

# UPDATE 17

Just4<sub>2</sub>

Spring Edition

## NEW LOOK NEWSLETTER



Caroline, our Charity Manager, approached the Woodbridge School Design department to help with a new design for our newsletter. We thought it would be great if a young person designed it for us. Having looked at our website, the year 10 GCSE group took on the task of designing a template, with a fresh new look for 2017. Congratulations to Charlie for his winning design - we all liked its simplicity, choice of font and headings and also the colours taken from our logo. The photo shows all the young people with their designs, along with a picture of Caroline & Charlie.

Thank you to Mrs Cracknell and Charlie for putting the newsletter together for us, I think you'll agree that it looks great.



## PIRATE ADVENTURE HOLIDAY CLUB



Ruth with one of the young helpers

During the Easter Holidays Ruth and her team of wonderful volunteers ran 3 fun packed mornings at Kyson Primary School for nearly 50 children. Activities including games, quizzes, crafts, challenges, stories, singing, film clips - all with a pirate theme!

Ruth continues to keep very busy with regular school assemblies and weekly lunchtime and afterschool clubs at Kyson, Eyke, Bawdsey, Wicket Market, Orford, Sandlings and St Mary's, Woodbridge.

## YOUTH CENTRE BUILDING UPDATE

The big news for Just42 in the last few months has been the closing and demolition of the youth centre which served as our base for 10 years.



Caroline, our charity manager said: "We were struggling to find suitable office space in Woodbridge that we could afford, but we felt it was key to stay in Woodbridge as we've built up a network of volunteers and

contact with young people here."

After a tense few weeks of searching for office space in Woodbridge, and finding out just how expensive working in this lovely place is, we were really grateful that 3 of our local Councillors offered to help us buy a newly refurbished cabin to use as a main base and office using their Suffolk Coastal Enabling Communities Budget.



Cllr Geoff Holdcroft said, on behalf of the Councillors who provided the funding, "We wanted to join together to support the local charity because their work has a positive impact not

only on the young people it supports but also the wider community. Just42 is a valuable resource for young people in this area by giving them support and guidance as well as helping them develop into later life. We hope by securing this new office space they can concentrate on the work they do so well."

Now a group led by County Councillor Caroline Page has formed, who are looking at the possibility of rebuilding a community space at the site of the old youth centre. Suffolk County Council has said that a viable business plan needs to be presented to them by the end of the year for them to consider. There is still lots of work to do, but hopefully SCC will accept the plan and make the land available to the project on a long term lease basis. In April we got official confirmation that our nomination to list the land as a Community Asset, where the youth centre was situated, was successful so this is a promising start. Keep an eye on our Facebook page for the latest news.

## FUNDING NEWS

Just42 were really pleased to be chosen to be part of the green token scheme at the local Co-op stores in and around Woodbridge and also in the Waitrose in Ipswich. Thank you to everyone that "voted" for us. We were given £300 from the East of England Co-op and £250 from Waitrose. Find out about other ways to support Just42 overleaf.



## JUST42'S YOUTH WORK APPRENTICE

Our apprentice journey began when someone from the Apprenticeships Suffolk Business Service cold called the office in October 2015. Just42 were really pleased to join a campaign in Suffolk to help generate 500 more apprenticeships. So the search began and Milly joined us January 2016. Milly started working in 3 of our youth clubs as the session worker and also at one of our sports coaching sessions. Alongside her work at Just42 she is studying for her Children & Young People's workforce advanced apprenticeship with West Suffolk College. She has got involved in schools work at Farlingaye High School and also at our holiday clubs.



The photo shows Milly at our team day in Rendlesham forest, followed by Kevin and our Administrator Mary Howard.

## COMPASS MENTORING

One of our core offerings at Just42 is Compass Mentoring. We offer a mentoring service to young people aged 11-18 working closely with Kesgrave and Farlingaye High Schools.

### WHAT DOES MENTORING INVOLVE?

Many young people struggle with everyday issues or may have mild mental health problems. Our mentoring service provides an outlet for young people to talk to someone other than their family and friends, about issues they may be struggling with. A lot of our young people really appreciate having someone to talk to, who is not close to them that they trust and can confide in.

### HOW MANY PEOPLE DO WE PROVIDE MENTORING FOR?

During the period 16/17 we provided 358 1 to 1 sessions, providing mentoring sessions for 33 males and 21 females. The main issues covered were: Anxiety, family, self-esteem and mental health. The average number of sessions we provide per week is 15.

