



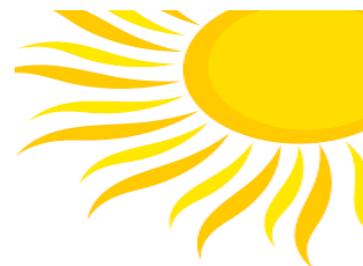
## Youth Bus Update - June 2017

### Welcome to our June issue of the Youth Bus newsletter.

It's been hot on board the bus and things are set to get even hotter as we get ready for this years summer program!

In this edition our usual editor (Rob) has handed over the reigns to a special guest writer!

**Megan Thoms – a sixth form student from Pershore High School has taken over on this issues content** and has provided us with an article on a topic of her choice and also a brand new competition. So don't procrastinate (see below) just read on!



### The Power Ranges!

If you have been on board the bus over the last couple of months you will be aware we have had some power issues while our generator has been serviced. This means the electricity has been off and we have gone back to traditional activities, crafts and sports.

Whilst parents have particularly supported this many of our regulars have been missing their YouTube and FIFA sessions. We will be powered up and schedules back on track soon.



**Some dates for the summer...**  
look out for our full schedule online soon!

#### Wednesday 05 July

Middle Littleton 4 – 5.15pm  
South Meadows 5.30 – 7pm

#### Wednesday 12 July

Badsey 4 – 5.15pm  
Bretforton 5.30 – 6.30pm

#### Friday 14 July

Stoulton 4-5pm  
Inkberrow 5.30-7pm

#### Wednesday 19 July

Crothorne 5.30-7pm

#### Tuesday 25 July

Droitwich Leisure Centre 10-12pm  
Fernhill Heath 12.30 – 2pm  
Stoulton 2.30-3.30pm

#### Thursday 27 July

Elmley Castle 4- 5.20pm  
Crothorne 5.30 7pm

#### Friday 02 August

Middle Littleton 1- 2.30pm  
South Meadows 3- 4.30pm

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## Special Guest writer feature

My names **Megan Thoms** and I'm a sixth form student from **Pershore High School**, I've spent the day at Wychavon District Council on work experience and particularly looking at the involvement of the Youth bus.

So what's a regular day like for me? Well, my days can entail anything from choosing the colour of a flash card to an existential crisis over university! And while I surround myself around stress and well more stress... There is one thing I have quite the talent for: **procrastination** (Defined as Procrastination /prə(ʊ)krəstɪ'neɪʃ(ə)n/ noun, the action of delaying or postponing something) So here are some...

## Top tips for all ages on how to relax (procrastinate)

Some people will try to tell you that procrastination should have no time in your schedule; however I'm here to tell you it should.



### 1. Accept when enough is enough!

If you have been working for hours – whether that is on your feet all day or working your brain sore. You should listen to your body when it wants to do anything but.

### 2. Don't just procrastinate- procrastinate well!

When choosing what to do to give yourself a break, you have the choice to choose wisely. Do something you enjoy and if that's ticking off the 'to do list', even better!



### 3. If 2 fails, then assess the situation

If you don't feel productive or motivated, then take the time completely for you. This way you'll be energised and ready to hit those deadlines after a well deserved break.



### 4. Use the time to reflect

This doesn't mean to keep thinking of all the things you have to instead enjoy thinking about things you're interested in, get some new ideas or exciting plans

### 5. Do nothing

If that's sleeping or watching TV, it doesn't matter. Sometimes we just need to do nothing. It will make us more productive in the long run!



## This months competition

This month we are giving you the opportunity to win some amazing promotional items including a miniature wheelie bin, piggy bank and hand clapper! (as illustrated by Megan in the photo) →

**QUESTION: What is the name of this place in Wychavon?**



Is it: **A) Aston Somerville**  
**B) Droitwich Spa**  
**C) Broadway**

To enter just answer email your answer to [robin.mace@wychavon.gov.uk](mailto:robin.mace@wychavon.gov.uk) by 30 July.

New job opportunities coming soon to the youth bus so keep eye on our FB page!



## Thought for the Month



"It is impossible to live without failing at something, unless you live so cautiously that you might as well not have lived at all, in which case you have failed by default."

J.K. Rowling

*Enjoy the sun and see you on the bus soon*

*The Youth Bus Team*

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For more information contact Rob Mace 07773 031205 or email [youthbus@wychavon.gov.uk](mailto:youthbus@wychavon.gov.uk).

