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THE YOUTH PROJECT UK

ISSUES AUG--OCT

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CLOSURE OF YOUTH CLUBS. THE DETRIMENTAL EFFECT

The closure of youth clubs is a worrying trend that needs to be addressed.

TheRealJD

The one piece of advice I can give is to keep going. No matter how desperate your situation is keep going.

FIND OUT HOW BOXING CAN HELP BOOST CONFIDENCE AND SELF-ESTEEM.

WHY SKATE PARKS ARE ESSENTIAL FOR YOUTH COMMUNITIES

Explore why skate parks are essential for youth communities.

from the editor

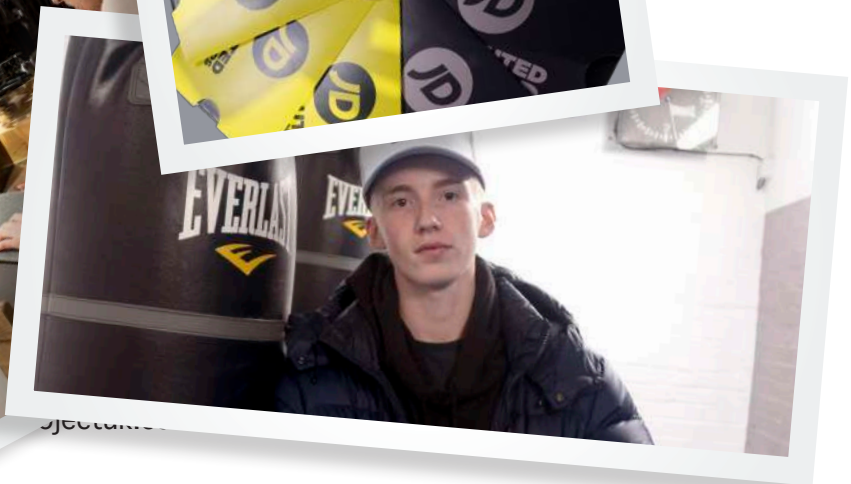
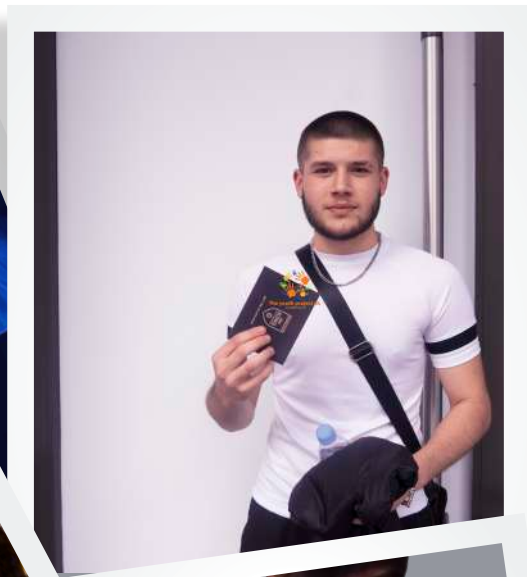
The Youth Project UK

Our mission is to engage with the youth to empower them and provide activities that will bring them in off the streets and also deal with the issues surrounding gun and knife crimes.

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Kemp House 152-160 City
Road,
London, England,
EC1V 2NX

WEBSITE
THEYPROJECT.CO.UK
EMAIL-CONTACT@
THEYPROJECT.
CO.UK TELEPHONE-
08001583528



Stop



CRIME

ABOUT US

We are an organisation committed to tackling the issues facing many young people and ensuring that they are equipped with the best tools to thrive at every stage of their lives. As an organisation we want to provide solutions that will provide benefit to young people.

Our mission is to engage with the youth to empower them and provide activities that will take them off the streets and also deal with the issues surrounding gun and knife crimes. Our purpose is to work with communities to deliver a model of programs that will educate, inspire, train and empower young people to address life's challenges while providing proactive solutions for employment and creating opportunities.

Our work seminars and workshop activities will be valuable to young people in order to up skill and empower them.

