



Welcome to North Nottingham Play & Youth News!

## Cooking with a catch

At the Riverside youth session during April young people had the opportunity to get involved in some healthy cooking but with a catch.

As you may know it is a habit before a cooking activity to get out the ingredients and the equipment ready for when the young people enter the kitchen.

Surprise...! What were the young people seeing but just a recipe on the table and nothing else. The blank expression on their faces soon turned into a light-bulb moment. They soon realised that they would have to read the recipe and go in search of what they needed.



It was funny because when you actually stood back and plunged some of the young people into the deep-end their natural instincts to help one another kicked in, they were able to assign roles to each other and slowly make their way through the recipe.

The best bit was watching young people teach one another skills in the kitchen and take ownership and responsibility of the kitchen space. And would you believe it, they even did the washing up after each group!

Next time there won't even be recipes on the table... watch this space!



## It's OK to be who you are...

The 'It's OK To Be Who You Are' Project at Bulwell Riverside; bringing everyone together to stand up for who they are!

Right from the start of the project young people were really interested and keen to share their opinions on topics like bullying, stereotypes and how people treat each other. It was really nice to see the young people all working together and taking the lead on the project. It had been planned that they took pictures of themselves to put onto a display board. But no... the young people decided they wanted to create a display board full of

pictures and quotes instead! After lots of careful thought (and blu-tac) an amazing display board was created by the group. Quotes and images were added to the display board to raise awareness of the issues they had been talking about during the project and to encourage people to celebrate being who they are.

One young person enjoyed the project so much she said *"It has made me think about what I want to do and achieve and I want to get a job and make my future feel secure"*. Since completing the project, this young person has gone back to college which is an excellent achievement! Another young person told staff the project has *"Made her realise she is more creative than she thought"* and *"Made her think about who I am"*. Everyone who took part in the project said they would like to take part in more projects, so here's to the next project!



**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](mailto:jean.case@nottinghamcity.gov.uk)

Central Nottingham - Manjit Sahota [manjit.sahota@nottinghamcity.gov.uk](mailto:manjit.sahota@nottinghamcity.gov.uk)

South Nottingham - Jacquie Thomas [jacquie.thomas@nottinghamcity.gov.uk](mailto:jacquie.thomas@nottinghamcity.gov.uk)