



Youth Bus Update - February 2016

Welcome to the **February edition of the Youth Bus newsletter**. In this bumper edition we'll tell you what we've been up to, we'll introduce you to the newest member of the Youth Bus team, we'll signpost you to our latest YouTube sightings, and we've details of where you can find us over the coming months. We also have brand new locations on the horizon, so remember to get in touch early if you want the bus in your area. With the lighter evenings it means we are out longer and so far we've avoided any snow too! Overall, 2016 is looking like another very exciting year for the Youth Bus.

CHILDREN'S MENTAL HEALTH WEEK



8 – 14 FEBRUARY 2016

TEACHING OUR CHILDREN
TO 'BOUNCE FORWARD'



Last year saw the launch of the UK's first Children's Mental Health Week by charity **Place2Be**, and it was given the royal seal of approval by the Duchess of Cambridge. The campaign aims to encourage parents and carers to talk openly with their children about their feelings and about getting help.

This year the theme was 'building resilience'; helping our children to develop the skills to cope with life's difficult times.

Here on the Youth Bus we can't always change a child's circumstances, but we aim to provide a safe space to help children take responsibility for themselves and their behaviour, to express their emotions, to develop their interests and life skills, to meet new people and build good relationships. We want them to feel like they belong – a key aspect of resilience building – which helps create a good sense of self and identity. For more information visit: **Place2Be - Tips for Parents/ Carers**.

One in five children have signs of depression.

#ChildrensMHW

World Class Worcestershire

Wychavon District Council joined forces with the 'Connecting Schools and Business' programme at Worcestershire County Council to **create a film called Your Career, Your Future**. The short film is set onboard the Youth Bus (next stop, feature film *Youth Bus: Fully Loaded* due in cinemas summer 2016?!), and it aims to help young people with their career choices – a time that can be exciting, but also extremely daunting.

Watch our young people put County Council's Chief Executive on the spot, along with the Chair of the Local Enterprise Partnership!

Happy Scootering!

The Youth Bus has also featured in a recent **Scooter Safety Video** alongside **Pershire Riverside Centre**.

The video, funded by the Wychavon Community Safety Team, shows some simple pointers for first and middle school pupils on how to stay safe on scooters. Safety Team. **Bonk Scooter Club** will be at Pershire Riverside Centre every Saturday (12-1.30pm). Another fun, healthy, outdoor activity for young people to get involved with!



Updating Membership Details

We want to make sure that we have all the latest and correct details for children using the bus, so please look out for a new membership form in the post within the next couple of weeks.

Also, if you know of anyone who would like to become a member of the Youth Bus please forward on to them this [membership form](#) and ask them to complete and return it to us.

Evesham Street Pastors

We welcomed the Evesham Street Pastors onto the Youth Bus to deliver their training on youth culture. They got to hear a presentation from us about the different issues affecting young people today and what it's like working with young people in different settings. The training highlighted that even the term 'youth culture' can often be misleading as it can be filled with stereotypes and presumptions. Instead, we recommended getting to know young people in the community and being aware of both the diversity and the shared difficulties we all experience.



John Darby said: "It was a good meeting and we really enjoyed seeing the bus, which is fab! The information we were given, and listening to what the staff and helpers are doing, was amazing". If the Youth Bus team can assist with training for your organisation regarding young people and the community, then do get in touch.

SPOTLIGHT ON... CHARLIE

So in December's newsletter we said you would soon be introduced properly to the newest member of our team, Charlie Rainey. You may have seen her out and about on the bus already, but this week we caught up with her for a quick chat (she had been off gallivanting in Florida for two weeks!)

Can you tell us a bit about yourself?

I'm a full-time student at the University of Worcester, and part-time worker on the Youth Bus. I'm not local; I live Birmingham way with my Dad, my cat Jasper (who we rescued as a kitten) and my hamster Roger!



What course are you studying at university?

Child and Adolescent Mental Health, although I also have a foundation degree in Musical Theatre from Bath Spa University.

How did you hear about the Youth Bus?

I received the job advertisement via an email so I immediately searched for more information on the bus!

What were your first impressions of the Youth Bus as a space for young people?