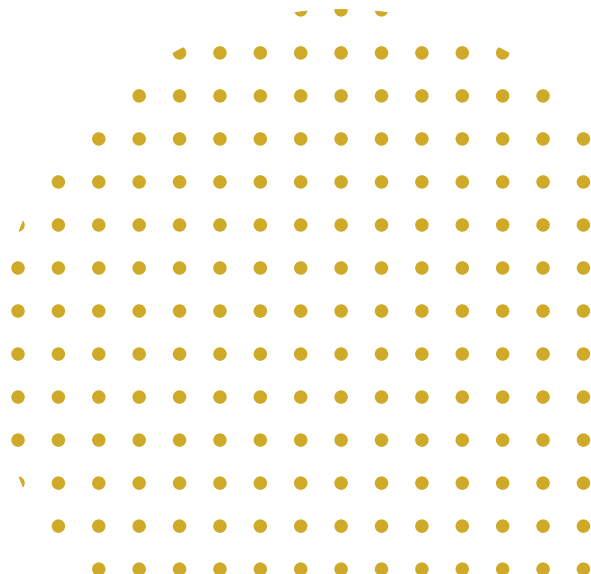
This will give young people a platform to showcase and develop their skills but will also feature solutions to work related issues, youth culture, mental health and other social issues.

We will develop young people through mentorship, leadership and entrepreneurship, unlocking young people's potential through our solutions and enabling them to develop their voice, influence and place within society.

We want to use these activities to engage young people within the local communities while pushing and empowering young people to thrive in the global economy and bring forth positive change for a sustainable future.

CONTACT YOUTH PROJECT UK MAGAZINE
KEMP HOUSE 152 160 CITY ROAD,
LONDON, ENGLAND,
EC1V 2NX

WEBSITE [HTTPS: THEYPROJECT.CO.UK](https://theyproject.co.uk)
EMAIL CONTACT
IG [THEYPROJECTUK](https://www.instagram.com/theyprojectuk)
TELEPHONE 08001583528



WEL- COME

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JD VOUCHER GIVEAWAY

London specifically, there are a number of factors that contribute to knife crime. Some experts believe that the rise in knife crime in London may be linked to the city's gang culture, which is driven by poverty, social exclusion, and a lack of opportunities. Additionally, some have pointed to the proliferation of social media as a factor in knife crime, as it has made it easier for gangs to communicate and organize. Finally, there is some evidence to suggest that cuts in police funding and a decrease in community resources have contributed to the rise in knife crime in London.

The prevalence of drugs: Many experts believe that the drug trade is a major driver of knife crime in London, as gangs fight over territory and drug profits.

A lack of police presence: Some have argued that cuts to police funding have resulted in a decrease in the number of officers on the streets, which has made it easier for criminals to carry out knife attacks.

A culture of violence: Some have suggested that knife crime is part of a broader culture of violence that has taken root in some parts of London. This culture may be driven by a number of factors, including poverty, social exclusion, and a lack of opportunities.

The availability of weapons: There is some evidence to suggest that the rise in knife crime may be linked to the availability of weapons. Some have called for stricter laws around the sale and possession of knives in order to address this issue.

A lack of mental health support: Some experts have suggested that a lack of mental health support may be contributing to the rise in knife crime in London. Many young people who carry knives may be struggling with mental health issues, and without adequate support, they may turn to violence as a way of coping.

The impact of social media: Some have argued that social media is playing a role in the rise of knife

crime in London. Social media platforms have made it easier for gangs to communicate and organize, and some have suggested that social media is being used to glamorize violence and promote gang culture.

A lack of community resources: Cuts to community resources, including youth clubs and other services, may be contributing to the rise in knife crime in London. Without access to these resources, young people may feel isolated and turn to gangs as a way of finding a sense of belonging.

I think we should stop the drill videos, I think they have a lot to do with the knife crimes, if someone goes and says something to you then your going to retaliate and in my opinion it's going upscale the situation and make it harder and worse for people listening to it and they are going to be influenced by it.



Personally I think the key solution to stopping knife crimes is to open up more youth centres, when I was growing up I went to a youth centre and it basically gave me a safe space from all the gangs on my block.



I think a good way to reduce knife crimes is to go into schools and educate the kids, sometimes they don't know what they are getting themselves into, they get sold a dream and ideal of life could be like and before you know It they've committed a crime and there's no turning back.



A good way to stop knife crimes is youth clubs as it can give youths a place to come and enjoy themselves instead of being out on the streets. Even studios are a place for youths to come, a lot of people like to make music





SKATE AWAY

WHY SKATE PARKS ARE ESSENTIAL FOR YOUTH COMMUNITIES

Skateboarding has been a popular sport among young people for decades. However, many communities lack the necessary infrastructure to support this activity. A skate park is a designated area for skateboarders to practice their skills safely and legally. In this article, we will explore why skate parks are essential for youth communities.

