



THE CHATTERBOXES

PART OF YMCA BOURNEMOUTH

YMCA

Chat, Change, Inspire



The Chatterbox Project

Empowering young disabled people to make a difference

For more information visit:

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Issue 36

Proudly produced by members of The Chatterboxes

What have we been up to?

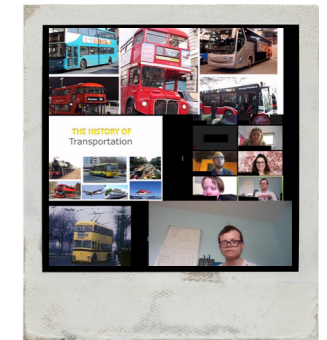
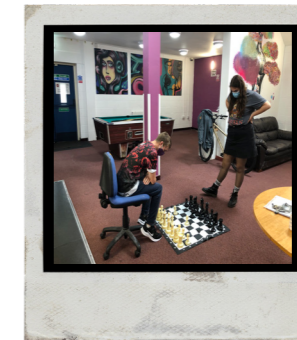
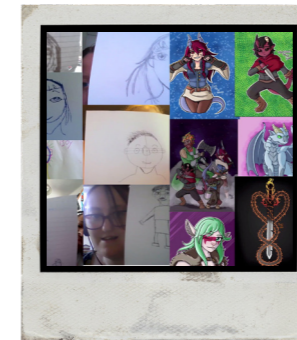


Young people from the project say:

“I’ve enjoyed every second of the sessions online. It helps me to feel **connected to my friends**”.

“I am **happy to be back** and see you all, lovely people”

“I am really anxious about going into lock down again. That’s why I love being a Chatterbox because I can just have fun and all of **my worries and anxiety go away**”



“It takes me 2 hours to get to the face to face sessions on the bus but I don’t mind at all because it’s the **highlight of my week**”

“With the world being totally unsafe at the moment, **my safe place is the Chatterboxes** - It’s where I feel really safe”

“The chatterboxes are **my best**”

“I love being a Chatterbox because I can **share my worries**. At the moment I am full of worry but **meeting up with other Chatterboxes really helps me**”

“It’s good doing face to face Chatterboxes because **it makes me go out more and see my friends**. I like doing the games”.

“Over the last few months, Chatterboxes has **transitioned to online sessions** hosted via Zoom, these include our **normal weekly sessions** as well as a **variety of workshops and training opportunities**.”

We’ve all had to get used to using this new technology and are now at a stage where the content of the online sessions is fairly similar to what we’d usually be doing, we’ve found ways of **adapting to this new virtual environment**, and we’ve also been joined by a range of **amazing guest speakers**, many of whom would not have been able to attend face-to-face sessions, one benefit of this format.

More recently, we have been able to offer **1-to-1 sessions for young people** who aren’t able to access Zoom, and as of very recent weeks this has grown into **hosting small sessions** outside of youth centres where young people can now meet in groups, currently up to 6, subject to social distancing and other guidelines”.

By Todd

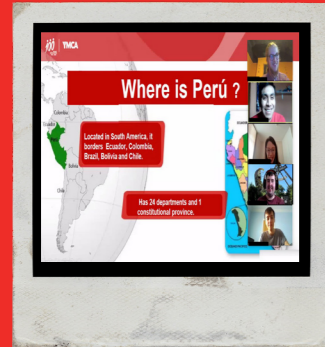
Our online sessions

We have been busy over the last few months running our sessions via Zoom. We have all got the hang of it all now and think it's great that we have loads of different people coming to visit us from all over the world. Here are just a few of the visitors to our sessions.

YMCA Lima

We loved having Luis, Valeria and Vilma join our session where they showed all about the wonderful work they are doing to support young people in Peru.

"I really enjoyed when they shared with us their experiences and their videos" By James



The Colour Works Foundation

We were lucky to have the Colour Works Foundation visited our sessions again to talk more about colours and our personalities.

"It was really fascinating and the fact that all our personalities can be put into different colours and the colour determines our personality is brilliant" By Natalie

Dorset Mind

Gabriella from Dorset Mind Your Head came along and talked to us all about Mental Health. We all really enjoyed the session as it was interesting and important.

