

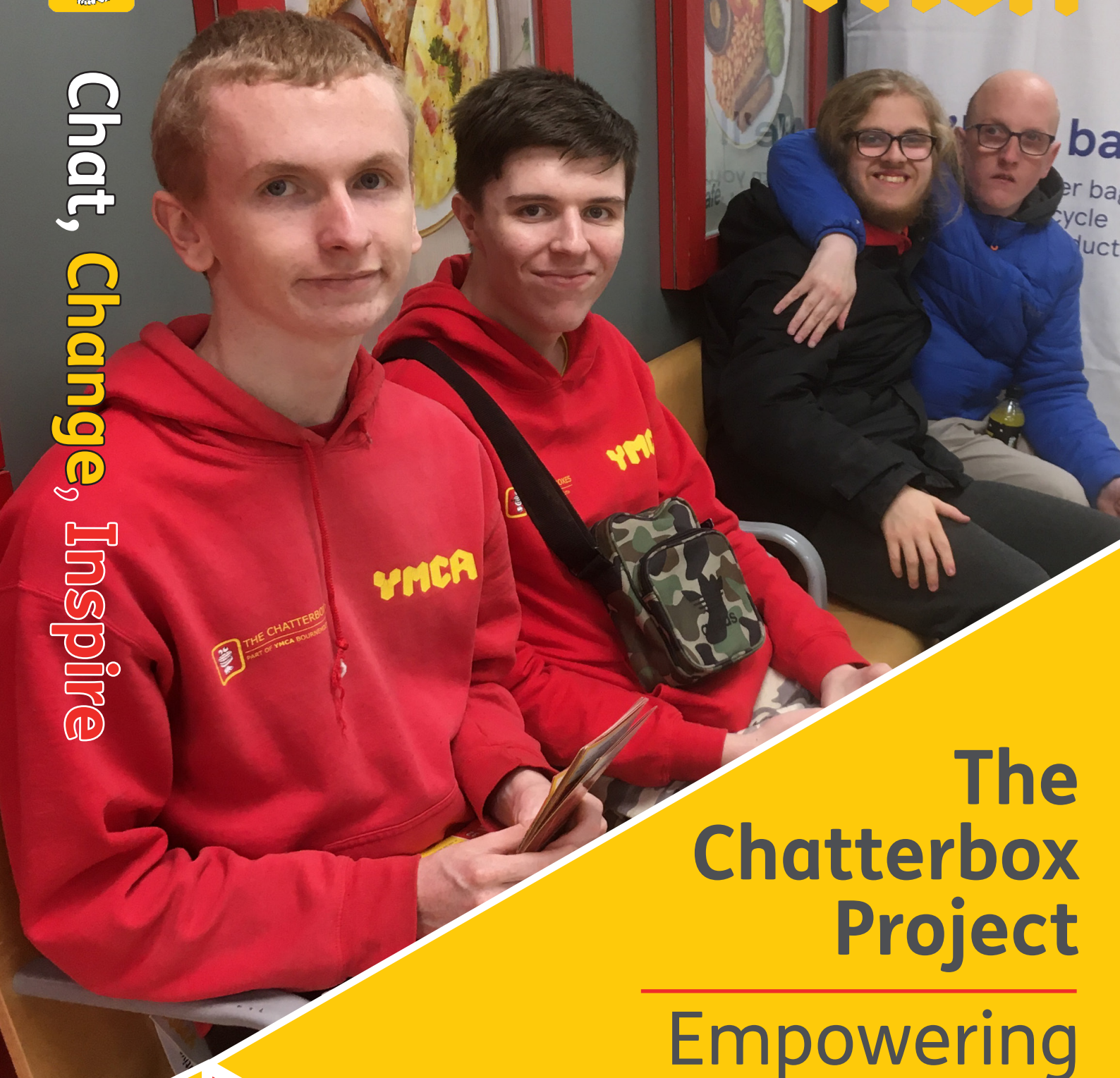


THE CHATTERBOXES

PART OF YMCA BOURNEMOUTH

YMCA

Chat, Change, Inspire



The Chatterbox Project

Empowering young disabled people to make a difference

For more information visit:

 : Chatterboxes

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 : The_chatterboxes

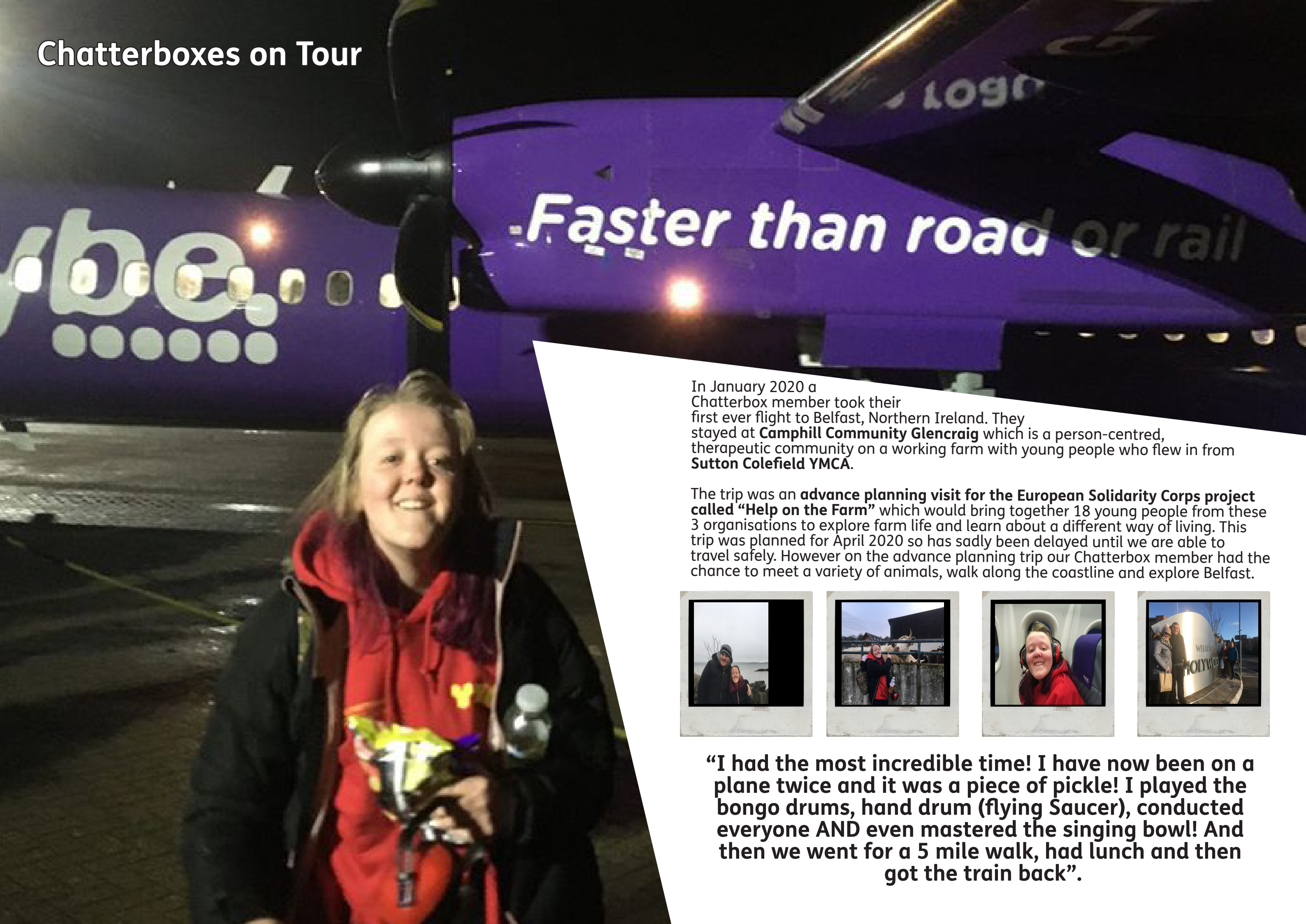
 : Chatter Box

or visit our website: www.ymcabournemouth.org.uk

Issue 35

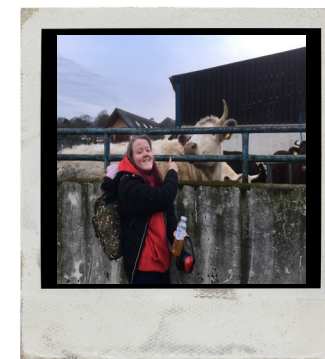
Proudly produced by members of The Chatterboxes

Chatterboxes on Tour



In January 2020 a Chatterbox member took their first ever flight to Belfast, Northern Ireland. They stayed at **Camphill Community Glencraig** which is a person-centred, therapeutic community on a working farm with young people who flew in from **Sutton Colefield YMCA**.