1. Skate parks provide a safe and legal space for young people to skateboard

Skateboarding is often seen as a dangerous activity, especially when done on public property. By providing a designated area for skateboarding, communities can ensure that young people have a safe and legal space to practice their skills. Skate parks are designed with safety in mind, with features such as padded surfaces and railings to prevent injuries.

2. Skateboarding is a great way for young people to stay active and healthy

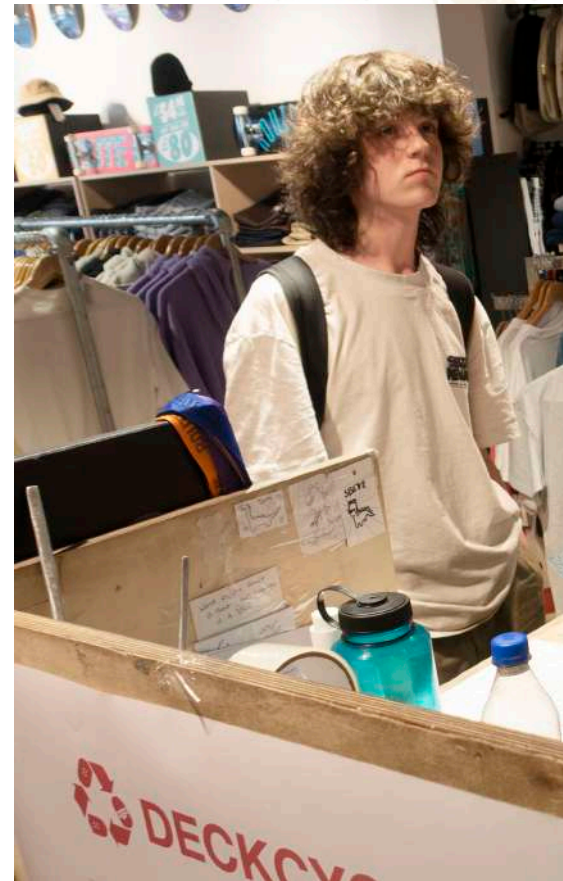
In today's world, many young people are leading sedentary lifestyles. Skateboarding is a great way to get outside and stay active. It promotes physical fitness, balance, and coordination. Skateboarding is also a low-impact form of exercise, making it accessible to people of all ages and abilities.

3. Skate parks can act as a hub for social connection and community building

Skate parks are not just a place to practice skateboarding. They are also a place to connect with other young people who share similar interests. Skate parks can help foster a sense of community and belonging among young people. They can also be a place for older skateboarders to mentor younger ones, passing on their skills and knowledge.

4. Skateboarding can help young people develop important life skills such as determination, perseverance, and goal-setting

Skateboarding is not an easy sport to master. It requires a lot of practice, patience, and determination. By learning to skateboard, young people can develop important life skills such as perseverance and goal-setting. They can also learn to overcome challenges and setbacks, building their confidence and self-esteem.



5. Skate parks can help reduce crime and vandalism in public areas

When young people do not have a designated area to practice skateboarding, they may resort to skateboarding in public areas such as sidewalks and parking lots. This can lead to conflict with other members of the community, as well as damage to property. Skate parks provide a safe and legal space for young people to practice their skills, reducing the likelihood of conflict and vandalism.

now

Our youth street team met up with these young ambitious guys who after having their skate boards taken away and given the living crisis we are currently facing, replacing their boards so they could continue chasing their dreams was becoming difficult.

Our team took them out to purchase new stake boards as a stepping stone into pursuing their ambitions of becoming pro skateboarders.

We will also be assigning them with mentors who will be giving them 1 to 1 sessions.



CLOSURE OF YOUTH CLUBS

The closure of youth clubs in the UK has been a growing concern in recent years. Youth clubs have traditionally been a safe space for young people to socialize, learn new skills, and engage in positive activities. However, due to funding cuts and other financial pressures, many youth clubs have been forced to close their doors..

The closure of youth clubs has had a significant impact on young people across the UK. For many, youth clubs were a place to escape from difficult home lives or challenging environments.

