

YCDT - BOSTON & SOUTH HOLLAND January 2017 NEWSLETTER

Happy New Year from Youth & Community Development Team

The Youth and Community Development Team would like to wish you a Happy New Year for 2017. We would like to thank Boston and South Holland Early Help Team for all your support during the last year. We would like to congratulate our two members of staff Charli Hellen and Darren Bisby-Boyd on the birth of their new baby girls to their respective families.

We also would like to welcome Rebecca Lingard our new member of staff to the team. Rebecca will be covering Charli Hellen's maternity position and is a great addition to the team.

This month's issue for January focuses on fitness and how you can motivate yourself to keep active while keeping to your New Year resolutions.

Youth & Community Development Team

Positive Activities Database

Do you support a young person who would like to access Positive Activities in their local area?

To make a referral please email our team on bostonycdteam@lincolnshire.gov.uk



Circus Skills

Activity Days a Success

The YCDT in partnership with the EHT held two Circus Skills Workshop days in Boston and Holbeach for young people aged 8 to 18. Young people had a taste of the sawdust and learned the skills of the circus. At the end of the day each group performed for their family and friends. The Young people who attended had a great time and said that they had enjoyed the day. According to the feedback received, young people said they had learnt new skills including plate spinning, juggling and uni-cycling. The young people scored the day 10 out of 10. Finally young people said they would do this again and would recommend a friend to come with them in the future.



Quote of the Month:

Positive Thinking

"Let go of past mistakes, fly high and light as you celebrate the new year with a blissful smile".



Youth Clubs Across South Lincolnshire



Update on what youth clubs have getting up to across Boston and South Holland

Focus On - Carlton Road Youth Centre, Boston

This term we are teaming up with SoundLINC'S to provide Rock and Pop Workshops to give young people the opportunity to learn and focus on developing instrument skills which will include drums, piano, guitars (bass, electric and acoustic) and vocals. There will also be the opportunity to look at song writing including lyrics and composition. The group will doing a 'Rock and Pop' theme and young people will have a chance to cover a song of their choice. The workshops run for 6 weeks and is included in the entry fee of £1 per person. This is part of the local youth offer and the youth club is open to young people aged 8—18.



SoundLINC'S is a not-for-profit community music organisation operating across the East Midlands. Working in partnership with local, regional and national organisations, SoundLinc's provides and develops high quality and innovative music - making opportunities and training for all ages and communities.



Focus On - Holbeach Youth Club

Holbeach Youth Club is situated on Boston Road Holbeach opposite Tesco. The youth club runs every Friday evening between 7:00pm and 9:30pm for children and young people aged 11-16 years at a costs of £1 per session. Positive Futures support the club with a sports worker to run a range of sport activities during the session. There are other activities including PS3, pool table, arts and crafts and table tennis. Holbeach YC has a full size internal sports hall which enables football, basketball, badminton and volleyball to take place. There is a coffee bar area for young people to chill out or to buy something to eat from the on site tuck shop which provides food and drink at a discounted rate. **The Holbeach Hope Youth Club** for younger children aged 8 – 12 runs every Tuesday from 4pm—6pm. For further information about the youth club sessions please contact Kay Piccaver on 01406 371668 or email holbeachyc@gmail.com



New Start – New Year Resolutions

Getting Started

After kick-starting your new year and making all those resolutions the new year will also ask another question: how do you encourage yourself to keep going when it comes to fitness?

Getting into the habit of exercise takes practice. So have faith and remember to keep your mind right. Its always best to pre-plan exercise into your week. Work through the exercises in this programme and, in



particular, work on your mind. This can prove trickier than the physical exercises, as our minds tend to resist change, and can conjure up any number of reasons for maintaining the status quo – even if that status quo is something with which you are not happy. So for parents and young people alike the question is how much physical activity do children and young people aged 5 to 18 need to do to keep healthy? Well to stay healthy or to improve health, young people need to do three types of physical activity each week: aerobic exercise and exercises to strengthen bones and muscles. The amount of physical activity you need to do each week is determined by your age.

