

# NEWSLETTER

## WELCOME BACK!

I know I'm not the only one that can't believe how fast the Summer Holidays have flown by! Not to worry though as we settle back into school (and work) routines it can only mean one thing. Blacon Youth Hub's third year starts now! Something is telling me it is going to be our best yet!



## Your Voice Matters!

Scan to answer our quick survey - we want to know what you want to see this year at Blacon Youth Hub!



## YOUTH GROUP RETURNS 4<sup>TH</sup> SEPTEMBER

### Membership Renewal:

We asked all members to pay £5 for a year of membership. We want to keep it fair for the most recent additions to the Youth Hub and always want to encourage new members. Therefore we will be asking members to **renew their £5 membership on the month they signed up**. For a lot of members that is in **September**. Emails for those in September were sent on August 6<sup>th</sup>. Those who Signed up in October an email was sent on September 1<sup>st</sup>.

**Any issues please do speak to Alex or Liz!**



## NEW SESSION TIMES:

We have listened to feedback that a lot of you wish Youth Group was longer! **We are changing the Junior and Senior session times from September** to help make this happen:

### NEW TIMES

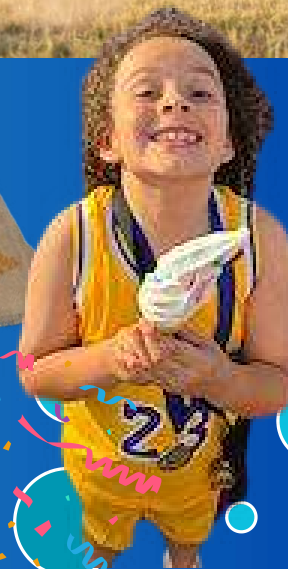
Start time 5:30pm for ALL Youth Hub members

End Time for under 10's: 7:30pm

End Time for 10+: 8:30pm



Thank you for an  
**EPIC**  
Summer Party!

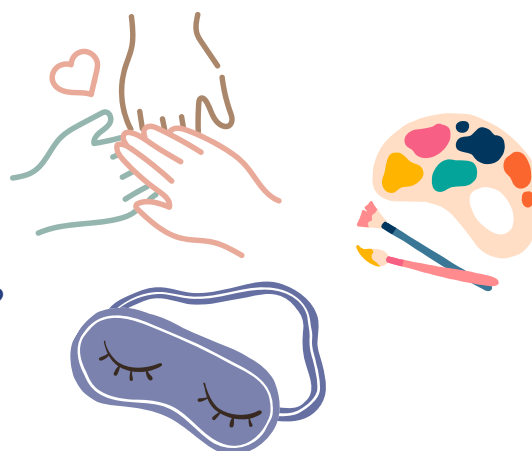


September is the month of changes, new year groups, a shift back to the term-time routine, it can take a bit of getting used to! At Youth Hub we want to support you all with this.

Summer has been an exciting and well deserved break - we want to know what was the best bit for you?

Did you:

- Learn a new hobby?
- Spend time with Friends / Family?
- Go visit somewhere new?
- Finish a project?
- Watch a film you hadn't seen before?
- Try a new food or meal?
- Have a pyjama day at home?



We can't wait to hear what the best bit about summer was for you!

September is known for its "Back to School" theme, however, did you know it is also nationally recognised as:

- **Self Care Awareness Month**
- **National Library Card Sign Up Month**
- **National Potato Month** - From fries, baked potato, to mash what's your favourite?



Think about signing up to the library, pick a book to read before bed! Maybe pick a couple of books with your friends and then swap!

Self Care can sound complicated - here are a few popular ways to make sure you include things in your day that make you feel good:

- Exercise and Playing Outdoors
- Healthy Eating
- Drawing, Painting and other crafts
- Playing games
- Talking with friends and family about your day
- Positive self-talk - e.g. what's something you like about yourself?
- A cosy bedtime routine



There are so many ways to add Self Care into your day, even 10 minutes can give your day a boost!