They provided a sense of community and belonging, and offered opportunities for personal growth and development.

The closure of youth clubs has also had a negative impact on local communities. Without these clubs, young people are left with fewer positive activities to engage in, which can lead to boredom, isolation, and potentially risky behavior. This can have a knock-on effect on the wider community, with increased crime rates and anti-social behavior.



The reasons for the closure of youth clubs are complex. One of the main factors is funding cuts. Many local authorities have had to make difficult decisions about where to allocate their limited resources, and youth services have often been seen as a low priority. This has led to a reduction in funding for youth clubs, making it difficult for them to continue operating.



THE DETRIMENTAL EFFECT

Another factor is changing attitudes towards young people. There is a perception in some quarters that young people are a problem to be managed, rather than a valuable part of the community. This has led to a lack of investment in youth services, and a failure to recognize the positive impact that youth clubs can have on young people and their communities.

The closure of youth clubs is a worrying trend that needs to be addressed. It is important that young people have access to safe and positive spaces where they can socialize, learn new skills, and engage in positive activities. This requires a commitment from local authorities and the wider community to invest in youth services and recognize the value of young people. Only then can we hope to create a brighter future for young people in the UK.

Youth centers provide a safe space for young people: Many young people in London grow up in areas where knife crime is prevalent. Youth centers can provide a safe space for young people to spend their free time, away from the dangers of the streets. This can help reduce the risk of young people getting involved in knife crime.

Youth centers can help young people access education and employment: Many youth centers offer programs that help young people access education and employment. By providing young people with the skills and resources they need to succeed, youth centers can help them build a brighter future and avoid negative influences such as knife crime.

Overall, youth centers can play a crucial role in preventing knife crime in London. By providing a safe and positive environment for young people to learn and grow, they can help steer them away from negative influences and criminal activity. By investing in youth centers and the programs they offer, we can help prevent knife crime and create a brighter future for young people in London.



Author Dare Ade



BOX WITH ME

Boxing can be a useful tool in helping youth stay away from crime for several reasons:

Discipline: Boxing requires discipline and structure, which can help instill these valuable traits in youth. When practicing boxing, young people learn to have a strict training routine, to maintain a healthy diet, to get enough sleep, and to be focused and attentive. These habits can carry over into other areas of life, including school and work.

Confidence and self-esteem: Boxing can help boost a young person's self-confidence and self-esteem as they develop their skills, receive praise and encouragement from coaches and peers, and overcome obstacles. When young people feel good about themselves, they are less likely to engage in risky or criminal behaviors.

Positive role models: Boxing coaches and trainers can serve as positive role models for young people.

They can provide guidance and support, offer advice on personal and social issues, and help youth develop a sense of purpose and direction in their lives.

Channeling negative energy: Some young people may have pent-up anger, frustration, or aggression that they don't know how to handle. Boxing can offer a healthy outlet for these emotions, allowing youth to channel their energy in a positive way. Instead of turning to drugs, violence, or other criminal activities, they can release their emotions in a constructive manner. Overall, boxing can teach youth the value of hard work, discipline, and perseverance, while also providing a safe and positive environment for them to develop physically and emotionally. This can help keep them away from criminal activities and lead to healthier, happier lives.

Teamwork and respect: While boxing can be an individual sport, many young people train with a team or group of peers. This promotes teamwork, communication, and respect for others. In addition, boxing gyms and clubs often have a strong sense of community, where members support and encourage each other.

These positive social connections can help prevent youth from becoming isolated and turning to risky or criminal behaviors.

As part of our mentoring program to support young people to develop the skills, knowledge and resources they need to succeed. Meet AJ found boxing as a way out of trouble, but lack of funding made it almost impossible for him to get the training he needs.



