



An update from us

We've been keeping busy during lockdown! After having to stop our face to face sessions in March, we have found new and wonderful ways to support our young people.

Social media, video and telephone calls have all had a huge impact in helping us stay connected.

Virtual Support

Video calls on Zoom have helped us stay connected and still offer support to those who need it. From games sessions, to educational resources, to friendly catch ups - the engagement from our groups and young people has been fantastic.

Our interaction with followers on social media has also been impressive, young people have engaged with us on all platforms, especially getting involved with our kindness challenge for

[#MentalHealthAwarenessWeek.](#)



Mini Ambassadors

Although we're missing our weekly girls club meet ups, we've been staying in touch with our mini ambassadors online through video calls, and also organising treats and activities to keep them occupied!



We have delivered crafts, cake making boxes and bird feeder kits to the girls and their families over the past few months. They loved receiving these and have been so grateful for something different to get involved with.

We also held a competition to name our Bright Futures bear, the winning name was Rainbow, and she's off on her first weeks holiday! We've included a diary for the winner to fill in, so we can hear about all of the adventures they go on, and she will be taking turns every week to meet everyone! We can't wait to hear what she gets up to!

Food Parcels

We received a generous donation from The Ballinger Charitable Trust which enabled us to send 20 food parcels to local young women and families.



They were all extremely grateful for this, especially during these hard times, and we continue to work with local food banks to help those who need it.

Young Mums

Interactions at Bright Futures young mums network haven't stopped because of Covid-19. We have replaced our biweekly face to face meet ups with daily zoom calls.

The engagement with these has been fantastic with up to 10 young mums joining at any one time. It has enabled mums to interact with a much wider network than they would generally meet.



The mums commenting on how the calls have become part of their daily routine, how they have brightened their day, stopped them feeling so lonely and broken the monotony of isolation. Alongside this, project workers have supported many mums via social media platforms, phone calls and texts with issues such as domestic violence, relationships, house moves, parenting and poverty. Bright futures have delivered many food parcels, craft kits, baking kits and bird feeders over the past 9 weeks to the young mums. There are now over 30 South Tyneside young mums regularly engaging with the service.

Pen Pal Scheme

in a bid to keep our community spirits high, our young people have started a pen pal scheme with local care homes. This allows both younger and older generations to communicate with each other, breaking down barriers and creating some amazing intergenerational friendships!



Fitness

We recognise the importance of staying active during lockdown, and as our free weekly fitness class has had to be cancelled, Carla has been demonstrating some workout videos on our social media. Our young people are so involved that they've come up with fitness challenges of their own to test out!

Magazine

Before COVID-19, we were working on a project during girls club, lunch time drop in and evening groups, to create two magazines - made by young people, for young people. We're so pleased that we have been able to continue with this project through online communications, and have finally revealed our masterpieces! Head over to our social media to check them out!

Take care & stay safe!