Amy said after the workshop: "if I've got feelings in my head I can talk to my staff members or my friends"

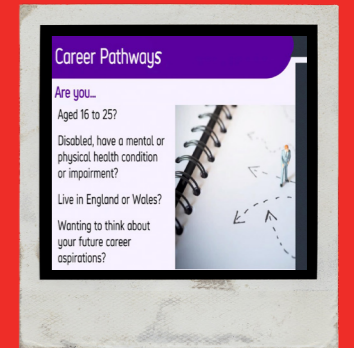
UK Parliament

Tom the outreach officer for UK Parliament visited our session to explain how Parliament works, how to get our voices heard and look at ways we can do some campaigning about topics we are interested in.



Scope

It was really cool that Gina from Scope visited us to explain more about the different programmes they are offering to young disabled people 16+ across the UK to help get into employment like Kick Start, Career Pathways and Starting Line. It was good to chat through all the options.



People First Forum

Amanda and Annette visited our Zoom session and told us all about the wonderful things they do like their friends forums and their live facebook sessions. They made us laugh so much with all their jokes and really brightened up our evening. We can't wait to host our 2nd online event with them in December.

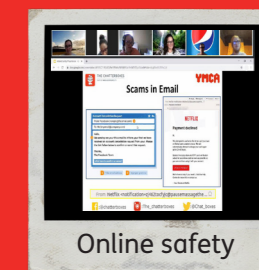
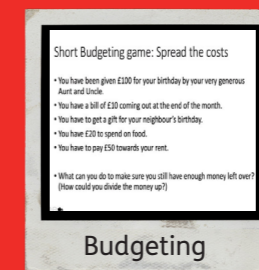
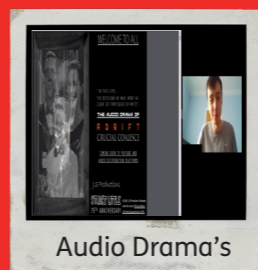
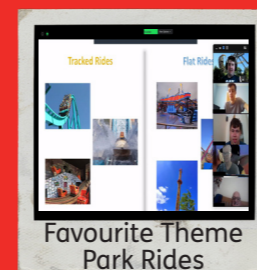
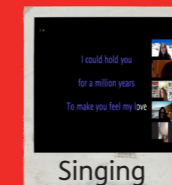
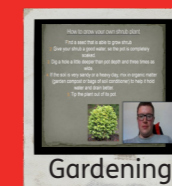
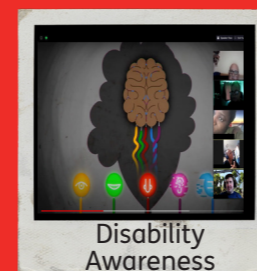


BCP Council

Rebecca from the council zoomed in to find out what we knew about Educational, Health and Care Plans; EHCP and Annual reviews. She wants us to help the council look at ways to help young people who have an EHCP understand what they are and why they are important. It was really good to be able to share our options.



Chatterbox members have also been busy designing and delivering their own workshops within sessions. Here are just a few.



Our face to face sessions

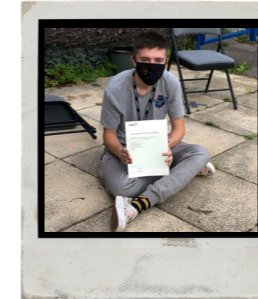
In September we started running small face to face sessions for a **maximum of 6 young people** for many of our members who prefer real life sessions instead of our virtual sessions. We are **following National Youth Agency Guidance** and making sure everyone is safe within the sessions.

“It’s been fun meeting up face to face again. We have been spending time talking about how we have **felt since Covid began**, chatting about **our mental health** and sharing tips on how to look after ourselves both physically as well as mentally. Some Chatterboxes have been busy **creating new garden seating** from pallets whilst others have been working on a **talent show**, delivering **workshops** on topics such as **Animals and Alcohol Awareness**, doing **arts and crafts**, learning about **Black History Month** and **having fun together**”.

