

# youth news

an update for CBHA's young people and adults

summer 2008



## Summer activities will be fun and build self-esteem

**It's going to be a hot summer of fun for CBHA young people, with a large range of outings and activities planned.**

This year's residential trip will be to **Tile Barns in Brockenhurst** in the **New Forest**. A group of 24 will stay in a bunk house for three nights, spending four days in the forest. They will have the chance to do mountain biking, learn bushcraft skills, archery and plenty of other team-building activities.

The cost to CBHA young people? Just £10.

Youth leader Douglas Muhammed said: "The group will have experiences they would not normally have by going on this activity trip. Taking on the challenges will boost their confidence and self-esteem."

He added: "It will be very different from their usual surroundings. In the New Forest, wild ponies are everywhere - even in the village and town streets - and that is something you do not often see in Waltham Forest!"

Places for the trip will be given on a first come, first served basis.

Other excursions over the summer holidays include a **day on the beach at Southend on Sea** and a **trip to Gilwell Park** near Chingford where there are many **adventure activities** such as **high ropes** and **crate stacking**.

If the outdoor life is not their thing, young people can enjoy plenty of **arts and crafts** sessions such as **T-shirt design** and **glass**

**painting**. "These sessions have proved very popular when we have run them before," said Douglas.

**New this year will be a drama and music project** (see reverse for full story).

In addition, young people will be

able to register for one voucher per week, at the cost of just £1 each time, for **food, cinema tickets** or **ice skating**.

And if all this was not enough, the **chill out zones** in each area will be open for longer hours.

### Bigger Picture a roaring success



The Bigger Picture Sunday lunch project has been a great success in Chingford. For 12 weeks, young men between 15 and 21 met with some big names to give them inspiration for their future. They worked with Delroy Murray of 291 Club at the Hackney Empire, TV broadcaster Eddie Nestor and Kat Williams of MTV. The project is now moving to Leyton.



### New this summer

#### Graffiti workshop

CBHA young people will be busy with spray cans this summer - but it is ok because it is part of a graffiti workshop.

A specialist graffiti artist will be working with the young people to channel their artistic enthusiasm in a positive way. They will create designs on canvas to put up in the youth clubs. There may be an anti-knife or anti-gun theme to their work.

## Silence in court as young people take charge

CBHA young people were the magistrates, solicitors, defendant and witnesses in a scenario acted out in Waltham Forest magistrates court.

A group of eight CBHA young people played the key roles in the hearing of a 'crime' in which someone's bag was snatched.

Youth leader Douglas Muhammed said the court open day in June was brilliant. The young people, all aged between 12 and 14, loved the mock court hearing.

They also had a taste of being locked up, first in the cells and then in the prisoner transport van. A couple of them were handcuffed. They also met the police dogs that are used to catch criminals.

Douglas said: "They loved it. They said they did not like how it felt being locked in a small cell or in the prison van. It was eerie when the cell door was closed." The court open day, which included stalls on fraud, domestic violence and knife and gun crime, taught them about the justice system.

## Delroy Murray in Performance Studio starting this summer

# Acting and music project

**A new project called Performance Studio is an exciting addition to CBHA youth activities.**

Drama and music, stage design, script writing and video production will be included.

CBHA has teamed up with Delroy Murray from the 291 Club, at Hackney Empire to run it.

Douglas said; "The young people are really keen to get involved in this.

"Performance Studio will culminate in the young people putting on a production which will go on tour around the areas. We



are hoping it will also be staged in a theatre. The first step is the script so three weeks of script writing workshops will be started in the summer holidays.

"So many of the young people are keen on music and in this project they will also get to learn how to play a musical instrument. They can then make recordings of their music." A trip to see a performance at a theatre will also be included, as will a look round behind the scenes at the theatre.

Anyone interested should call Jade Armstrong on 020 7922 8523 for an application form.

## Volunteering is a great opportunity to have fun and gain experience

Volunteers to help through the summer and after are desperately needed by CBHA.

The summer programme for the youth needs support from people prepared to help out to help make it a success.

CBHA is looking for willing volunteers who can spare anything from one hour per week.

Adults are also needed to accompany the young people on some of the days away.

Youth leader Douglas said: "Our volunteers usually have fun engaging with the young people and really get something out of it.

"But, in addition to that, there are prospects for volunteers. There is the

possibility of getting paid work in the future, further training paid for and, of course, references to help them get a job."

He added: "It can be a great opportunity for our residents who have enjoyed taking part in our youth programme themselves and are now 18 or over."

Volunteers will be subject to the usual police check. Anyone interested can contact Roz Gordon on 020 7922 8500.



## Drop in to job clubs

The job clubs run by Sporting Chance and Worknet are open between 10am to 2pm on Mondays in Chingford. Just drop in for careers and training advice.