



Play & Youth News

Welcome to Central Nottingham Play & Youth News! Stories and reports from Berridge, Sherwood, Radford, Arboretum, Aspley and Bilborough Wards.

Youth In Action: Your Ideas Count!



Congratulations to the Youth Council planning group who planned and hosted the "Safe lives and Positive Communities" event on the 13th April.

This event took weeks of planning. Young people committed hours of their free time to attend meetings, work on posters, come up with workshops and a great slogan for the whole day: "Your Ideas Count".

The aim of the event was to engage young people in a discussion with adults about their lives, their neighbourhoods, and how they want to see things change for the better.

The planning group wanted to express how they felt about having the opportunity to be involved; have a voice and a chance to do something positive for their community.

Aziz: *"I feel that I am more confident now because I was part of this project, I enjoyed being part of organising everything. I can't wait to do something else".*

Jaidon: *"Yes, I enjoyed taking part too, I liked the idea that we can do the things we suggested".*

Jerman: *"I want to get involved in other stuff, I enjoyed being chosen to work alongside the staff"*

Isha: *"All my ideas were used, that makes me feel great. I didn't feel very confident before but I do now."*

Andrew: *"They used my Logo, Your Ideas Count, that made me feel happy. I'm glad I took part."*

Nikiya: *"I didn't get involved straight away but I'm glad I did. I want to be involved in more stuff."*

The Youth Council event was supported by Jon Rea, the youth cabinet, and a number of services from across Nottingham including Police & Fire services, other youth organisations, and Cllr Carole Jones.

The workshops were led by the young people with some fantastic ideas created to address the issues in the neighbourhoods, for example:

Workshop 1. Isha asked people to get involved in a poster designing session to address rubbish on the streets, bin fires and anti-social behaviour.

Workshop 2. Andrew used his creative art session to draw out some ideas on how to identify the neighbourhood issues.

Workshop 3. Aziz, Jermaine and Jaidon invented the "Rubbish Game" to tackle the issue of street litter.

This event was a great example of how children, young people and adults can come together in a positive environment and tackle serious issues in a fun and productive way.

The event was a very positive Youth Council; young people on the planning group made their contribution and played their role on the day, they were fantastic! The final session was a brilliant debate highlighting cyber safety and the Internet. Young people really opened up to discuss the opportunities and dangers of spending so much time online.

Throughout the debate a number of young people thought that they should get more support and information about internet safety from schools and other adults.

The day ended with a written pledge from everyone who took part to take an action from the day and start to make a small step to change.

Game Show Bonanza

This year started with Southwold Primary, Birchover and Phoenix play projects with Leen Valley Youth group all involved in the great game show challenge.



From all across the Central 1 area, young people were split in to contestants team colours and encouraged to make name tags to be worn throughout the projects.

Week by Week the young people were challenged through team games and popular games show challenges in a bid to score points and become the ultimate game show master.

Week one saw the children play head to head in physical and mental challenging games. As the weeks went on the young people developed an extensive set of ground rules for playing the games.

Each team had a staff mentor to encourage and keep the scores, by the end of week one every young person had formed an identity within their teams. The games were inspired by popular TV gameshows, The Cube, Family Fortunes and The Price is Right. From this experience young people tested their knowledge, ability, and team building skills.

To cement this knowledge, young people reflected on how they did each week and how they could improve.

During the project staff witnessed new friendships formed between two young women from the same school who had never talked to each other before. They both worked on making up a dance routine.

The project ended with a celebration event. Certificates and awards were given out to recognise young peoples' achievements.

Healthy relationships on Valentine's Day



This month we focused on healthy relationships by celebrating Valentine's Day, Chinese New Year, Pancake Day and Mothers Day all on our play sessions!

During the healthy relationship project, the young people learned about what it means to be part of a family, some made a family tree to show what their family looks like.

The young people went on to look at bullying, making anti-bullying posters during the session. Others made anti-bullying dice and looked at scenarios of what to do when being bullied and how to deal with bullying.

During the project the young people also learnt about what it takes to be a good friend, making friendship trees with the good qualities of a friend written on them.

We also celebrated Valentine's Day, Chinese New Year, Pancake Day and Mothers Day, looking at why these events are celebrated.

Young people enjoyed making Valentine's Day and Mothers Day cards and gifts for their loved ones.

During the Chinese New Year celebrations, young people learnt it was the year of the monkey and worked on decorated fans and lanterns with the sign of the monkey.

We also enjoyed Chinese food, some spring rolls, prawn crackers and noodles.

Young people looked into the history of Chinese New Year and worked out the animal that would represent the year of their birth.

Wall of Calm



Children and young people who attend Forest Fields Play Centre have been working on ways to keep calm, looking at feelings, emotions, triggers and calming techniques.

They started by looking at various images that show a number of emotions and were asked to look at each image and describe the emotion they thought was happening.

Young people were asked to match positive words to any of the images and then discuss why they had that word matched to the image.

Another exercise for the group was to think of an event in their lives and how they felt during that event. One girl said she had won a medal in Taekwondo, we talked about how she felt and selected some words to stick onto a poster to depict the event.

One of the young women talked about her first day back at school after Christmas, she described feeling sad to nervous to happy and then pleased.

The last exercise was getting the group to make a calming chart which shows various ways children and young people can calm themselves down if they feel angry or upset.

The children and young people are being introduced to this system and encouraged to select one of the techniques when feeling anger, this helps them to calm down and think about the situation.

At the moment only a small group of children and young people are using the calming wall and it seems to be working for them. It's still early days.

The Play and Youth workers will continue to use the calming wall as they introduce other activities to help children and young people understand their emotions.



We hope you enjoyed reading Play & Youth News!

To contribute or ask a question about this newsletter please contact:

North Nottingham - Jean Case jean.case@nottinghamcity.gov.uk

Central Nottingham - Manjit Sahota manjit.sahota@nottinghamcity.gov.uk

South Nottingham - Jacquie Thomas jacquie.thomas@nottinghamcity.gov.uk