The trip was an **advance planning visit for the European Solidarity Corps project called "Help on the Farm"** which would bring together 18 young people from these 3 organisations to explore farm life and learn about a different way of living. This trip was planned for April 2020 so has sadly been delayed until we are able to travel safely. However on the advance planning trip our Chatterbox member had the chance to meet a variety of animals, walk along the coastline and explore Belfast.



"I had the most incredible time! I have now been on a plane twice and it was a piece of pickle! I played the bongo drums, hand drum (flying Saucer), conducted everyone AND even mastered the singing bowl! And then we went for a 5 mile walk, had lunch and then got the train back".

Pre Covid Fun

Before Covid 19 struck we were busy as ever going out and about in our community doing lots of fun things. Here are just a few things got up to:

Our visit to the RNLI at Mudeford Lifeboat Station

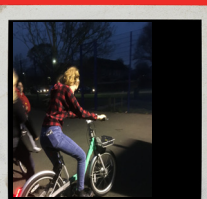


“What I enjoyed the most was to **be on the lifeboat**. I really would like to go back and go to the sea with them in the future”.

“We had an amazing visit to the RNLI lifeboat station at Mudeford before the lockdown. We learnt about their work and **some tips about safety at sea**. Later on, they showed us the lifeboat and all the things they need to wear”.

A visit from Beryl Bikes

“The guys from Beryl Bikes came to one of our sessions before the lockdown. They were talking about their service in Bournemouth and **how to use a bike safely**. Then we also had the opportunity to try them out. It was really fun although some people found it a bit scary as they had never ridden a bike before”.



The Guide Dogs for the Blind Association



“We were visited before the lockdown by David and his guide dog Spencer. He told us about his life being visually impaired and how Spencer is supporting him.
It was an amazing evening!”

Swimming Pool fun at YMCA Bournemouth's Leisure Centre; The Junction in Broadstone, Dorset



“What I enjoyed the most was the free time when we were all swimming and **having fun together**. The Lifeguard gave us some diving toys and we had to catch them”.

“**The staff were kind** and we spent most of the time in the swimming pool. The water was warm and we were playing some games. I didn't want to leave because **I love diving like a mermaid**”.

“Before the lockdown we went to The YMCA Junction. First we saw the gym equipment. There were lots of machines I had never seen but would like to try”.

“A baby goat visited The Chatterboxes! One of our members brought it from her farm. We all sat down on a plastic surface. **The goat was very soft and so cute!** We also learnt some facts about the life of a goat”.

“I was scared but was funny when the goat pooped and peed on the plastic and then we had to clean it up”.

The Goat Visit





Bag Packing At Tesco

“We helped shoppers packing their bags in Tesco, Tower Park before the lockdown to raise some money for our project. We made **£349 in 4 hours**; far more than I expected to and **it was a really, really fun day!**”



“The best was having the card payment machine and I was in charge of it.”

“It was a good day because we raised lots of money”.

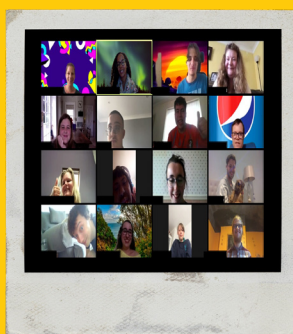
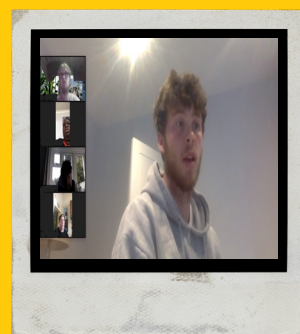
What have we been doing during the Coronavirus Lockdown?

“When we went into lockdown we were worried about how The Chatterboxes sessions would continue, but **doing them online has been amazing**. At the beginning we were having some technical difficulties and people were talking over each other, but now everything is smoothly and we are having fun as before”.

“**It’s nice to see other Chatterboxes despite the situation** and also the guests. I like doing the challenges because everyone can show their skills or learning new ones. Everything is really good!”

We have been busy running lots of zoom sessions. Check out just a few things we have been doing on there.

