

Greetings from the Alford Youth

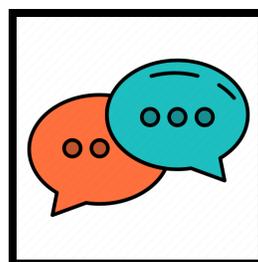
Welcome to our new app.

Hope you are all keeping well in these ever changing times. We know that all the changes and new rules around social distancing, and not being able to see your friends, can bring up all sorts of emotions and thoughts. So we have created a new app to help support the youth of Alford.

On the app you will find information on all sorts of topics, as well as a facility to message each other and build virtual networks with each other.

So what does the app include? Let me tell you, there is information tabs on the following:

- ◆ Creative-youth
- ◆ Arts crafts and drama
- ◆ Gaming and technology
- ◆ Health and fitness
- ◆ Mental health
- ◆ And other additional resources.



Why don't you search for us and join and find out more:

<http://discord.ggU6c9K69>

So who are we?



If you have attended the access centre youth club in the past you will recognise Sarah Lithgow (you normally hear her before you see her).

Sarah has been instrumental in organising a group of professionals from all around the local community to provide support by sharing their knowledge and skills.

There is Michael Lithgow and Ben Foxwell who have provided advice on sports and activities to try, Thomas Mitchell who has given advice on gaming and also is offering the opportunity to learn how to play the guitar.

Amanda Wood from Panda Dance is offering the opportunity to learn some street dance and have a go by following her step by step guides. A team of professionals that have worked with Sarah in other roles including teachers and mental health services have provided advice on mental health support and where to go if you are struggling with all of the changes and being isolated.

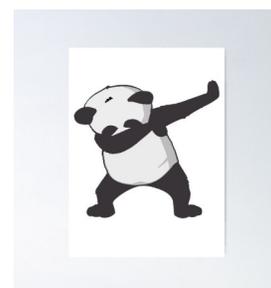
We are being supported by the Town Council to help facilitate the app and making it accessible to you all. We couldn't do any of this without the support of Joe who is our tech person and who helps us when we get stuck, we all need help.

Contact us on the app <http://discord.ggU6c9K69> or on Storehouse Alford Youth on

Facebook. We look forward to hearing from you.



Look for the windmill on the





We want your ideas.

We know at the minute being a parent is really tough and no one prepared us for a global pandemic. It has caused many of us to experience lots of stressful situations, including learning to juggle children at home and also becoming teacher as well.

This app is designed to give teenage children a safe space to talk to others, to seek advice and also to signpost them to the correct services to provide the support they need.

We are being supported by the Town Council and all of the individuals involved in providing advice, have either worked or are working in the areas they help oversee in the app.

We hope to develop the app moving forward and if you have any ideas or want to ask a question then please contact us on the app and we will be happy to help.



A bit of fun for a Friday night.

Every Friday night at 7pm we go live on Storehouse Alford and we offer a bit of fun and quite often a giggle as what Sarah might do next.

You have the chance to win prizes by getting the answers right to the activity that we have on offer, some are easier than others. So far we have done what's in the box? Name that song? Try to work out what Sarah is saying while she has a speak out mouth piece in, charades, guess the film and pop the balloon to name a few.

Log in and have a go!



because you're young,
you're torn between a world of hate
and a world of dreams.
so much to lose, so much to gain
so much to fight for,
so much to change.
where-the-heart-is.tumblr.com

