

# Hessle Road Network



## Activities January—March 2013

### HUMBER BRIDGE CROSSING



On Saturday 9th March 13 young people from Hessle Road Network took part in a sponsored walk across the Humber Bridge to raise money for Comic Relief. The young people and youth workers, dressed in red 'onesies' or other crazy items of clothing and sporting red noses, braved the terrible weather and persevered and shivered their way across the bridge.

The young people also got to meet and have their photo taken with Helen Skelton from the BBC who was on the bridge hanging bunting from the West Walkway.

The group managed to raise over £100 for Comic Relief so a massive 'Well Done' to all of the young people who took part.



### Alternative Learning Project

The ALPS Group have worked on various projects this quarter, including:

- PSHE Wellbeing and Confidence.
- OCN Independent Living Skills.
- OCN Nature Project.
- BTEC Art Project.
- History through Cooking Project.
- History Project
- Food Short Course—Entertaining.
- Enterprise Project.
- Sports Project.
- Changing Rooms Project.





## ORIENTEERING FUN WALK

This was a 3 mile walk from Welton to North Ferriby. The activity started with the young people splitting into two teams, being given a map and finding and plotting their starting point. As well as map reading and plotting their position throughout the walk, the young people also had to complete challenges along the way, including walking through the woods carrying an egg (ball) and spoon, throwing the ball in the hoop, relay race and cricket rounders. All of the challenges were designed to encourage the young people to work together and build relationships, both with each other and the youth workers. Team building games are a way for us to boost young people's self-esteem and confidence, and both teams supported their members and encouraged each other.

The young people thoroughly enjoyed the trip and when the group arrived back at Hessle Road Network everyone commented on how much fun they'd had.

## ASDA BAG PACK

Our older Youth Panel contacted Suzie Ramsbottom, Community Colleague at ASDA, Hessle Road to see if it would be possible for the group to do a bag pack to raise money for the 'Young People's Fund' - a fund that young people can apply to for trips/activities.

14 young people, aged 9-15, got involved on the day. This was a new experience for most of them and they were all very enthusiastic. They paired up at the end of the tills and worked incredibly hard, packing for 4 hours with only a short break for refreshments.

The bag pack was a great opportunity for the young people to gain a little work experience and develop new social skills.

The young people were delighted to raise a total of £463. As a reward for their hard work we took the young people to Hollywood Bowl



## SEXUAL HEALTH EVENT

The event took place on Friday 8th March and came about as a result of a project that a group of young people had taken part in. The aim of the project was to plan an event which young people aged 13+ could attend to gain sexual health knowledge in a fun way. Alongside this event we also held a self-harming awareness workshop. One of the reasons behind this particular event was that youth workers had noticed an increase in the number of young people who were self-harming or had self-harmed in the past. Everyone who attended left with a goodie bag including information leaflets, condoms, pens and sweets. Overall the event was well received and all of the young people who attended enjoyed themselves and went away with an increased knowledge of sexual health and self-harming.

In addition to those shown in this newsletter and our regular evening sessions, the following activities also took place: Valentine's Day and Easter Discos, Sleepovers, Football Tournament, Humber Night Challenge. Young people from the Youth Panel also attended the Hull Young People's Parliament and 'Riot from Wrong' film screening.

If you would like more information on any of our trips and activities please contact:



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