When I first saw the bus in action I was amazed at all the changes that had been made to it, especially internally. I thought it was a great, and innovative, use of space. I particularly liked the fact that it was purely focused on providing a service for those living in the rural areas of Wychavon where support and facilities for young people is generally scarce.

What are you most looking forward to over the next 12 months on the Youth Bus?

My priority is to try and build relationships with the young people who use the bus; I want them to be able to feel like they can talk to me about anything they want, whether it be about what happened on Corrie last week, or something more serious. I'm also looking forward to the warmer weather too (fingers crossed), which will mean more outside games and activities can take place during the sessions!

What sort of projects will you be getting involved in during 2016?

My main project is going to be to design a signposting leaflet for young people (aged 12 – 18 years) that will raise their awareness of the online support and information services that are available to them. The leaflet will cover a range of issues and concerns that teenagers are faced with today and will be available on the bus and online.

Overall I hope to just raise awareness of mental health among the young people, and their families. I am a big advocate of ending the stigma that surrounds mental health issues.

When you're not studying or working, how do you spend your time?

In my spare time (which is usually very limited due to the mass of assignment deadlines!) I love spending time with my family and friends, especially if it consists of a glass or two of wine! I love going to the theatre to watch musicals and dance around my bedroom singing into my hairbrush (like all girls do, right?) I also spend my time watching various crime programmes such as Silent Witness, Law & Order, and CSI, as well as thriller and horror films.

If you'd like to find out more about Charlie's role on the bus or just quiz her on her hobbies, interests and holidays abroad, then do chat to her at one of the bus sessions. She is also the creator of our monthly newsletter, so if you have a bus related story you'd like to share, you can email her at charlotte.rainey@wychavon.gov.uk.

Youth Bus schedule, February – April 2016

Below are some of our latest dates for the next couple of months. We have some new stops coming up, but please do get in touch if you can help us promote sessions in your area and if you would like local flyers to help spread the word.



Chill out with your friends, music, tv, games, computers, refreshments & more

February	March	April
<p>Wed 17 Feb Badsey 2.30-4pm Bretforton 4.30-6pm</p> <p>Fri 19 Feb Stoulton 1-2.30pm Great Comberton 3-5pm</p> <p>Wed 24 Feb Charlton 4-5.30pm</p>	<p>Wed 2 Mar Middle Littleton 4-5.15pm</p> <p>Wed 2 Mar South Meadows 5.30-6.30pm</p> <p>Fri 4 Mar Inkberrow Village Hall 5.30-7pm</p> <p>Wed 9 Mar Badsey 4-5.30pm Bretforton 5.45-7pm</p> <p>Fri 11 Mar Badsey 4.30-5.30pm Offenham 6.30-8.30pm</p> <p>Tue 22 Mar Middle Littleton 1-2.30pm South Meadows 3-4.30pm</p>	<p>Tue 29 Mar Great Comberton 2-3.30pm Charlton 3.45-5pm</p> <p>Thu 31 Mar Stoulton 2-3pm Cropton 3.30-5pm</p> <p>Fri 8 Apr Inkberrow Village Hall 2.30-4pm</p> <p>Wed 13 Apr Badsey 4-5.30pm Bretforton 5.45-7pm</p>

For more information contact Rob on 0777 3031205 or email youthbus@wychavon.gov.uk



Undergraduate and Sandwich Year work based opportunities on the Wychavon Youth Bus
Part time and full time opportunities available
Up to 37 hours | £200/week | £7.65 per hour

The potential role

We are looking for **student undergraduates** to assist in the effective delivery of the Wychavon Youth Bus. This will involve the delivery of positive activities for 8-17 year olds in rural locations on the Youth Bus. As part of the Strategy and Communications team the post will also assist with the promotion and marketing of the youth bus and developing the project to meet the needs of young people in the area.

We are seeking part time youth bus workers **to commence during 2016 or sandwich course students from May 2016**. Applicants must be flexible to work evenings and be studying a relevant degree course. We are looking for a minimum of 12 hours a week up to 37 hours for full time sandwich course students.

This is a busy role in an innovative service area as we are one of a few youth bus projects in the country and it will provide great experience to support your degree.

To express an interest in these opportunities on the youth bus please email: youthbus@wychavon.gov.uk



Thought for the Month

**To thrive in life you need three bones.
A wishbone.
A backbone.
And a funny bone.**

Reba McEntire