



The Youth Hub at the Heart of the Community

*Providing youth services for all 7-25 year olds
in Felixstowe and the surrounding area*

Felixstowe Youth Development Group

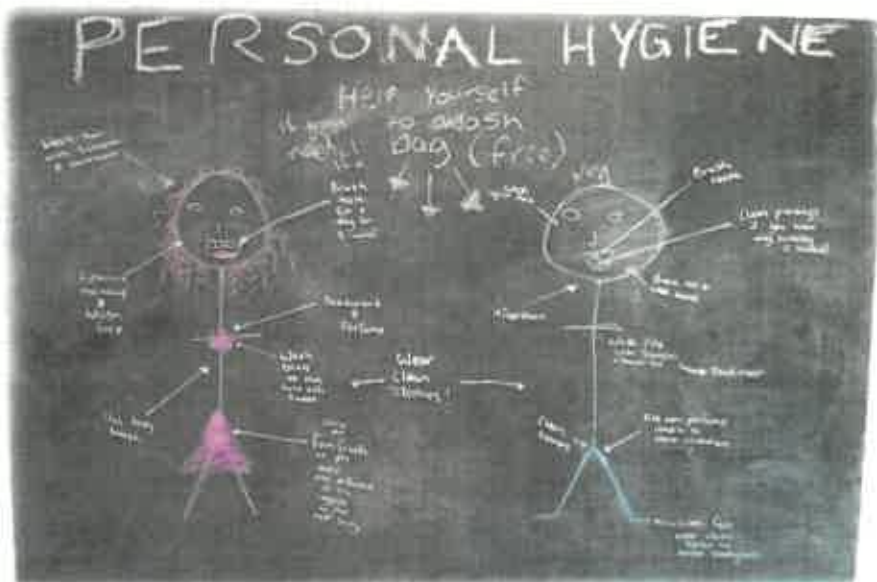
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Hello,

Our last newsletter went out in January! This year is just flying by. We hope all young people have happily settled back into a new year at school or started a new high school or any other adventure you're beginning!

Our summer term was a busy one. When the better weather arrived we were able to hold most of our sessions at the park or the beach where young people were able to take part in various obstacle courses, parachute games, rounders, football, relays and more. Young people also enjoyed their end of term parties; indoor beach party, traditional party games night, and a night out at Lazer Tag for the Young Adults Session.

Of course there is always an element of learning in the fun we have at Level Two. During each session there is usually a circle time or focused activity, in which we cover various topics that may not be on the school curriculum. Young people have explored their food consumption and sugar intake by drawing food plates, measuring and bagging the amount of sugar to visibly see how much is in certain products. Some young people were shocked at the amount of sugar and have reported they have swapped to healthier alternatives. Young people have looked at personal hygiene and how to look after our bodies and were offered free toiletry bags. The girls group took part in a personal safety quiz around the town centre, encouraging young people to be aware of their surroundings, to learn how to safely use roads and pedestrian areas, to know what to do if they found themselves lost or in unfamiliar territory.



We have also discussed recycling, the importance of looking after our town, the environment and looked at the impact of climate change and how we as individuals can make a change.

During the summer holidays we supported the Fit and Fed holiday programme at Stennetts Community Café. This was funded through Suffolk County Council and the Department of Education for Children, and was available every Wednesday and Thursday 11am - 3pm to young

people aged 10-16. Those who attended took part in food preparation and cooking, arts and crafts, followed by games, physical activity and exercise.

We also had our own holiday activities; open access sessions every Tuesday and Thursday, a trip to Bounce & KFC, and a full day out at Harry Potter World.



For the second year Inspire Suffolk used our hub as the venue to deliver The Princes Trust TEAM programme, a 12 week course for young people age 16 - 24. We would like to congratulate all 12 young people who passed! Some of our youth workers were pleased to be able to attend the graduating ceremony and were extremely moved by the young people's personal journey stories. We wish you all the best going on to further education, training, jobs or apprenticeships!



We would especially like to welcome all young people who have just gone up to year 6. This means you are now able to come along to our sessions and holiday activities! Lots of people ask 'How do I join Level Two?' It's simple and there is no actual 'joining.' Just check out our programme (at the foot of this letter), find the session for you and come along. All we ask is that all young people complete an emergency contact form, which will need to be signed by a parent/carer if the young person is under 13. After that, young people are free to use the wide range of activities on offer; pool, computers, table football, free running mat, exercise bikes, games, art room, consoles and more.