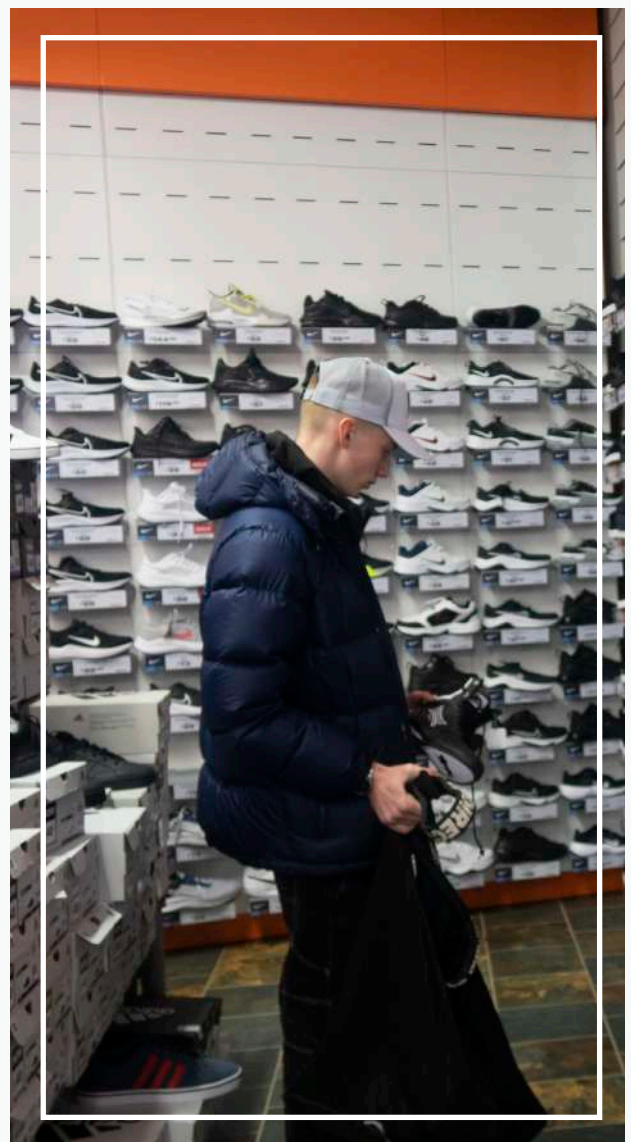
We are supporting Aj through this journey and have matched him with a mentor who spent the day buying him some much needed boxing equipment. Being able to train is vital to Aj journey so we will be sponsoring his boxing gym membership through this period.

Goal-setting and achievement: Boxing requires goal-setting, whether it's improving a specific technique or winning a competition.

Young people can learn how to set realistic goals and work towards achieving them, which can translate into success in other areas of life as well. This sense of accomplishment and growth can also promote positive self-identity and confidence that can deter youths from engaging in criminal activities. Physical fitness: Boxing is a physically demanding sport that can help young people maintain a healthy lifestyle by enhancing strength, speed, agility, coordination, and endurance

Developing such healthy habits through boxing can improve mental health and overall well-being, decrease stress, and boost wellbeing. Avoiding negative health outcomes associated with unhealthy lifestyles and addictions can reduce juvenile delinquency.

These are just a few of the ways in which boxing can help youth stay away from crime. While it is not a panacea, boxing can be a valuable activity for young people looking for guidance, direction, and positive social connections.





THE REAL JD

THE REAL JD

What inspired you to become a musician?

I've wanted to be a rapper basically my entire life, but I was always told it was too unrealistic or that I wouldn't make it. The true inspirations to me are the some of the people around me in the scene that are already doing their thing and killing it at such a young age.

How would you describe your music style?

My music style can vary, but I would describe myself as a Real Rap artist with a rave background.



What inspired you to become a musician?

I'd say my biggest musical influences right now are Dave, Potter Payper, J Cole and Tripie Redd for his versatility.

What inspired you to become a musician?

My last project "No Chorus Necessary" was an EP I made to show people that too many artists rely on a catchy hook to make up for a lack of penmanship and skill. This was my way of proving myself as a lyricist, 7 tracks of straight bars with an interlude of me and my mum on the phone.

What is the biggest challenge you've faced in your career so far?

My biggest challenge has definitely been promotion and networking. I don't have a big enough budget to promote my songs properly and in Scotland there aren't a lotta of people willing to work with each other.



What is your favorite song to perform live?