Young people involved say:

“I like The Chatterbox meet up’s. It’s good to **see people’s faces** and being able to do **workshops**” By Trey

“I’m really **enjoying seeing all the people again** and planning different activities and games”. By John



“The face to face sessions are really good. I’m enjoying them more than the zoom sessions. I like the games we play the best because at the moment with what’s going on **it let’s our brains loose** and **we can stop thinking about Covid and enjoy ourselves**” By Anthony

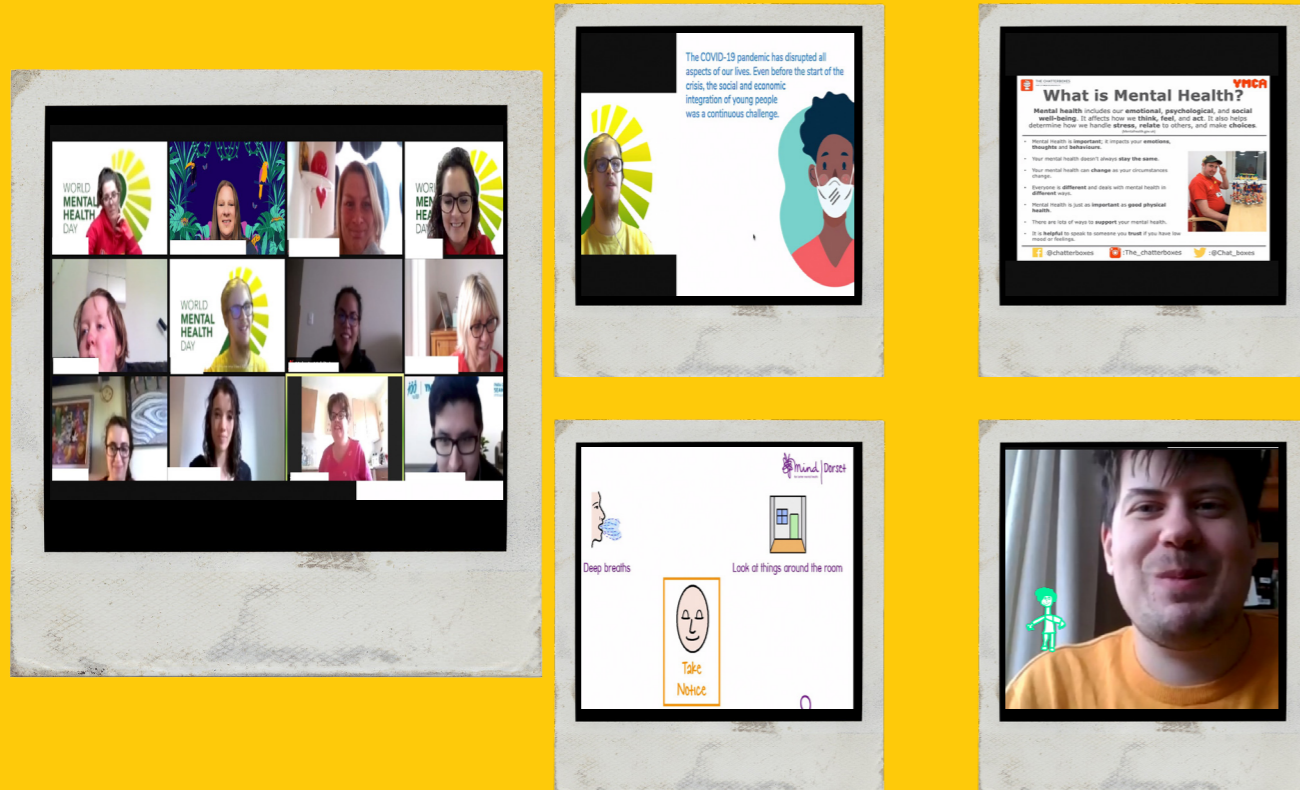
“Well I would like to say, **it’s been lovely seeing everyone’s faces** since we’ve had to stay in doors about 7 months ago when the cases were higher figures. Hopefully the next step will be to have a more larger group of people, if cases decrease even more than we expect it to be”. By James

“**Loving seeing everyone. I am so happy**”



Our mental health event

We ran our very first online event where we celebrated **World Mental Health Day** in partnership with **Dorset Mind**, **YMCA Lima in Peru** and **Jack Welch** who has a range of roles including Chair of Mencap Voices Council. The event included **what mental health actually is**, ways to **support good mental health** and **shared stories/ experiences** from young people about their own mental health struggles and **organisations** about how they have delivered different programmes to support young people.

