



Youth Bus Update January 2017

Happy New Year! We hope you all enjoyed the festive season. Here on the Youth Bus we are extremely happy to be getting back out on the road and seeing all the lovely familiar faces of our dedicated members, as well as lots of new faces too! We have some exciting things lined up on board the bus over the next few months, so spread the word and bring yourselves along to a bus session next time we are in your village. We are off to a great start already and here's a summary of things to look forward to and some useful New Year information!

Latest Bus Schedule

These are always mailed out to our members and parish councils directly and are also on our Facebook page. Our new schedule for February/March will be sent out soon!

Thursday 2 February
Inkberrow 5 – 6.30pm

Friday 3 February
Elmley Castle 4.30 – 6pm

Wednesday 8 February
Great Comberton 4 – 5pm
Drakes Broughton 5.30 – 6.30pm

Thursday 9 February
Crophorne 5 – 6.30pm

Wednesday 15 February
Middle Littleton 4 – 5.30pm
South Meadows 5.45 – 7pm

Thursday 16 February
Stoulton 3.30 – 5pm
Drakes Broughton 5.15 – 6.30pm



Top Goal-Setting Tips:

Keep it manageable - Make just one resolution! Your chances of success are greater when you channel energy into changing just one thing

Do something new!
Avoid previous resolutions

Tell others about it - especially your friends and family about your goals. You're more likely to get support and encouragement

Make it fun! Resolutions are about positive change, do things you've always wanted to do – start a new hobby, read a new book, listen to some new music, learn a new dance routine!, Do things you enjoy!

2017 and beyond!



To get the year off to a motivational start here's our guide to **New Year Resolutions**. Most of us will make a resolution, but only 1 in 10 of us will achieve our goal so here's how not to end in failure!

Step by step - Break your goal into a series of steps, focusing on creating sub-goals

Reward yourself - Give yourself a small reward whenever you achieve a sub-goal, to help motivation and a sense of progress

Remember the positives!

Here's another idea to bring the feel good factor into 2017 especially for those not so keen on making resolutions! Instead just **create your own New Year gratitude jar!**



The concept of the Gratitude Jar is simple...

- Decorate an empty jar or container (a great art project in itself!)
- Write down good things that happen to you on little pieces of paper
 - Surprise gifts
 - Accomplished goals
 - The beauty of nature
 - "LOL" moments
 - Memories worth saving such as time spent with friends or family or youth bus sessions!
- Then at the end of the year open the jar and read all the amazing things that happened to you in 2017!

We are doing this on the bus to record good things such as your gaming scores, new activities, care for the bus by Dudleys Coaches and positive feedback from yourselves!



#gratitude - TLC at Dudleys

The WychAwards 2016

In December we picked up two awards at the Wych Awards 2016 (the only Wychavon staff recognition awards in Wychavon for Wychavon staff!) **Go team Youth Bus!**



*Charlie won the 'Innovative Piece of Work' award for the **'here to help you leaflet'** and Rob won the 'Successful Delivery of a Project' award. Presented by the Chairman Councillor Mrs Frances Smith*

In the next issue... Meet our latest team members Iona and Hannah and find out how they got involved with the bus, learn more about new improvements to the bus and find out about some of our newest villages and projects!

Thought for the Month

"The only impossible journey is the one you never begin....."

(so be part of the youth bus journey in 2017!)"

Regards,

Rob, Charlie, Lee, Iona & Hannah

The Youth Bus Team