

youth news

an update for CBHA's young people and adults

winter 2006/07



Buy CD by talented Defendin' Da Hood artists

Defendin' Da Hood have released an album featuring 15 tracks reflecting their feelings and experiences of living in Waltham Forest.

Living on Borough Time includes If You Know You - the theme tune of the Damiloa Taylor Trust . CBHA young people wrote and performed nearly half the

tracks. Subjects of the song lyrics include teenage pregnancy, becoming a single dad and gangs on the streets.

CBHA, LBWF, the police and other housing associations teamed up for the project which gave young people the opportunity to record in a quality studio. The idea was to show young

people that they are listened to and that there can be change relating to the issues that affect them.

Living on Borough Time is on sale for £6 from CBHA area offices. Some of the money raised will go towards further projects for young people. The rest will be split between the artists.

Young people reach new heights on trip

Four young people who went on an exciting activity break in Cumbria feel inspired to change their lives.

Youth leaders Douglas Muhammed and Judy Griffith accompanied the 17 and 18-year-old CBHA residents on the five-day Outward Bound trip in November.

"The theme was team-building," said Douglas, "and it was really challenging. One activity involved being blindfolded in a forest at night and having to rely and trust the other members of the group to lead them out. The person blindfolded had to duck or jump when told to."

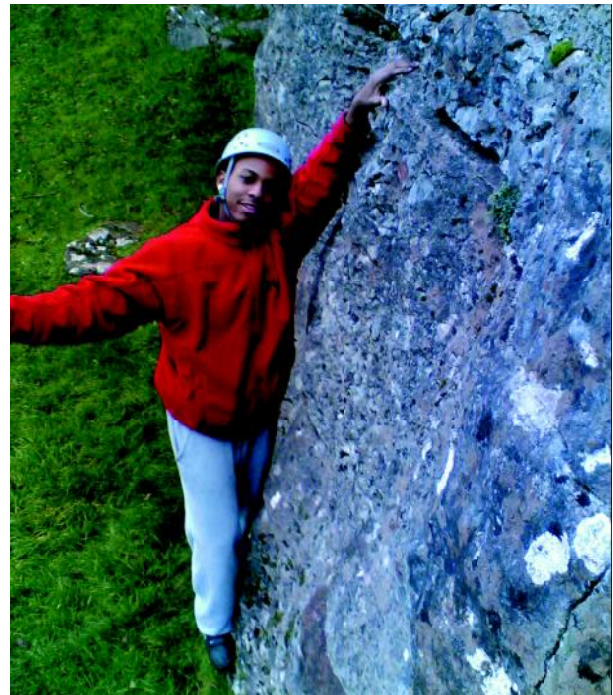
Other activities included abseiling, hiking up hills and building a raft. "We managed to sail our raft right across the lake – and it was the second largest lake in Britain," said Douglas.

"The young people have said they have now seen some of the different things life can offer. They



have had experiences they would never normally have had. Now they have come home wanting to change their lives, and turn things around. They want to go to college, train and get jobs." Taking on tough challenges and succeeding has also boosted the young people's confidence and self-esteem.

CBHA plans to offer similar trips for more young people in the future.



Workshops create wordsmiths

Creative young people have been waxing lyrical following two workshops on poetry, story-telling and writing lyrics. They explored their thoughts and feelings and looked at different ways to express them.

Defendin' Da Hood festive events

Two Defendin' Da Hood events are planned for CBHA young people this Christmas.

The first, on December 18 at the Assembly Hall, Walthamstow, will run from 6.30 to 11pm. The second, at The Score, Oliver Road, Leyton, will be on Sunday December 19 between 6.30 and 11pm. The theme is Church meets Street.

The second Eid will be celebrated in January. Date and times to be confirmed.

Volunteers are still needed to help out in youth clubs in Leyton, Leytonstone, Walthamstow and Chingford. In addition, people are needed to help out on trips away. If you think you could spare some time, or for more information, please ring Roz Gordon on 020 8799 8522.

Advice on work in music biz



Teenager on road to car career

A 17-year-old youth from Leyton has now found a part-time job as a mechanic. He represents one of the success stories that follows CBHA's outreach work.

Youth leader Douglas Muhammed has been giving jobs and training advice to young people who have left school but are not in work or at college. The young man from Leyton liked the idea of working with cars so

earlier this year Douglas helped him apply for a place at college to train as a mechanic. Then recently Douglas accompanied him as he asked around at local garages and repair centres. He secured a Saturday job at a garage in Chingford.

And the garage has now offered him further hours. **For advice, contact Douglas on 020 7922 8524.**

An exciting performance event gave CBHA youths the chance to meet writers, producers and people working in the music business.

About 60 young people turned out to see organisation London Youth give a presentation in the autumn. A panel of people working in entertainment and the music industry held a discussion and gave advice about different ways to break into the business.

There were also singing, dancing and rapping performances.

Some young people had already had their own work recorded and were able to have it heard by professionals. Some have also now been given the chance to perform at The Barbican theatre.

The event was a good opportunity for networking, with plenty of interested young people getting telephone numbers and email addresses of useful contacts for the future.

Celebrating black history

The Black History Month of October was celebrated by young CBHA people with a Defendin' Da Hood roadshow with a difference. The roadshow included a sketch featuring famous black people from history and the 'cast' dressed up in costumes. There was Imhotep from ancient Egypt, a doctor, architect and High Priest, Malcolm X and an ancient African queen.

The mobile show, which toured the youth centres in all four areas, also included music, singing, rapping and dancing.

"There was a lot of laughter, so I think it went down well," said youth leader Douglas Muhammed