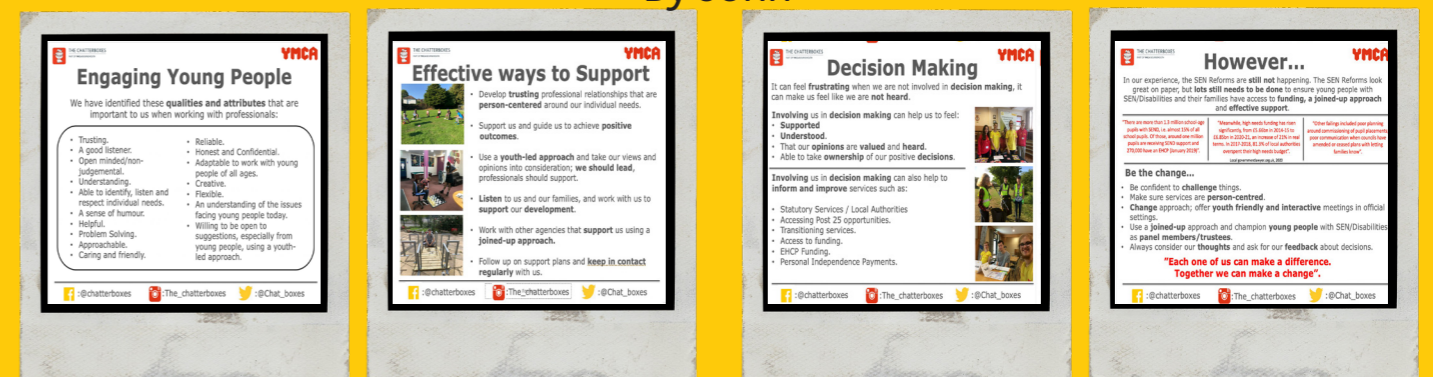


Our online training

“Recently The Chatterboxes ran an online workshop about **why young disabled people’s voices should be heard**. The workshop was to some **final year social work students at Bournemouth University**. We started by introducing ourselves and explaining what The Chatterboxes do, we covered a range of important subjects including **disability awareness, empowering young disabled people, the qualities of a good social worker** and we also talked about some of the **challenges young people face**. The presentation went really well and we shared our own personal stories of our experiences with social workers”.

“It was a very special time for one of our Chatterbox members because it was the first time that she had delivered a presentation. **She did Incredibly well and sounded really confident**”.

By John



Other chatterboxes involved in the presentation said:

“I really enjoyed delivering the workshop to Bournemouth University students. **I enjoyed giving my speech** and doing the pledge at the end but by far the best thing about was getting my voice heard and **educating future generations of social workers**”.

By Natalie

“I think the workshop was an amazing opportunity to share our views and experiences as Chatterbox members with future social workers who will **play an important role in supporting young people in the future**.”

The overall feedback from our workshop was **really positive**. I think my skills as a presenter have grown overtime. Before I joined The Chatterboxes three years ago I did not have much confidence and definitely wouldn't have had the confidence to speak in front of people and **share my opinions**”.

Feedback from social work students included:

“Hearing your experiences with social services was **invaluable for my future practice** as a social worker. Plus, **your positivity** - it was **infectious!** Listening to you this morning was a **privilege**”.

“You are an **amazing group of individuals** who should be very proud of what you do. **You are making changes to the world** and defiantly have **taught me so much** today which I will take both into my personal life and practice”

Feedback from people who took part included:

- “Loved the kindness of everyone”.
- “Really enjoyed the breakout rooms with the different speakers and the game with emotions”.
- “So amazing to meet the guys from YMCA Lima and hear all about the amazing things they are doing to support young people. I came away totally in awe”.
- “Loved all of it! The guest speakers and the games were great”.
- “Totally fantastic event. Lots to think about how to support the people I work with their mental health”.

Five Ways to Wellbeing

Here's 5 ways that we can all use to help live a mentally healthy life:

- **Connect:** Make a connection with someone. That could be talking, listening or helping someone.
- **Be active:** Go for a walk, play a game like football or rounders, walk up the stairs instead of getting the lift.
- **Take notice:** Take some time to enjoy the moment and the environment around you.
- **Learn:** learn something new, read a new book, learn a new word or language or join a new class.
- **Give:** Do something nice for a friend or stranger via random acts of kindness.