Jack Simpson From AFC Bournemouth



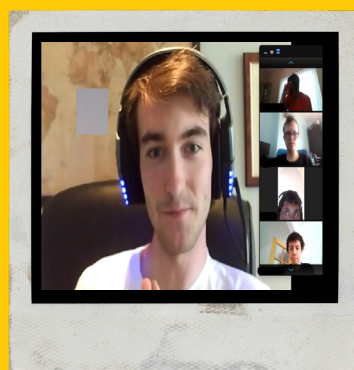
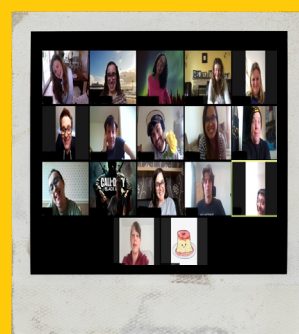
“The AFC Bournemouth footballer Jack Simpson came three times to our sessions!! He was really interested on what we do and decided to join and have a chat. **It was great to have him in the sessions**. He explained how he became a professional footballer and also how he was coping with the lockdown situation. **Then we were asking him about everything!** We did some sport activities too”.



“It was my favourite day with The Chatterboxes!”

“He was lovely.
I couldn’t believe we had a celebrity with us!”

Bournemouth Believes



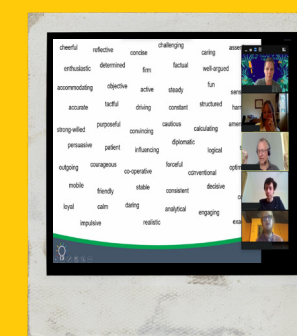
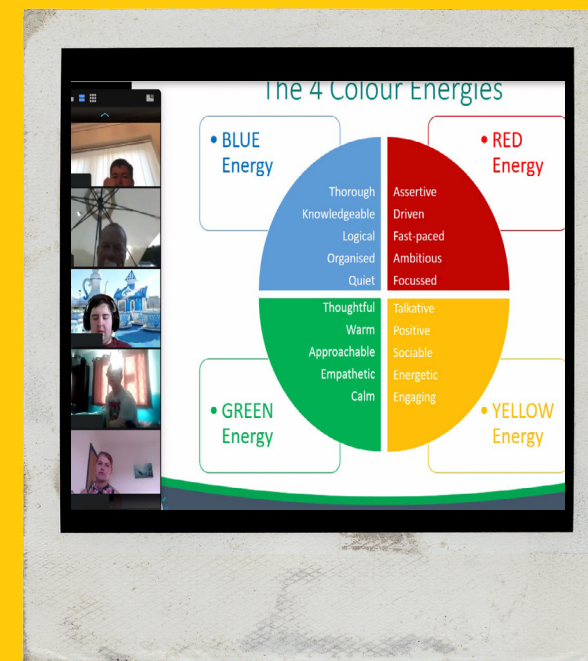
“We were joined by Bournemouth Believes to talk about how we can **improve our society by working together**. The idea was to think about **local problems** and **possible solutions** and how these can also be useful in other places of the world. **There’s a lot to do but together we can make a difference**”.

The Colour Work Foundation

“The Colour Work Foundation joined one of our virtual sessions to talk about how different words define your personality. Each person had to choose two words from a list they showed us: one that describes you the best, and one that defines you least. Then we went into breakout rooms and everyone had to explain why they chose those words and the rest of the group discussed if we also think the same about their personalities”.

“I liked it because they make it really easy to understand. The best of it was to reflect about our qualities and receive the feedback from other Chatterbox members. We can be so different but at the end of the day everyone is equal.”

“It was a really helpful activity because I felt more positive about myself after thinking of the colours of my personality”.



BCP CCTV Unit



“Last year we visited the CCTV at Bournemouth and now Tony came to our online session. He was working from home but **told us about what the police have been doing during lockdown**. We asked him about his job and other questions. Then he visited a few more sessions to **help another Chatterbox member design her workshop about sexual assault**”.

“Tony was really good. Before talking with him I thought that Policemen were aggressive people but he was really kind. It make me feel more confident about the Police”.