For young people aged 8 to 18-year-olds to maintain a basic level of health, children and young people aged 8 to 18 need to do:

at least 60 minutes of physical activity every day – this should range from moderate activity, such as cycling and playground activities, to vigorous activity, such as running and tennis on three days a week, these activities should involve exercises for strong muscles, such as push-ups, and exercises for strong bones, such as jumping and running. Many vigorous activities can help you build strong muscles and bones, including anything involving running and jumping, such as gymnastics, martial arts and football. Children and young people should reduce the time they spend sitting watching TV, playing computer games and travelling by car when they could walk or cycle instead.



What Counts as Moderate Activity?

Examples of activities that require moderate effort for most young people include:

- Walking to school
- Playing in the playground
- Riding a scooter
- Skateboarding
- Rollerblading
- Walking the dog
- Cycling on level ground or ground with few hills

Moderate activity raises your heart rate and makes you sweat. One way to tell if you're working at a moderate level is if you can still talk, but you can't sing the words to a song.

What Counts as Vigorous Activity?

Vigorous activity is linked to better general health, stronger bones and muscles, as well as higher levels of self-esteem. There is good evidence vigorous activity can bring health benefits over and above that of moderate activity. A rule of thumb is that one minute of vigorous activity provides the same health benefits as two minutes of moderate activity. There's currently no recommendation on how long a session of vigorous activity should be for this age group. Examples of activities that require vigorous effort for most young people include:

- Playing chase
- Energetic dancing
- Swimming
- Running
- Gymnastics



The Local Offer and Where can I find the 'Local Offer'?

Lincolnshire's Family Services Directory (FSD) is now the home of Lincolnshire's Local Offer. The FSD provides everything you need to know about Education, Social Care, Health, information on parent support and activities for Children and young people (0-25 with a Special Educational Need and/or Disability) and their families. If you want help finding services or help using the Local Offer call the Family Information Service on 0800 195 1635.

Boston & South Holland Positive Futures Sports Programme

Boston & South Holland Area Sports Programme 

9th Jan – 24th March 9th Jan – 24th March

Tuesday	Wednesday	Thursday	Friday
	Park Academy Dodgeball 8-11 (Girls & Boys) 3.20pm – 4.20pm (Park Academy Only)	Carlton Road Hockey Club 8-11 (Girls & boys) 3.20pm – 4.20pm (Carlton Road Academy Only)	Tower Road Boxercise 8-11 (Girls & Boys) 3.15pm – 4.15pm (Tower Road Academy Only)
Holbeach YC After School Club 3:30-4:30pm 8-12 years	Stanland Dodgeball 8-11 (Girls & Boys) 3.20pm – 4.20pm (Stanland Academy Only)	Thomas Middelcote PFL 11-16 (Girls & Boys) 3.30pm - 4.30pm (Thomas Middelcote Academy Only)	
Junior Multi-Sports Epsom Community Centre 8-12 (Girls and Boys) 4.30pm – 5.30pm	Holbeach YC Junior Football 3:30-5:00 8-12 years	St Pauls Primary Netball Club 3:30-4:30pm 8-11 years	
Holbeach YC Drop In 4:30-5:30pm 8-12 years	Gym/Fitness Peter Paine Fitness Suite 12-24 (Girls and Boys) 5.30pm – 6.30pm	FairPlay Juniors Epsom Community Centre 8-12 (Girls and Boys) 4.30pm – 5.30pm	Dodgeball Snr Peter Paine Small Hall 8-16 (Girls and Boys) 5.00pm – 6.00pm
FairPlay Seniors Peter Paine Sports Hall 16-24 (Girls and Boys) 5.50pm – 6.50pm	Street Dance Epsom Community Centre 8-18 (Girls and Boys) 6.30pm – 7.30pm	Dodgeball Club Umbrella Spalding 5:00-6:00 10-16 years	Spalding Youth Club Multi-Sports 4:30-6:30pm 8-16 years
	Futsal Epsom Community Centre 12-16 (Girls & Boys) 7.30pm – 9.00pm	Carlton Rd Youth Club Youth Centre 8-16 (Girls & Boys) 5.30pm – 7.00pm £1	Girls Only PFL Peter Paine Astro 8-16 (Girls Only) 6.30pm – 7.30pm
	Football Umbrella Spalding 7:30-8:30 13-18 years	Spalding Academy Multi-Sports 6:30-8:00pm 8-16 years	
	Futsal Epsom Community Centre 12-16 (Girls and Boys) 7.30pm – 8.30pm	Pool League Sportsman Lounge 8-24 (Girls & Boys) 7.00pm-8.30pm	PFL Peter Paine Astro 13-16 (Boys and Girls) 7.30pm-9.30pm
		Spalding Academy Football League 8:00-9:30pm 14-20 years	Holbeach Youth Club FairPlay Football 7:00-9:30pm 8-16 years

Contact: Matt Ingram ☎ 07919300607 / Ash Foreman ☎ 07584343115 / John Sandfield 07810527544
 ✉ matthew.ingram@lincolnshire.gov.uk ashley.foreman@lincolnshire.gov.uk john.stanfield@lincolnshire.gov.uk
 🌐 www.lincolnshire.gov.uk/positivefutures

Please Note: No sessions week commencing Half Term




R U OK?

A simple question could change a life

Suicide prevention is everybody's business. Start a conversation and show you care #RUOK?

www.lpft.nhs.uk/suicidesafe

What is Lincolnshire Suicide Safe?

New suicide prevention campaign 'Lincolnshire Suicide SAFE' aims to get local communities involved in helping to prevent suicides in the county and raise awareness of what we can all do to support our friends, family, colleagues and neighbours. Every suicide is an individual tragedy and a terrible loss to society. Suicides are not inevitable and everybody can play a role in preventing them. The reasons for suicide can be very complex, but generally it's the result of problems or worries building up to a point where someone feels they cannot cope anymore and can't see another option or way out. For more information please contact by emailing SuicideSAFE@lincolnshire.gov.uk

BOSTON & SOUTH HOLLAND

YOUTH CENTRE / CLUB PROVISIONS

Boston Borough

Carlton Road Youth Club - Thursday

5.30pm to 7.30pm - Junior Session - 8 to 14yrs

Free first night then £1 per session

Contact No: 01205 311794

Focus 1 - Monday, Thursday, Friday

6pm to 8pm —11 to 18yrs

£1 per session

Contact No: 01205 311655

Kirton Youth Club - Wednesday

6.30pm to 8pm - 8 to 13yrs

Free first night then £1 per session

Swineshead - Friday Every Other Week

7pm to 8pm - 8 to 12yrs

8pm to 9pm - 12+ to 17yrs

£1 per session

Contact No: 01205 820488

Email: swinsheadyouth@gmail.com

Wrangle Youth Club - Friday

7pm to 10pm - 11 to 18yrs

£1 per session

Contact No: 01205 270392

South Holland

Moulton YC:

6pm to 8pm - 5 to 11yrs

7.30pm to 9.30pm - 12 to 17yrs

Contact No: 01406 380470

Donington YC: - Monday

7pm to 9pm

Free first night then £1 per session

Contact No: 01205 311794

Long Sutton Youth Club:

6:30pm to 9pm - 11 to 15 year olds

£1 per session

Sutton Bridge YC: - Thursday

6pm to 8pm - 7 to 11 yrs.

£1 per session.

Spalding Chill Zone YC - Friday

4:30pm - 6:30pm

9yrs+ - £2 per Session

The Umbrella, Westlode Street, Spalding PE11 2AE

Tel: 01775 712359 Email: chillzone914@gmail.com

Holbeach YC

Every Tuesday 4pm - 6pm , 8-12 yrs - £1 per session

Every Friday 7pm - 9:30pm, 11-16 yrs - £1 per session

Boston Road South, Holbeach, PE12 7LR

Tel: 01406 422305 Email: holbeachyc@gmail.com

C - Card

Scheme

C-Card Venues in Boston & South Holland:

- Co-op Pharmacy, Tawney St, Boston PE21 6PA.
- Greyfriars Surgery, South Square, Boston PE21 6JU.
- Nacro Training Centre, South Square, Boston PE21 6JU.
- Boston College ,Boston, Skirbeck Road, PE21 6JF.
- Holbeach Health Clinic, Park Road, Holbeach, Spalding PE12 7EE.