

WAM YOUTH'S NEWS - SPRING 2019

WAM's Walk - Gemma gemma@wamyouth.org.uk

Welcome to WAM Youth's first newsletter! For a long time we've been aware that we need to communicate more about what goes on at WAM and so we're going to be producing these newsletters 3 times a year to keep you updated. This year has been a challenging one to navigate so far with an increase in the need for our services alongside a decrease in statutory organisations capacities to fund existing provision. Without the help of our many volunteers and financial supporters we would simply not be able to do what we do and we are immensely grateful to them all in helping us to walk WAM's walk.



Last year I hiked 79 miles in 4 days carrying a 21kg backpack and it very nearly broke me!

There was one patch where there was a long zig zag path up a steep hill and each time I reached a bend I felt a mixture of elation that I was on the next section and minor despair that there seemed to be so many left. It almost felt like the higher I got the taller the hill became. During a rest break I remember looking around me and instead of despairing at what was still ahead I looked back at where I'd come from and what was around me and it was amazing! Where WAM is as an organisation right now is incredible and we are privileged to be able to do what we do. Yes there is a long way to go and it is easy to feel overwhelmed by that. But in our striving forward we need to ensure we don't lose sight of what's around us right now, or forget how blessed we've been to reach this point.

(And if walking is your thing check out our next fundraiser below!)

Upcoming Events (more details & sign up on our website www.wamyouth.org.uk)

EASTER HOLIDAY CLUBS 8-10 APRIL

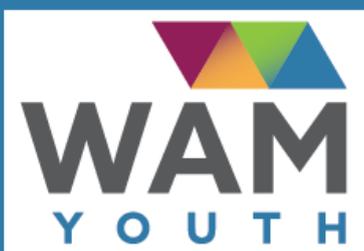
Our next holiday club days are now available to book.. We have three easter themed activity days for years 1-6. Prices from £10

WOODLAND WILD DAYS 11-12 APRIL

NEW for Easter our Woodland Wild Days! For ages 8-16 join us in the WAM Woods for some wilderness exploration and bushcraft skills

WINCHCOMBE WAY WALK 27-28 APRIL

Help raise money for WAM by walking all or part of the 42 mile Winchcombe Way walk



Helping young people build resilience for life



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MENTORING NEWS

by Ali ali@wamyouth.org.uk

One of the things we love about mentoring is the chance to invest time into our mentees and give them the opportunity to work towards their dreams. Recently we had the opportunity to help one of our mentees, with an interest in a career in politics, find out more about local government by arranging for him and his mentor to visit Cheltenham's mayor at Christmas.

During the last 12 months we had a mentee who was rarely leaving the house when we started working with him, as the mentoring progressed he started to look forward to going out with his mentor every week and consequently started to slowly face his anxiety. He is now spending more time with his friends and has begun to walk his dogs.

We'll be running a mentor training course soon so please get in touch if you're interested in finding out more.

WAM OUTDOORS UPDATE

by Dave dave@wamyouth.org.uk

It was a busy Autumn / Winter term 2018 for WAM Youth. Groups have been out with us in our woodland, Porters Plantation every week and have been helping to make the woodland a safe and fun place to learn and work. Groups from schools and teams from Superdry have done various jobs from clearing ground and felling / splitting trees, to setting sand box track-traps to monitor what's living in our woodland. Our regular food preparation and cooking course has seen young people achieve some amazing dishes - chicken curry inside a watermelon, cinnamon buns, steamed spiced pork buns and much more!



YOUTH GROUPS & CLUBS UPDATE

by Sophia
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Elev8

(Tuesdays 6-8pm for School Years 6-8)

This year Elev8 has been busy, making our own graffiti mural, making chocolate truffles, having BBQs and ice cream bars as well as activities based around awareness days such as LGBT+ rights, young carers and mental health.

Elev8 Youth Café

(Wednesdays 7-9pm for School Years 9-11)

New last year Elev8 Youth Café is a space where those in school years 9 – 11 can hang out with their friends and use the pool table, table tennis table, PS4 or Xbox. Elev8 Youth Café has also been joining in with bake offs, water fights, trips to the rec and seasonal crafts, such as pumpkin decoration, Christmas decoration making and seasonal baking and pizza making.

Kids Café

(Thursdays 3.30-5pm for School Years 3-6)

2018 saw Kids Café experience festivals from around the world such as Mardi Gras, Burns Night, Saturnalia & Bastille Day. They spent a term experiencing new things, such as River Walking, First Aid, Boccia and Upcycling. And last term The Wonderful World of Storytelling, delving into our favourite children's books.

Holiday Clubs

(Various dates School Years 1-6)

2018 saw an increase in the holiday activities we ran, with Once upon a Holiday Club, Cacao Crazy half term, Wilderness days, Art week, Animal week, Messy week and Harry Potter week.