



## Play & Youth News

**Welcome to Central Nottingham Play & Youth News!**

### **Gentle lobbying can work!**

Over the space of a few weeks the young people at Phoenix Adventure Playground had been sharing wishes and putting them on our new Phoenix banner. Some of the young people had wished to go on trips they would not normally be able to go on. Our colleagues suggested the young people could put a proposal together with our help and submit this to the managers.

The young people then decided to write a letter to our managers requesting to go to Markeaton Park. The letter was written as formally as the young people could and they were all so proud of it they all signed the letter. After receiving the letter our managers were so impressed by the work put in from the young people, they agreed to support them with some funding towards the trip.

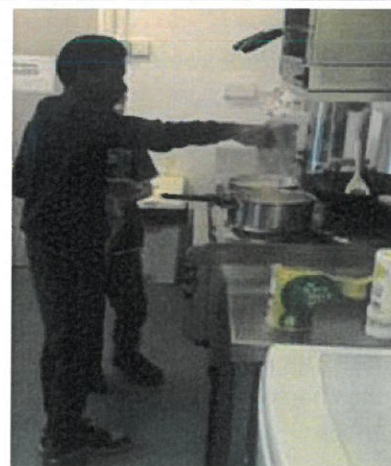


### **Youth Cook & Eat**

During the cook & eat project we cooked 3 different meals. The first week we cooked a chicken stir fry, the young people who took part this week really enjoyed cooking it and sharing it out with the rest of the young people on the session.

The second week we cooked roasted vegetable pasta bake in which more young people took part and tried a lot of different vegetables they hadn't tried before, the young people enjoyed sharing this out with the rest of the group and showing everyone what they had made. To celebrate the end of the project the young people made cupcakes and decorated them with icing and sprinkles.

The aim of the project was to encourage the young people to look at healthier alternatives to the meals they usually eat as well as taking more ownership over their session. It also equipped the young people with important life skills of how to independently cook a meal and keep themselves safe whilst in the kitchen.

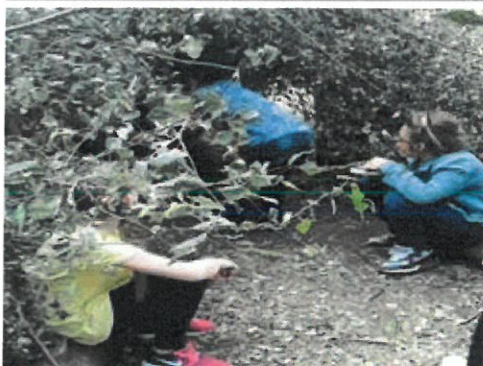


## Phoenix Nature Project

Spring at Phoenix Adventure Playground was welcomed by the young people through their participation in the Nature Project. They committed to three weeks of learning about nature and how they can have a part in looking after the natural world around them.

Week one required young people to do a scavenger hunt through the trees in the woods for items that could be used to make decorative wind chimes. Week two saw the children getting messy by making their own bird feeders. The project was finished off by the young people transforming the outside flower bed area from an overgrown weedy mess into a tidy personalised herbs and flower garden.

Young people have thoroughly enjoyed this project with each taking different roles and working together, from 'weed patrol' to 'garden decorator' the young people really took ownership of this unused outdoor space. We are currently looking forward to receiving our 'Caterpillar to Butterfly' farms which will be arriving soon.



## Looking for Robin Hood

Children from Forest Fields & Edwards Lane united to challenge Robin Hood and his Merry Men. In the second week of summer children and young people from Forest Fields Play Centre and Edwards Lane Play Club went off together to find Robin Hood, they all found him hiding in the Major Oak with the Sheriff of Nottingham causing him a few problems. The children cheered and booed the characters in the performance and some got really excited when they saw the Great Robin Hood.

Young people we're then invited to watch magicians with tricks to confuse them and various characters dressed up in period costumes. One young person (Jermaine) was invited on the stage as a volunteer to do some performance for the Great Robin Hood, the crowd cheered and Jermaine blushed but enjoyed every minute. During the day the children also heard stories of "Yesteryear and times of long ago" which they thoroughly enjoyed.

The second part of the day was a visit to Sherwood Pines, where the children challenged



themselves to climb, build dens and various team games. One young person (Isha) was scared to climb a tall climbing frame amongst the trees. After careful persuasion and encouragement from staff members, she finally succeeded and completed the whole thing.

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### From Play to Youth Council

Andrew has lived in New Basford for most of his life and has attended a number of Play & Youth sessions in the Central 2. The staff have seen him grow through life's challenges and developed into an inspiring young person. He has had many opportunities to participate in many projects and events, one outstanding contribution was when he joined other young people from the same area to form a Youth Committee. This group planned and delivered a Youth Council event at Forest Fields Community Centre in April this year, working under the theme 'Safe Lives & Positive Communities'. Andrew had a lot of input at this event, which resulted in him being invited to the Youth Cabinet meeting on the 3rd August at Loxley House.

The theme for the cabinet meeting was 'Learning & Earning' where young people were encouraged to look at ways that would help them improve techniques when searching for work, dealing with applications forms and making access to employment easier.

This is what Andrew had to say about his day:

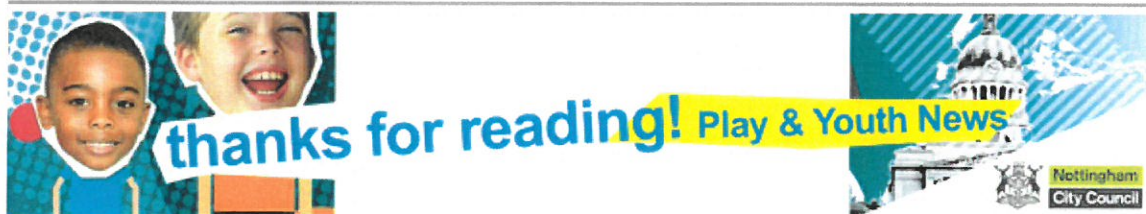
*"When I first arrived I was a little nervous, I didn't know anyone, I didn't know if I would fit in, but then we got started, I soon found that my problems were similar to theirs and that we all deal with them in similar ways. I learnt that we all interpret things in the same way. I started to feel more relaxed."*

*"I felt I could speak up and discuss things that mattered to me, I found that everyone listened too. I learnt that maybe problems should really be thought through properly and that they might not be as bad as we first think they are."*

*"I really enjoyed everything about it, I am really pleased I went in the end."*



Forest Fields Play Centre this is where it all started for Andrew.



**We hope you enjoyed reading Play & Youth News!**

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