



## Irlam and Cadishead Youth Project Newsletter Autumn/Winter 2012

Welcome to the Autumn/Winter 2012 newsletter from Irlam and Cadishead Youth Project.

Here is a brief overview of some of the activities and news from the project from towards the end of last year.

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### Residential

Well, what a fabulous time we had on 29th June when we took a group from ICY to Silverdale for the weekend. We did lots of different activities. The first day we arrived to the 4 star caravan park, we had to set up the tents and it took us about 2 hours to put them up in the wind and the rain.

We all had a walk around the caravan park and the Lake District view was outstanding! For tea we all went to the local chip shop.

The young people went in the amusement arcade on site and the youth workers joined us later to play on the games.

The following morning we had breakfast and then all got our swimming stuff and walked to the local swimming baths, where it had a sauna, steam room, Jacuzzi and a swimming pool. We spent a couple of hours in there and felt chilled out.

We got in the mini bus and drove a couple of miles to Kendal where we went to the biggest climbing wall in the country!

It was fantastic and we tried quite a few different height walls.

On our way home we stopped off at the beach. When we arrived back to the camp site a few young people went back to the swimming baths and some stayed back at the tents where the staff set up a BBQ, We all went for a walk where we found an abandoned castle and we explored that. Sunday morning everyone woke up exhausted and we had to pack everything away and make sure everyone had everything they needed, and then when we were all ready to go we had a mini discussion. It was enjoyable and exciting for the young people but it was a bit of hard work for the staff but they said it was worth it.



## Fallen Angels

In June, we took a group of young people to the Lowry centre to watch Fallen Angels do a performance based on substance abuse and drug addiction. The performance piece was called "BATTLE FOR THE SOUL".

After this we took part in a six session creative and expressive dance project with Fallen Angels and the Lowry Outreach service.

Fallen Angels is a dance company with professional dancers who have a history of substance abuse and who use dance as a way of battling their addictions. We did some still images of posing, spot lighting, group dance and individually expressing our emotions.

On our final week we put all our work into one final performance. We rehearsed all day and then people from the Lowry and from ICY came down to watch it. It was a really good experience and a different way of learning and expressing our feelings through music and dance.

After the final performance as a reward we decided to take the group for a treat to a Chinese all you can eat buffet in Manchester. We gave out the certificates to the group, ate far too much and we had a great time!



## Youth Apprentice

My Name is Casey Higginson, aged 17 and I am a Youth Work Apprentice at ICY!



I took part in our youth work training course and by the time the course had finished, I decided I wanted to take it further and carry it on. Sylvia asked me if I wanted to do a youth work apprenticeship with ICY and she would look to find funding to allow me to do this.

So far I am adapting to the working environment and working with young people, I have taken part in loads of training; Sexual Health, Autism Level 1 Disability Awareness, drug awareness, and I am doing the Youth Work Apprenticeship.

It's fabulous and I love my job!

## Youth Council

**Are you a young person and want to be heard?**

**Do you want to develop youth activities in the area that reflect young person's needs?**

**Do you want to take part in activities which include working as part of a team?**

**Do you want to go on training and trips to other youth clubs/areas and team building activities?**

**Do you want to learn about issues like substance abuse/sexual health so you can help yourself, friends and other young people?**

**Can you help ICY with fundraising, to keep activities going?**

The Youth Council wants to hear from you! To find out more information please contact us, details at the end of the newsletter.

## Youth Work Course

ICY are keen to grow our own youth workers, so we found some funding to run ABC level 2 in Youth Work training course. We posted this in the job centre and in shop windows etc. When the sessions started we had 13 local residents interested in youth work and who wanted to work with children and young people.

This was a 16 week course where students filled out worksheets, discussed the actual meaning of youth work, its purposes, and learned different icebreakers and games, activities for working with young people. We also found out how to set up a programme based on young peoples' needs.

The group, all aged from 14 to 26, started in April and finished their training in July 2012. Their learning in youth work skills will give them valuable experience in team work problem solving and discussing complex issues in a group setting.

Some students are volunteering in our youth work sessions and with other voluntary and community groups in Salford.

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## Summer Programme

During the school holidays we ran sessions every day for 4 weeks with children and young people from 5-19 years.

Most of these activities cost 50p-£1 and we provided free drinks, snack arts and crafts, sports and recreation.

We took part in some fantastic activities and young people told us how they enjoyed coming and parents and guardians looked forward to having some peace during the school holidays!

## Aiming High

**Do you know anyone that has any special needs such as Cerebral Palsy, Downs Syndrome, Autism, Asperger syndrome, Dyspraxia?**

We run a session short breaks for young people 5-18 years and their siblings at Cadishead Hall, Cadishead Park

Tuesday 4.30-6.30

Thursday 6.30 8.30

Transport available

We provide healthy snacks, cooking, drama, games, sports, and in safe, friendly and supportive environment.

All staff are trained and qualified.

COST £1 per family for transport, £1 per family for entrance.

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## Girls Group

We ran a girl's group for young women between 13 – 16 years for 10 weeks.

By doing this we are hoped to improve young women's self esteem and self confidence.

Members' met new friends; learned important life skills, such as how to cook cheap and easy but healthy foods and also how to look after their health and well being.

A new group is due to start in May 2013.

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If you would like to find out more about the activities we do, or how you could help us...

More information can be found on our website

<http://icy-positivemoves.org.uk>

Or

Call 0161 777 9973

Email [Sylvia@icy-positivemoves.org.uk](mailto:Sylvia@icy-positivemoves.org.uk)



Salford City Council