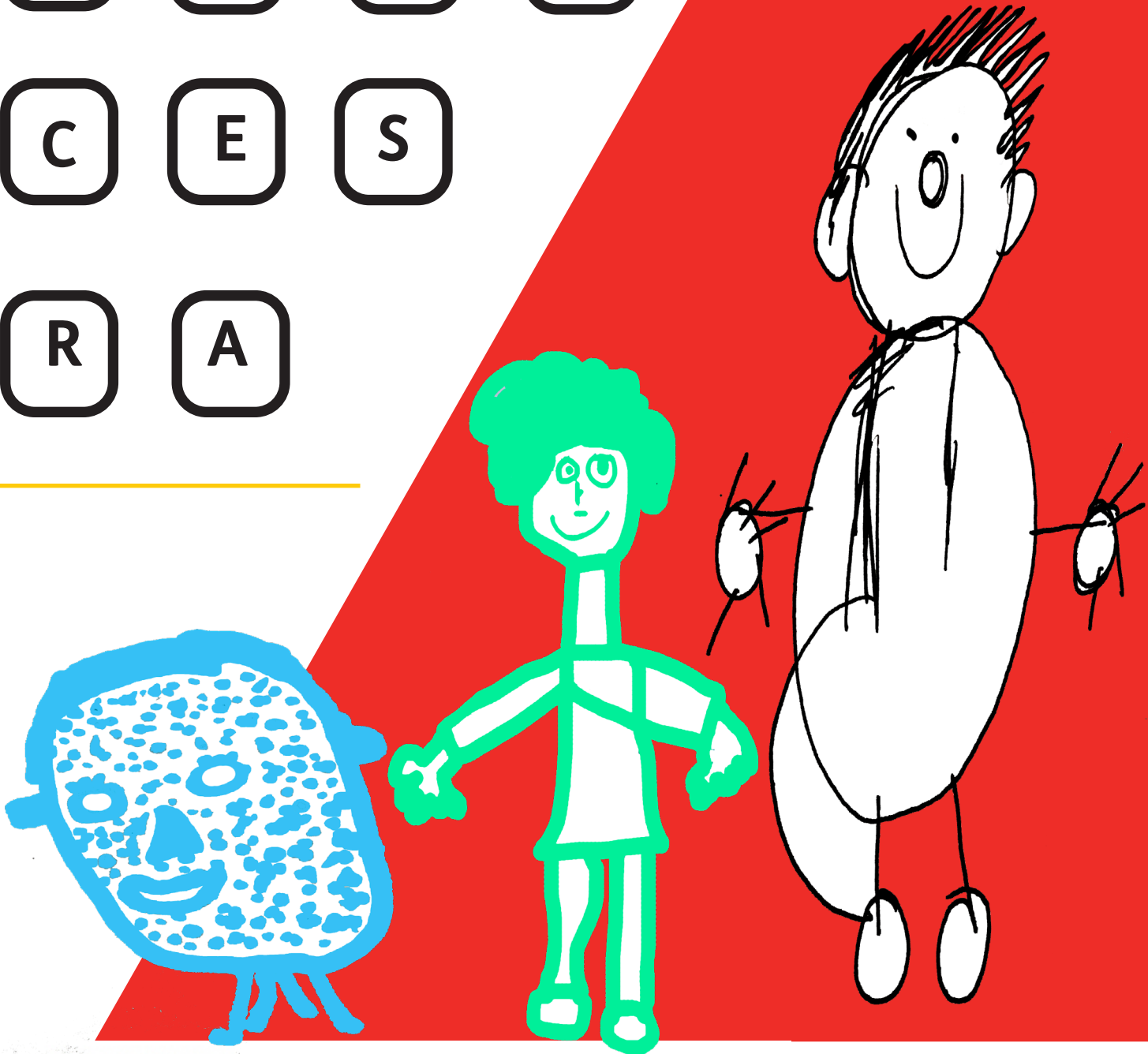
The Creative Challenge

Several Chatterboxes have been busy creating magical puzzles for your enjoyment.

Can you think of any food which begins with the below letters?



Can you find the characters hidden below within our magazine?



YMCA BOURNEMOUTH
Would like to thank the following for their support:

