## YOUTE EUB MONTELY

#### WELCOME TO THE NOVEMBER ISSUE OF THE YOUTH HUB NEWSLETTER!



#### EDITOR'S LETTER

Welcome to the very first issue of Youth Hub
Monthly! As we step into the colder months, we find
ourselves in one of our busiest yet most fulfilling
seasons of the year. These months may be brisk, but
they're packed with opportunities to connect, grow,
and make a meaningful impact.

## THE JJ EFFECT

On the 25th of November, we were privileged to welcome Byron from The JJ Effect to the Hub for a powerful and thought-provoking session focused on the dangers of knife crime.

The session was designed to educate and empower our young people, providing them with the knowledge and tools to make safer and more informed choices.

The session also emphasised the importance of self-respect, conflict resolution, and making positive life choices.

This event had a profound impact, encouraging our young people to think critically about their actions and the influence they can have on their peers.

Many left feeling inspired, more confident in their ability to make safe decisions, and motivated to contribute to a safer community.

We're incredibly grateful to Byron and The JJ Effect for delivering such an impactful session and helping to create a positive ripple effect in the lives of our Youth Hub membersals HAVE TAKEN 40 INDIVIDURE CRIME PART IN KNIFE CRIME WARENESS.





# #ONWARDS



### **TEAM 58 - FINAL PRESENTATION**

On the 26th of November, our Youth Engagement Manager, Joe Stockell, and Youth Engagement Coordinator, Jamie Johnson, proudly attended Team 58's final presentation at Fleetwood Conservative

This event marked an incredible journey for Team 58.

During weeks 4 and 5 of the programme, the team chose to complete their community project right here at the Hub, where they made a lasting impact.

Through their initiative, creativity, and teamwork, Team 58 contributed meaningfully to our space, demonstrating their commitment to community improvement and youth engagement. Their efforts enhanced the Hub and inspired those around them with their energy and dedication.

We extend our heartfelt congratulations to Team 58 for their outstanding work and impressive final presentation. Your efforts have truly set a benchmark for future teams, and we're so proud to have been a part of your journey. Well done to every member of Team 58—your hard work and community spirit are a shining example to us all!



### PROVISION OF THE MONTH...

This Month, We Celebrate the Amazing Work of Our Girls
Hub!

Every Monday evening from 5:00 to 7:00 PM, our Girls Hub continues to be a safe, supportive, and inspiring space for young women to connect, learn, and grow. This month, we've been privileged to welcome the incredible Kelly Mercer from Coach & Shine.

Kelly's workshops have focused on essential life skills such as healthy eating, self-care, and emotional mindfulness. By learning about balanced nutrition, the girls have gained insights into how what they eat can impact their energy, focus, and overall well-being. The self-care sessions have highlighted the importance of prioritizing personal health and happiness, while discussions on emotional mindfulness have equipped the girls with tools to better understand and manage their feelings positively.



Impowered Empower Women





Email - info@coachandshine.com

Kelly has a background in Mental Health services with both young people and adults in a statutory setting. Her qualifications include Psychology BSc and Social Work MA in addition to her continued professional development.

290 INDIVIDUAL PARTICIPANTS.







Tuesday: LGBTQ+ (5:30 - 8:00)

Wednesday: Open to All (5:30 - 8:00)

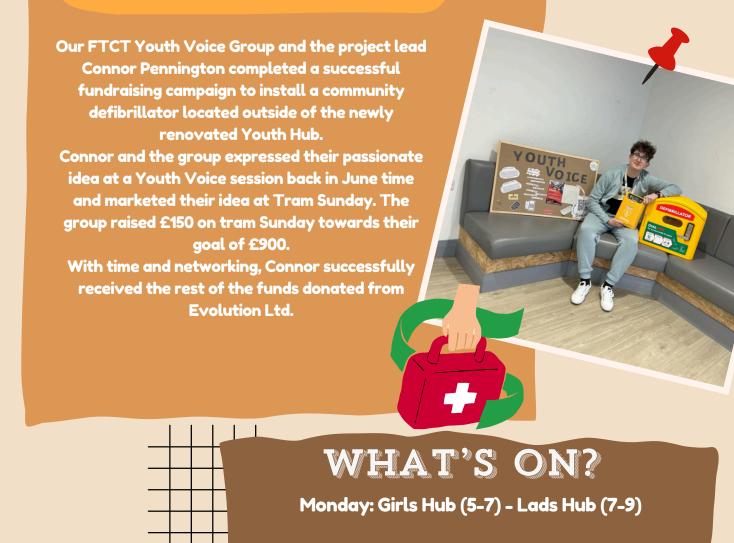
Thursday: Open to All (5:30 - 8:00) Youth Voice (5:30 -7:30)

Friday: Speak Up (5:30 -8:00)

Saturday: Morning Hub (10:00 - 1:00)







## ENJOYED OUR NEWSLETTER? WHY NOT FOLLOW US ON SOCIALS?

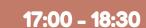
Our Facebook page, FTCT Youth Hub, will be your go-to source for all the latest updates. Whether it's upcoming activities, workshops, or volunteer opportunities, you'll find everything you need to stay connected and involved. This platform will also allow for easier interaction, so you can share your thoughts and suggestions with us. Make sure to like and follow our page to stay informed and engaged with our vibrant youth community!



### DATES TO REMEMBER

700000

Wednesday the 18th of December 2024 - Christmas Party



<u> 19:00 - 20:30</u>