

Dear Breckland & West Norfolk YAB Young Commissioner and Parent/Carer

Re: Breckland & West Norfolk YAB Summer Activities 2020!

We would like to invite young people to participate in our forthcoming Summer Activities Programme for 2020. The main purpose of the programme is to bring all young people from Breckland and West Norfolk together for fun activities and training (priority to some activities and training will be given to our existing Young Commissioners). We hope that some of you will be interested in joining our YABs.

Please see the information below about each of the activities. If your young person would like to participate, we would ask you to complete the permission slip for which activity they would like to join.

Details of activities:

1. Gender or Cultural Awareness Training

When: Monday 27 July, 2 hour workshop, times to be confirmed
Where: Zoom
About: Training provided by Norfolk LGBT. Improve your knowledge around prejudice.

2. Campaign with Breckland YAB

When: Tuesday 28 July, 10am - 12
Where: Zoom
About: Find out how Breckland YAB has achieved social change through their campaigning and prepare yourself to be a change-maker in the future!

3. Sexual Health Project

When: Wednesday 29 July, times to be confirmed
Where: Zoom
About: NHS consultation to gain young people's opinions

4. Canoeing & Survival

When: Thursday 29 July (Morning Session / Afternoon Session)
Where: Thetford Forest
About: Provided by Bush Adventure (Covid-19 safe procedures in place)

5. Canoeing & Survival

When: Friday 30 July (Morning Session / Afternoon Session)
Where: Thetford Forest
About: Provided by Bush Adventure (Covid-19 safe procedures in place)

6. Gender or Cultural Awareness Training

When: Monday 3 August, 2 hour workshop, times to be confirmed
Where: Zoom
About: Training provided by Norfolk LGBT. Improve your knowledge around prejudice.

7. Mental Health First Aid Training (15+ ONLY)

When: Tuesday 4 August, times to be confirmed
Where: Zoom
About: An additional consent form is required prior to attending the training.

8. RISE Transition Training

When: Wednesday 5 August, 2pm & 5pm
Where: Zoom
About: Training provided by Kidscape. Addressing young people's concerns on returning to school post Covid-19.

9. Ready, Steady, Cook

When: Wednesday 5 August, times to be confirmed
Where: Zoom
About: Food challenge, feed a family of 4 for £5.
YAB can provide the ingredients – please contact for further details.

10. Escape Room (Lockdown: Beat the Hacker)

When: Thursday 6 August, 10.30 – 11.30am
Where: Zoom
About: Provided by Greenhat People.
Lockdown: Beat the Hacker' is a fun, virtual team building game. Great fun, come and have a go!

11. Street Dance

When: Monday 10 August, 2.00 – 3.00pm
Where: Zoom
About: Ever wanted to try your hand at Street Dance? Now is your chance. Come along and join in the fun! Delivered online by Premier Education.

12. YAB Active

When: Dates between 10 – 21 August
Where: Locations throughout Breckland and West Norfolk
About: Activity fun days provided by Premier Education. For further details and to book your place head to <https://www.map.uk.net/yab-active/>
If you do not have access to the internet contact Roger Partridge 07736 561973 or Karen O'Sullivan 07876 864282

Participants:

Numbers are limited for some events, we will try to ensure every young person has the chance to take part in at least one event. Many events are shared with other Youth Advisory Boards from across Norfolk.

Cost of Activities:

There is no cost for any of the events (funded by The Youth Advisory Board), including transport and activities.

Transport:

Whilst we can provide transport via taxis, it would help if parents/carers could bring their young person to and from Thetford Forest for canoeing and survival because of the additional restrictions brought about by Covid-19.

Everyone will need to bring for each/canoeing & survival event:

- Appropriate footwear.
- A waterproof for possible rainy weather conditions (if necessary).
- Sun cream (if necessary).
- Re-fillable water bottle.

Please remember that if you bring any mobile phone or electrical advice, that they are your responsibility. We are not responsible for the care of any personal possessions. Mobile phones are allowed to be used outside the times of the activities, please remember to be appropriate with mobile use at all times.

Important note - for your young person to be able to take part in the activities, we will require the attached permission slip plus registration form (if you have not already completed one) to be returned to us preferably by email to KarenO'Sullivan@map.uk.net or in the enclosed addressed envelope.

To avoid disappointment we suggest you email/post the forms to us **no later than Thursday 23 July. Without this, your young person will not be able to participate.**

We look forward to all the young people having a fantastic summer full of great experiences! If you have any questions, concerns or require additional information please do not hesitate to contact us.

Kind Regards

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