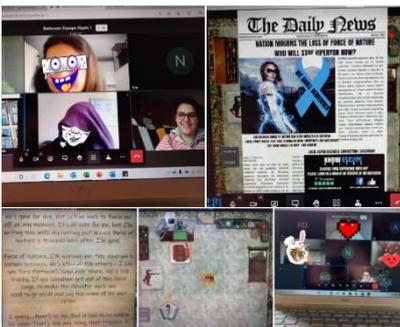
Keeping Dry

Lucinda Train
23 hrs · 🌐

Last Thursday a group of us did a Virtual Escape Room hosted by Know Escape!!! And we got out with one minute to spare, phewwwwwww!!!! 🤩🤩🤩

A lot of fun and great team work all round! Each participant will be getting a little present from us for engaging too! 🎁🤩

Charlotte J Train Lisa Train Alex Train Charlotte Train Didcot TRAIN



We did of course offer some inside activities too! Charlotte P. hosted a socially distanced movie night which had a good turn out; the young people enjoyed watching an action thriller movie together and they ended the night with some games. One afternoon Lucinda and a group of six young people who engage with our Head Start programme, they watched an online panto of *Wind in the Willows* to which the young people had activity packs for. This was an enjoyable afternoon. Lucinda also organised a virtual escape room for these young people too. The young people only had an hour to escape the villain's

evil lair – everyone worked hard to solve the clues and they just managed to escape, phew!

Other News

Continuing with our introductions to the team here at TRAIN, we return to our amazing Youth Support Workers.



Spotlight On...



Charlotte. J.

Hi, I'm Charlotte (J!). I began working at TRAIN at the beginning of 2019, although this year brought with it a change for me as I transitioned from Youth Work Facilitator to Youth Support Worker. So, if you've been reading our newsletters pre-2021, you might recognise my tone!! (Thank you to Louise for her hard work putting the newsletters together now!)

My school years saw me going to Didcot Girls, then onto Didcot Sixth Form. So, following a couple of years spent travelling and working in various jobs to help pay my way after university, the idea of working in a role which would enable me to support Didcot through my work, was a huge motivation to me to apply to TRAIN.

Despite enjoying my couple of years as Facilitator, carrying out much of the all-important administrative work that goes on behind the scenes, it has been really great to be able to work more closely with the young people since becoming a youth support worker. My role sees me supporting Charlotte and Lucinda with the fantastic job they do leading Young Women's Group, Detached and Outreach, Dinner & Debate and our Head Start programme in local primary and secondary schools.



May NEWSLETTER 2021

As it has been a huge plus to now have more freedom in what we are able to offer activity-wise, with the increased easing of restrictions, I've also loved the opportunities the past month has brought for building rapport with the young people and meeting many new throughout all we were able to run over Easter e.g. assisting a good number with the brilliant job they did gardening and spring cleaning round the Methodist Church, basking in the sun on the grass at Edmunds with young people the very afternoon after the surprise snow + I think those who joined our walk to Blewbury found it very satisfying watching me grimacing giving the (very high) swing in the park a go!!

It is really special to see the value the young people find in accessing TRAIN. Whether it's just having a safe space to come to as an alternative to the streets, the opportunity to get any worries off their chests when seeing us during Detached or being brought into an environment where they feel comfortable to connect with their peers in discussing emotions they may otherwise suppress, the Youth Worker's do such a brilliant job in making all who engage feel truly welcomed, accepted and valued. I am very grateful for the opportunity I get to support them in their work to encourage and inspire. With that, to say thank you for your support to TRAIN too. Especially considering the incredibly difficult circumstances many young people face, being able to do what we do as a charity means so much. As well as the admirable dedication of Trustees, staff and volunteers to TRAIN over the years and the support offered by our amazing funders, TRAIN would not be what it is without the support of the Didcot community, so just to say a huge thanks to you all.

This coming month and keeping updated:

We are looking forward to being able to meet in person with more young people over the next month and getting back to supporting young people in schools.

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

 07458306358

   @DidcotTRAIN

 info@didcottrain.org.uk

Chairman: Brian McNamee

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



May NEWSLETTER 2021

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:

As always, we are extremely grateful to all those who support us, we could not continue our work without you. We would particularly like to thank:

- **Didcot Methodist Church** for still allowing us a room in their premises and providing the young people with a safe place to meet.
- **TRAINS's Trustees** for working hard to enable us to continue providing the provision we do.
- **Teachers and support staff** as you prepare again to welcome the young people back into the classroom.
- **TRAIN's volunteers**, with special mention to Rhonda Wilson, who has been raising money [Virgin Money Giving | Walking for TRAIN](#) She completed her challenge last month.

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- **All the young people** who continue to engage with us and the young people who have recently come to TRAIN.

Ways to support TRAIN:

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

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.

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!

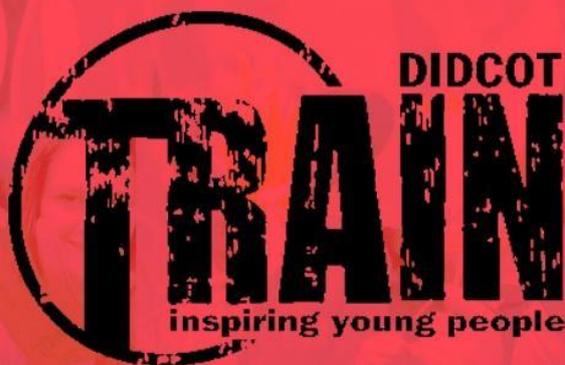
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Thank you for reading

We hope that you have enjoyed reading about the fun we had over Easter. We really appreciate your support as the services we provide are helping so many young people to live their best life and fulfil their potential. As things continue to improve nationally it remains a very challenging time for young people and we look forward to telling you about how we have continued to support them in next month's newsletter.

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



WEEK BEGINNING
26TH APRIL 2021

What's On

| MONDAY | | TUESDAY | | WEDNESDAY | |
|-------------|---|---|--|-------------|---|
| TIME | 5-6pm Detached | TIME | 4pm Virtual Dinner & Debate - see Lisa's Instagram for her weekly poll | TIME | 3-6pm Virtual Hangout - Charlotte.P is free for 1:1/group chats |
| TIME | 6:30-7:30pm Young Women's Group (Methodist Church) - 15 young people max! | TIME | 6pm Dinner & Debate (Methodist Church) - 15 young people max! | TIME | 6:30-7:30pm Virtual Youth Club - on Charlotte P.'s instagram |
| TIME | 7pm Detached | <p>Support services...</p> <p>Childline www.childline.org.uk 0800 1111</p> <p>CALM www.thecalmlzone.net 0800 585 858</p> <p>HeadsTogether www.headstogether.org.uk</p> <p>Mind www.mind.org.uk 0300 123 3393</p> <p>Papyrus www.papyrus-uk.org 0800 068 41 41</p> <p>Samaritans www.samaritans.org 116 123</p> | | | |
| TIME | 3:30pm Detached/Outreach | | | | |
| THURSDAY | | FRIDAY | | | |
| TIME | 5:30-7:00pm Dinner & Debate (Methodist Church) - 15 young people max! | TIME | 5-6pm Detached/Outreach | | |
| TIME | | TIME | 6:30-8pm Support Group (invite only) | | |

Youth Worker's...

Facebooks:
[@LisaTRAIN](#)
[@LucindaTRAIN](#)
[@CharlotteTRAIN](#)
[@CharlottejTRAIN](#)

Instagrams:
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[@trainlucinda](#)
[@charlottedidcottrain](#)
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