New Term, New Hours



Level Two will now be open

Saturday mornings!

10.30-12.00pm

Open to all young people in Year 6 and above.

Begins Saturday 14th September 2019

In addition to this we will be at Kirton Rec on Thursdays (starting 12th Sept) 4 - 5pm term time only. Come and play games, have fun, have a snack and make new friends! Registration forms will need to be completed by a parent/carer on the day.

We look forward to another exciting year! Look out for our next newsletter in January. Our Facebook page is kept up to date almost daily, so to find out more about us and what's on follow us on:

<https://www.facebook.com/leveltwoyouthproject>

Bye for now!

This September we are introducing Saturdays to our programme! The hub will be open 10:30am - 12noon for all young people in year 6+. Please note this is starting from Saturday 14th September.

You might notice that our age range is 7-25, however the majority of our programme is only open to those in year 6 and above. For young people age 7+ we have our youth workers in all of the primary schools supporting small nurture groups, class work, after school clubs and assemblies. With the ever-increasing reductions in mental health services, we believe it is important for young people to learn things which are outside of the school curriculum, so we provide informal education on subjects such as positive friendships, anger, self-esteem and mindfulness. If you would like to find out more about this, please contact us and ask for Emma.



Level Two

welcomes young people from Years 4, 5 and 6 to

Kirton Rec

On Thursdays from 12th September 2019

4-5pm (term time only)



Come and play games, have fun and make new friends!

There will be snacks too!

Registration required so please bring a parent or guardian along.

For more details please contact Level Two on (01394) 272521

Or email: fydlevel2@btconnect.com

September to December 2019 (Term Time Only) Level Two Youth Project Weekly Activities

MONDAY	4pm – 5.30pm GIRLS GROUP – School Years 6-11 at Level Two.
TUESDAY	4pm - 5.30pm YEAR 7 & 8 Level Two.
WEDNESDAY	LGBTQ - For more information contact Shez on 07724356723. FXA - G87 1pm-1.30pm C-CARD drop-in & sexual health advice. AFTER SCHOOL DROP IN at FXA 2.50pm-3.15pm (IN THE ATRIUM).
THURSDAY	4pm-5.30pm BOYS GROUP – School years 6-11 at Level Two. 4pm–5pm Kirton Rec Group- School Years 4, 5 & 6 (At Kirton Rec) 6.30pm–8pm YEAR 9 & 10 at Level Two. LGBTQ Drop In at FXA contact Shez as above.
FRIDAY	6.30pm-8.00pm YOUNG ADULT SESSION Year 11+ at Level Two.
SATURDAY	10.30am-12 noon - Open Access – School Years 6-11.

One to one mentoring and counselling available – by referral.

ACTIVITIES

POOL
WH
BOX
TABLE TENNIS
AIR HOCKEY
MUSIC
COOKING
COMPUTERS
TRIPS
CHEL OUT AREA
ART & CRAFT
CRAFT TOPIC ACTIVITIES



At Level Two Youth Hub (Above Tesco)

Level Two Youth Project is a charity in Felixstowe for all young people. To find out more about us join our facebook page, visit our website www.leveltwo.org or Tel: 01394 272521 email: fydglevel2@btconnect.com

'We are committed to safeguarding the welfare of all young people'

Please note: All young people accessing Level Two will be allowed to come and go as they please during sessions. If you would like your child to remain in the hub during the session and/or be collected from Level Two after the session, please let us know and we will do our best to ensure this happens, however we will not be held responsible should a young person choose to leave after being asked to stay.

We ask that if young people are being collected at the end of a session, that parents/carers collect promptly. Once Young people have left the building they are no longer the responsibility of Level Two staff. If you are running late, please contact us on 01394 272521. Should we need to contact you, it is parent/carer's responsibility to inform us of updated contact details, including an emergency contact number, which is not your own. We would kindly ask that you refrain from parking on yellow lines outside the hub entrance to avoid congestion.

Level Two Youth Project
2nd Floor, 54 Cobbold Road
Felixstowe
IP11 7EL
Tel: 01394 272521

Website: www.leveltwo.org

Using the internet safely.

