









www.strethamyouthcentre.com

Stretham Youth Centre



STRETHAM YOUTH CENTRE

73 High St—CB6 3LD

Junior

Activities include
games, projects,
cooking, X Box

For year 's 3—7



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Stretham Youth Centre

73, High Street

Contact

phone- 07734252288 or by email- st

£1.50 entry fee

For 11—18 yrs

Activities

Pool, table football, djing, Wii, a
nights, cooking, basket ball, X B
activities around the fire pit, Pla
hanging out with friends in our cafe

Thursday

Registered Charity, no 1097050

Stretham Youth Centre

73 High St, Stretham, CB6 3LD.

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Performing Arts Project

Mondays

5—6.30pm, 8—11 yrs

6.45—8.30pm 11—18 yrs olds

If you like Singing, acting, dancing, playing music,
writing, performing, making films etc. then this is
the project for you.

Tel : 07734252288

Email: stethamyouthcentre@gmail.com

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stealing wind wifi
nothing graffiti skate
scooter
park dog litter
berry poo barn
rec boring
turbines
green

shop family turf
panto park
listen youth bus
safe astro
nice club quiet
everything
activities feast hog
roast school

3159



3159 Projects aim to develop a sustainable 'cultural' model of where community members mental health promotion stems from community and organisational participation that values, enables and links up social inclusion, informal and formal learning



Stretham Youth Centre has had a longstanding community commitment to children's and youth inclusion, which has over a short space of time enabled the nurture of several successful 3159 projects:



A partnership with the village primary school.

- Lunchtime listening session where volunteers listen to children's stories of ideas, experiences and concerns and encourage children to value their informal learning experience and access appropriate support if they have specific concerns.
- Half a day a week of specialist mental health work, which can be used to provide support for staff, one to one work with referred children (youth workers and community members can make referrals for one to one work as well as school staff.)

S.P.A.C.E - A group for parents and carers of children attending the primary school. The group meets weekly, providing:

- Peer education projects
- Social activities and events
- Peer support
- Kidz Escape holiday programme





Registered charity no
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Stretham Youth Centre,
73 High St, CB6 3LD



YOUNG @ DROP— In

FOR THE OVER 60'S

Wednesdays 9.30—12.30

An informal, friendly drop-in where the more senior citizens (60+) of the village can chat, socialise, play games and have fun. There will also be opportunities to get involved in village events and activities.

£1.50 entry fee, which includes a hot drink and biscuit.

Transport can be arranged if needed, please speak to Donna

To find out more contact Donna on: 07875624703 or email strethamyouthcentre@gmail.com

Young @ Heart



Young @ Heart, is weekly drop-in for the over 60' of the community, where they can:

- Socialise with old and new friends
- Get support to help address any issues or concerns
- Be active
- Have their voices heard

Why

The Young at Heart project was developed to address a gap identified by a member of the community who was concerned that there was nothing for the elderly in the village their well being





Benefits of Young @ Heart



- Reduce isolation - we target and support isolated elderly people to attend
- Improve well being - by developing support networks amongst peers
- Provide information and advice
- Enable peer support and friendship groups to develop
- Sign post to a local charity trust that will support the elderly if there are any financial needs
- Building resilience

How

- Very quickly volunteers came forward to run the project with many being over 60 themselves
- The Youth Centre offering a base - as its in a ideal location and the access is very good with ramps etc., and the admin necessary to start and run the project
- Socialise with old and new friends
- Get support to help address any issues or concerns
- Be active
- Have their voices heard
- Organise and get involved in activities and events
- Volunteers keep an eye on attendance and follow up where non attendees are to ensure well being
- The Community development worker for the area makes referrals
- Management committee



Activities



- First Aid
- Garden centres
- Seaside trip with young people
- Birthday Party
- Sandringham
- Diamond Wedding
- Armchair exercises
- BBQ
- Yarn Bombing
- Feast stall
- Christmas meal



What they say



laughter
company
friendship

cake fun friends
love lovely
meeting conversations warmth
socializing friendships



The Future



- Here N Now
- Barn Conversion
- New Community Building



Registered charity no



Here n Now

A drop-in café for those living with Dementia
and their friends and relatives

Last Sunday of the month 10—12pm

£1.50 entry fee—includes refreshments

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