

## TRIPS & ACTIVITIES



- Overnight camps
- Paintballing
- Adventure days: Climbing, archery, canoeing, paddle boarding, zip wire, orienteering
- Bushcraft and wilderness skills
- Water sports
- Escape & smash rooms
- Bowling
- Swimming
- Walks & cycling
- Football matches

## EDUCATION



- Making your mind work for you : Understanding triggers, reactions & responses
- Mindfulness and relaxation
- LGBTQ+ awareness sessions
- Increasing self confidence
- Raising self esteem
- Managing mental health stress and anxiety
- Bullying
- Resilience and healthy coping strategies
- Healthy relationships
- Staying safe online
- Peer pressure and saying no
- Body image & healthy eating
- Managing stress, anxiety and conflict in positive ways
- Collaborative problem solving and team building
- Drugs and alcohol awareness
- Building positive relationships
- Overcoming trauma and adverse experiences
- Rewiring the brain – Making positive choices
- Equal opportunities workshops
- Couch to 5k programme
- Art workshops
- Hula hoop and circus skills

## TRAINING & QUALIFICATIONS

### Staff

- Enhanced DBS check
- First Aid
- Safeguarding
- Level 3 CPD course in Youth Work
- YoCO leaders training
- Termly 1:1 and group supervision
- Help with planning youth sessions & feedback from sessions

### Young Leaders

- Youth Voice & Youth Participation Training
- First Aid
- Safeguarding
- CPD level 3 in Youth Work
- In house young leaders training
- Termly 1:1 support
- Bronze or Gold DofE award
- Young Leaders Training : Work across all groups planning and delivery

### Young People

- Bronze DofE Award
- Youth Leadership training
- Rotary Leadership & Management qualification (GCSE equivalent)
- Cookery Skills
- Swahili Lessons
- First Aid
- Food Hygiene online qualification

## VOLUNTEERING OPPORTUNITIES



- Young leaders work: across all groups
- Paid/unpaid participation in research projects to shape local policy
- Work experience days: construction; plumbing; football coaching
- Visits from police / fire service to discuss career opportunities
- CV writing, interview skills applying for jobs
- Hosting community days
- Pen pals / letter writing
- Peer mentoring
- 10 day overseas volunteering trip: house building; work in hospitals; work in schools and day centres
- Zoom calls with African young people

## FUNDRAISING EVENTS



- Bingo Events
- Market stalls selling crafts & art e.g. Oxford Jam Factory, Wantage, Faringdon
- Stalls at events: eg Blenheim Palace 5k Bag Drop; Oxford United football match days
- Sponsored Events: Bike Rides, sleep outs, 5k runs
- Tea and talk events
- Wilderness sleepouts
- Partnering with small local business
- Community fireworks event
- Choirs and singing events

## COMMUNITY VOLUNTEERING



- Visits to old people's homes
- Community food hub events & fun days
- Litter picking
- DofE volunteering

## EXTRA SUPPORT



- Signposting and referring to other services e.g. Young carers, SAFE project, Abingdon Bridge
- 1:1 emotional support; mentoring; counselling
- Walk and talk service
- Housing applications
- Job applications
- Interview skills
- Higher education / University applications
- Liaising with schools and other professionals involved with some families