

# youth news

an update for CBHA's young people and adults

winter 2006



## chill out zones

Paradox Centre, Chingford,  
Mondays and Fridays,  
8pm to 10pm

Pavilion, Leyton, Thursdays,  
8pm to 10pm

Epicentre, Leytonstone,  
Tuesdays, 8pm to 10pm

Thomas Gamuel,  
Walthamstow, Thursday  
7pm to 9pm

## chill out with your mates

Teenagers are now enjoying evenings with their mates at the chill out zones in their local youth centre.

And a £5,000 grant from the Tactical Joint Action Group (TJAG) for the Chingford area means the Paradox Centre can be open for young people on an additional evening. On Wednesdays they will be able to do drama and craft. TJAG is run by the Community Safety team which includes police, social services, probation services, fire service and Victim Support.

The chill out zones are open from 8pm to 10pm (7pm to 9pm at Walthamstow)

for young people up to 19. They are a place to get together and have fun, chat or relax. Activities on offer include: ■table tennis ■snooker ■tuck shop ■computer room – which can be used to create music.

The zones are open thanks to a partnership between CBHA and Breaking Through, with support from O-Regen and Green Spaces for use of the buildings.

Youth worker Douglas Muhammad said: "The young people love creating their own music. We are giving the decisions about what they want to them. They can choose what they want – such as CDs, records and playstation and X-box games They will have to research the cost and select what to buy for the chill out zones."

## Cherie Blair drops by



PM's wife Cherie Blair met CBHA's Defending da Hood team (above) and talked with Parents Against Violence and young people on her visit in February



## don't end up inside

Young people at risk of becoming involved in crime have the chance to pay a visit to Coldingley prison in Woking in the Inside Out project. They will meet inmates and get to see what prison is really like. About 20 youngsters will go on the first visit in the summer. Future visits are also planned.

Youth worker Judy Griffith said: "The scheme is run by the inmates. The idea is to put the young people off getting involved in crime by showing them in the clearest way possible what the consequences can be."

## half-term fun

A range of activities and outings were enjoyed by youngsters during the February half-term at the youth centres across the areas. The chill out zones were run during the evenings, and during the day trips included quasar, paintballing and cinema visits.

## street

# DANCE

Young people are learning street dance thanks to Breaking Through, an organisation made up of young people.

The group is running in Chingford on Mondays from 6pm to 8pm, in Leyton on Fridays, from 7pm to 9pm, in Leytonstone in Langthorne Park on Tuesdays from 7pm to 9pm and in Walthamstow on Thursdays from 7pm to 9pm.

Leytonstone youngster Helen El-Baze said: "My friends and I all like dancing and Breaking Through are showing us how to make up our own routines. They can also teach us other routines. It's fun and good exercise too."

more...

## youth news

**fun at the clubs:**  
at Chingford, below, and at  
Leyton, bottom



**girls just wanna have fun:**  
at Walthamstow youth club

# raves are just wicked

**Wicked – that’s the verdict on the raves YOU told CBHA you wanted.**

Young people are enjoying the chance to dance or just mingle at the events, which are held every month on a rota basis between each area.

Youth worker Douglas Muhammad said he had been doing some of the DJing so far but now the young people are making their own music.

“We have more equipment now,

thanks to CBHA, the Breaking Through organisation and the Tactical Joint Action Group (TJAG) grant. The kids can use this to create their music for the raves. They can make instrumental tracks to MC on.

“We had asked them what they wanted us to provide. They said these raves which they love.”

Douglas added: “It’s great that the young people are taking control over the events, by making their own music and by producing fliers advertising them.”

During the festive season, the raves had the added attraction of i-Pod and cash prizes for dancing and singing competitions.

### **The time and place**

Current rave dates:

The Pavilion, Leyton, February 24

Epicentre, Leytonstone, March 31

The Paradox, Chingford, April 28

Thomas Gamuel, Walthamstow,

May 26.

## find out your jobs and training options - or just drop in for a chat

Need information about finding a job or going to college? Want to discover what opportunities are out there for young people? Then drop in to see youth workers Douglas Muhammad and Judy Griffith at Chingford’s Paradox Centre on Mondays from 12 noon onwards.

They now have all the government’s Connexions information about going to college, training courses and finding work.

Young people can get advice about other issues from Douglas and Judy, simply have a chat, or just use it as a place to chill out. Everyone is welcome.

## defendin’ da hood trip to Cumbria

A residential trip to Cumbria for three days is planned for a group of young people. Eight members of the youth forum arm of Defendin’ da Hood will learn about presentation skills and team building during the trip in March.

A further eight youngsters will have the opportunity to go later in the year.

**What do you think  
of CBHA’s  
youth news?  
Let us know and  
tell us what you  
would like to read  
about here. Contact  
Douglas on 020  
7922 8524 or Judy  
on 020 7922 8500.**

## thanks to ORegen

**ORegen is supporting  
CBHA by letting them  
use their buildings free  
of charge.**

**This includes the  
Paradox in Chingford,  
the Score in Leyton and  
the EpiCentre in  
Leytonstone.**

## Mentoring project

A mentoring project to help guide CBHA’s young people is off to a promising start. CBHA appealed to adults to volunteer to act as mentors – and had a great response. Now training days are being organised for the volunteers. The next task is to match the adults with the young people. To find out more about the mentoring project, contact Judy on 020 7922 8525.