### WHO HEADS UP OUR MENTORING CO-ORDINATION?

Kevin Woods is our compass mentoring coordinator. He leads mentoring training sessions for our volunteers and is the main point of contact for our schools. He provides pastoral support for mentors and oversees the ongoing mentoring relationships. Kevin works closely with local schools. Here are some of the comments teachers have made about our mentoring services:

*'From my experience you offer a professional and caring service to a wide range of students'*

*'The work you've done with students in my year group has been very beneficial and we've seen some very pleasing improvements in attendance and behaviour'*

### VOLUNTEERS

We are always looking for more volunteers to join our mentoring team. If you feel you could spare some time to train to become a mentor and can offer a young person an hour or so each week for a few weeks, we would love to hear from you. Please contact us on T: 01394 380992 E: info@just42.org.uk

This word cloud is taken from feedback that young people have given us having finished their mentoring.



## YOUTH CLUB NEWS

Over the last year we have introduced a theme for each term for all the youth clubs to follow, which helps with planning, resources and efficiency. The whole team plan and brainstorm ideas together, then Jacqui and Milly prepare resources for each club so that it is all ready for our session workers to use when they arrive to run the clubs. This term they are looking at Well-being and Healthy lifestyles, so each week there has been a different fruit for the young people to try - so far they have tried fresh pineapple, kiwis and dates and we have also offered smoothies and other food options in place of our usual tuck shops to encourage the young people to eat more healthily.



The young people have tried to work out the amount of sugar in popular drinks and sweets and later in the term they will be discussing drugs, alcohol (this will include the young people trying out the beer goggles which is always fun to watch!) sex and relationships, smoking, sleep, skin and hair care. They are also planning some different physical activities to do each week to get the young people to try different and fun forms of exercise.



## WAYS TO SUPPORT JUST42

Regular Giving – Regular giving by setting up a standing order really does enable us to plan our work more effectively. If you would like to give to us regularly please do contact us on [info@just42.org.uk](mailto:info@just42.org.uk) and we can send you the relevant forms.



Facebook - Find us on Facebook. Click on our page and 'like' it to keep updated on what's going on. Share our page with friends to increase our profile.



Easyfundraising - Easyfundraising makes it really easy for you to raise funds for us. Go to [easyfundraising.org.uk](http://easyfundraising.org.uk) and **sign up for free**. Choose Just42 from the list of causes. Every time you shop online the retailer will make a free donation to your good cause and it won't cost you a penny extra. All you need to do is **remember** to come back to Easyfundraising before you shop to keep collecting donations.

Easysearch – log onto [www.easysearch.org.uk](http://www.easysearch.org.uk) and every time you browse the web half a penny is donated to Just42. Search just 15 times a day and you could raise around £25 a year for us. So far nearly £400 has been raised for us.



BT MyDonate - BT offer a free fundraising service so you are able to donate money online to us. If you are raising money through an event e.g a sponsored bike ride, why not set up a fundraising page to make it easy for people to give online. Go to [mydonate.bt.com](http://mydonate.bt.com) for details on how to give or set up an account.

## DATES FOR YOUR DIARY

### Thursday 8th June 10-11.30am – Just42 Prayer Meeting @ The Methodist Church, Woodbridge

Please come and join us as we prayer for the young people and the work we do with them.

### Friday 9th June 4pm – Golf event @ Seckford Golf Course, Woodbridge

Play 8 holes at Seckford Golf Course followed by a BBQ. Tickets £25 per player.

### Sunday 11th June 3-5pm - Homemade Cream Tea @ The Barn, Burgh

Enjoy homemade scones, clotted cream and jam & a pot of tea in the Suffolk countryside at Burgh, accompanied by live music by 'The C Strings'. Tickets £10 per person.

### Saturday 18th November 7pm – Dinner @ The Abbey School, Woodbridge

Enjoy a gourmet 4 course meal with live music, fabulous auction goodies to bid for and a raffle with wonderful prizes. Tickets £40 per person. Contact the Just42 office on 01394 380992 or email [info@just42.org.uk](mailto:info@just42.org.uk) for more information and to book your place.

### Wednesday 6th December 7pm – Annual General Meeting @ St Mary's Church Centre, Woodbridge

Come and find out what we have been doing in the past year and hear about our plans for the future.

## CONTACT DETAILS



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