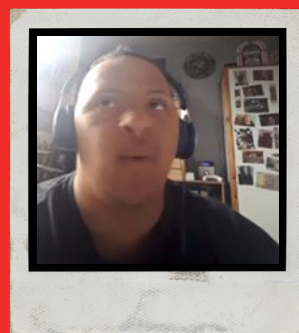


The Chatterboxes Got Talent Workshop

“I prepared The Chatterbox Got Talent Edition. Everyone had one minute to show their skills but it was okay if they didn’t want to because we are all special and unique. To be scared is also okay. They were singing, making jokes, dancing, playing music and reading stories. They were all amazing and it was so difficult to choose the winner”.

“I think it was fun but crazy because of doing it online. I did a rap with a remix I’ve been working on during lockdown”.

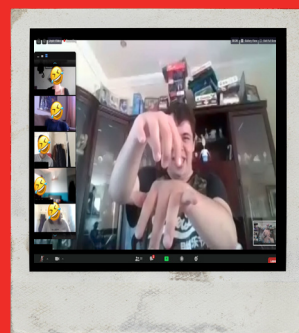
“It was amazing to see how many talented people we have between our members. I played the guitar and the judge was really good”



Disability Awareness Workshop for other youth groups



“We had a virtual session with some young people from other youth clubs. I told them about my Epilepsy and Autism and the troubles you can have. People were really interested and I felt happy to share my experiences and tell everyone that we are not the only people with that kind of problem”.



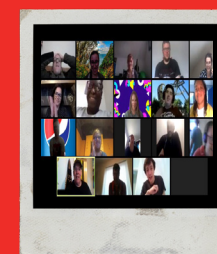
“When some young people from other youth groups in the area came to our session, I did a sign language workshop. I showed them how to signed six places and the people repeated. I really enjoyed and people liked it”!

Esi From Celebrating Diversity

“We had Esi from Celebrating diversity come to one of our virtual sessions. She explained why she decided to set up her own business to **support other business to be inclusive**. She gave me good information to get into employment and do interviews. **Hearing her experience made me feel more powerful**”.

“She is very positive and the conversation was useful. I really liked when she said that we should turn having a disability into something positive and use it as an advantage because we are who we are because of that”.

“It helped me a lot and she is inspiring, everyone can learnt more about disabilities with her”.

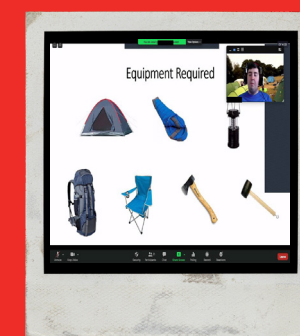


Camping Workshop

“Traditionally in May, The Chatterboxes attend a Camping residential for everyone to spend time with. Unfortunately our camping trip was cancelled for the safety of our health. Instead, I did a presentation on Camping through our online meeting. I showed them the **history, the right supplies, different shapes and sizes and even the ‘Peaceful’ side and the ‘Danger’ side**.

Finally, I showed the Chatterboxes that they can **still do camping by 2 ways**, 1 way would be to have their tent set up in their back garden, the second way is a Roblox camping game called ‘Backpacking’.

We all enjoyed the presentation and **we hope to get back to camping once the virus is over**”.



The Magic Show

“There is a magician who is a Chatterbox members! **He did some tricks with the help of his wand**. We were all really impressed because it seemed impossible and it was happening just in front of us. He is really good”.



Chatterbox Challenge

Throughout the lockdown Chatterbox members have been completing weekly challenges. Check them out below on our You Tube channel.

Wash your hands

<https://www.youtube.com/watch?v=epdl6ITljSs>

Paper aeroplane with positive message

https://www.youtube.com/watch?v=u05_iXI-pabM

Daily exercise

<https://www.youtube.com/>

Thank you messages

https://www.youtube.com/watch?v=LpSaKeCic_E

Create music

<https://www.youtube.com/watch?v=SWx1igwUyz4>

Baking with chocolate

<https://www.youtube.com/watch?v=Nhwfu2HFUJ4>

Playlist for lockdown

<https://www.youtube.com/watch?v=QDR9-EYGKSc>

Lockdown experiences

https://www.youtube.com/watch?v=fvlov7-Lw_U

Kindness for Mental Health Awareness Week

<https://www.youtube.com/watch?v=rKgRgxFOwc0>

World Environment Day

<https://www.youtube.com/watch?v=kfb6xvRpR2A>

YMCA BOURNEMOUTH

Would like to thank the following for their support:



**EUROPEAN
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