We spoke to young people from the local schools and those that visit our hub. Here is what they told us:

Things that they like about the internet:

- Keeping in contact with friends and family.
- Learning lots as there is lots of information out there.
- Playing games
- Using free Wi-Fi = cheap to run.
- Helps with homework
- Entertainment like films and YouTube

Things that they do not like about the internet:

- Cyberbullying
- Randoms/strangers trying to talk to you
- Seeing images that you do not want to see
- Being groomed
- Being hacked
- Someone stealing your identity
- People can take your money
- People can see where you live and use this information to befriend you

E-safety top tips for children and young people, from the children and young people of Felixstowe.

What is good about the internet and what is bad: views of local young people:

94 young people responded to our questions regarding e-safety

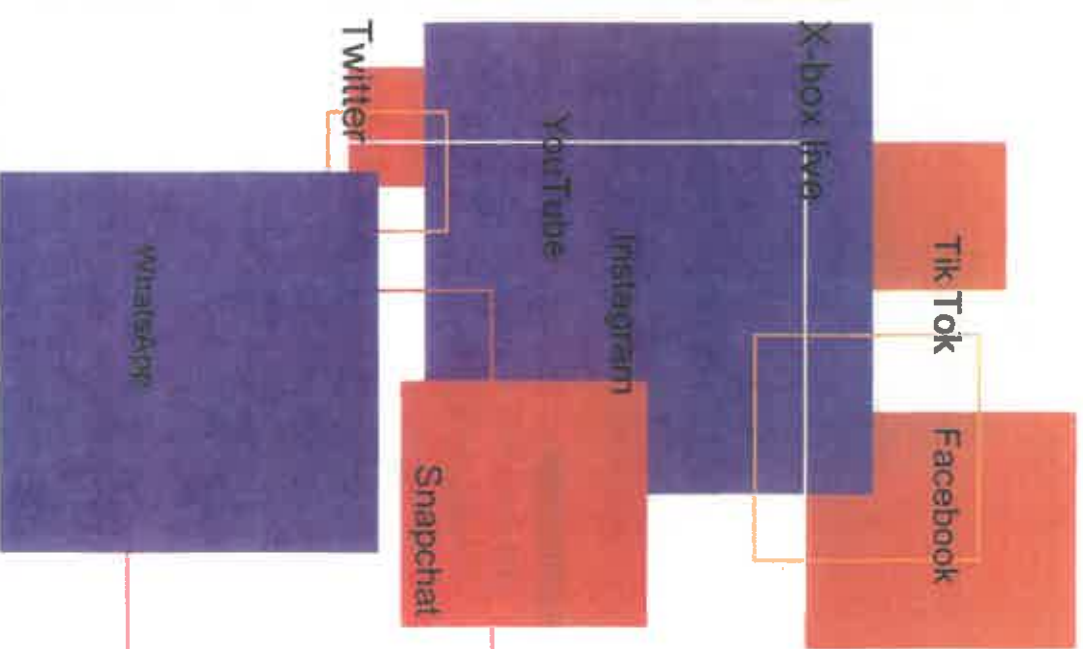
How do you really know who you are playing with?



"I'm friends with a 6 year old that I don't know."

My Dad says to be careful"

B, year 5, Felixstowe



Level Two Youth Project





Advice for children and young people.

- Do not talk to strangers
- Make accounts private
- Do not give out your personal details
- Do not click on links as they can cause a virus
- Do not send inappropriate pictures
- Always talk to your parents
- Do not add people that you do not know
- Think before you send anything because once it's out there, it's out there
- Do not accept friends of friends or parents of friends

Top tips for parents and carers. Think!

If you allow your underage child to sign up for an app that they need to be a minimum age for, their on-line profile could attract unwanted attention once it looks like they have turned 18.

A mobile gives constant access to the internet...

Be aware of who your children are talking to on-line. Teach them how to be careful by not sharing information. We live in a digital world so it is vital that you keep talking to them to keep them safe.

Recommended age for Apps:



“you have to lie”

[about your age]

M, Year 6, Felixstowe

A mobile phone could make your child vulnerable because it gives 24-hour access to the internet.

Some stats:

57% of young people said that they did not have any friends who they did not know, so 43% are friends with people that they do not personally know. Children in Primary school mostly knew their on-line friends but as children get older, it is apparent that they willingly talk to strangers.

Level Two is here to help you!

Contact us: by post or in person at 54 Cobbold Road, Felixstowe, IP11 7EL.

By email at fvd@level2@btconnect.com

By phone on 01394 272521

Or via your local school.