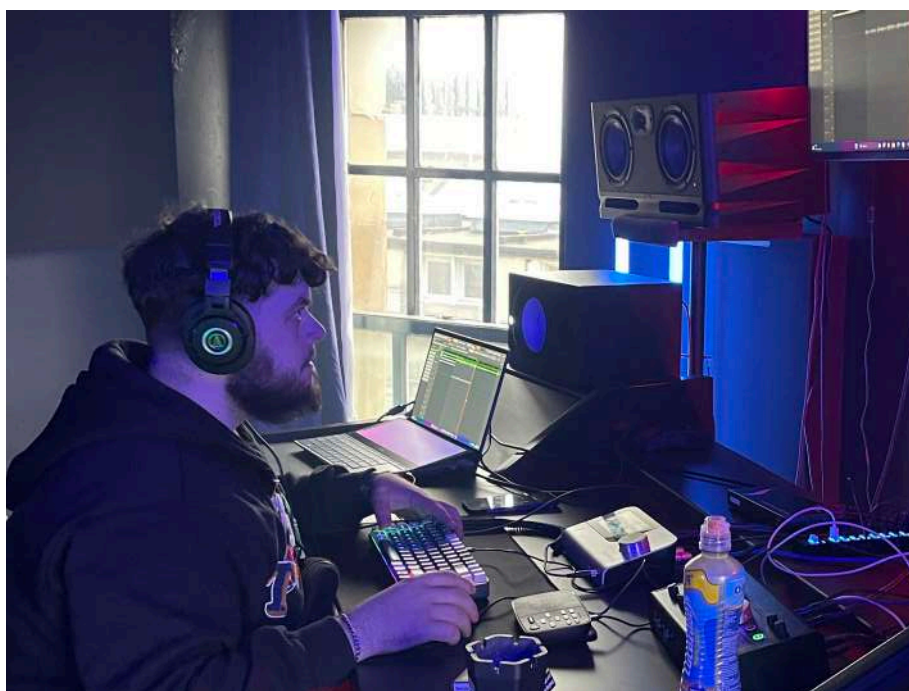
Performing my newest release "LUCIFER" live is different to the rest. Just hearing the people already know the words before it was even out astonished me.



What advice would you give to aspiring musicians?

The one piece of advice I can give is to keep going. No matter how desperate your situation is keep going. Don't let anyone try and tell you otherwise because at the end of the day you're only competition is yourself.

“
My biggest challenge has definitely been promotion and networking.
”





What is your creative process like when making music?

My creative process is very impulsive. I'll sometimes spend days working on a song if I don't think it's right and sometimes I'll have a whole track written down in half an hour. It really just depends on the mood I'm in.

What can fans expect from your upcoming tour?

I don't have a tour upcoming but the plan is to work towards creating one.

What's next for your music career?

After the release of my latest single "LUCIFER" I'm focusing on more of a heartfelt authentic style. Only TheReal Prevail Mixtape coming soon...



Instagram @highlandbilla

theyprojectuk

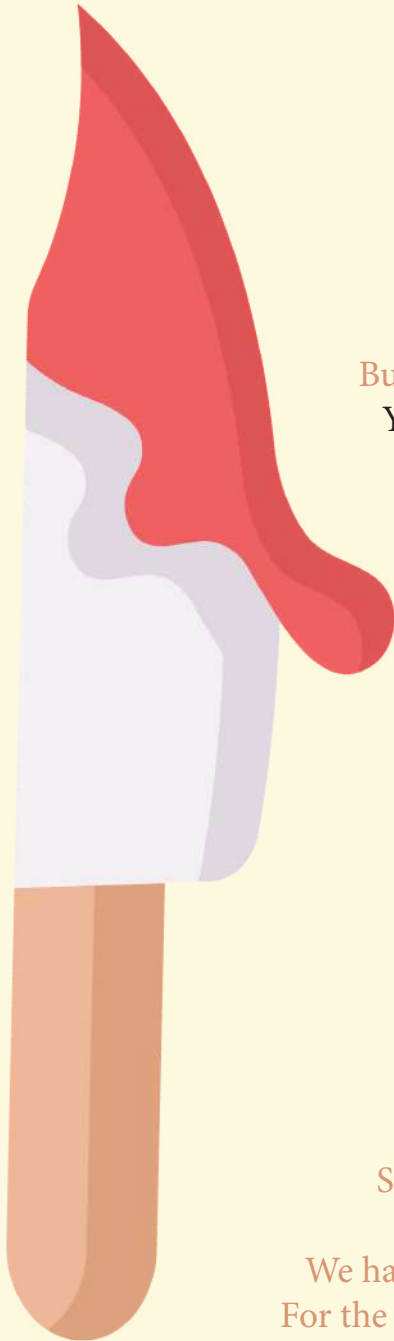
www.theyprojectuk.co.uk

Instagram theyprojectuk



KNIVES

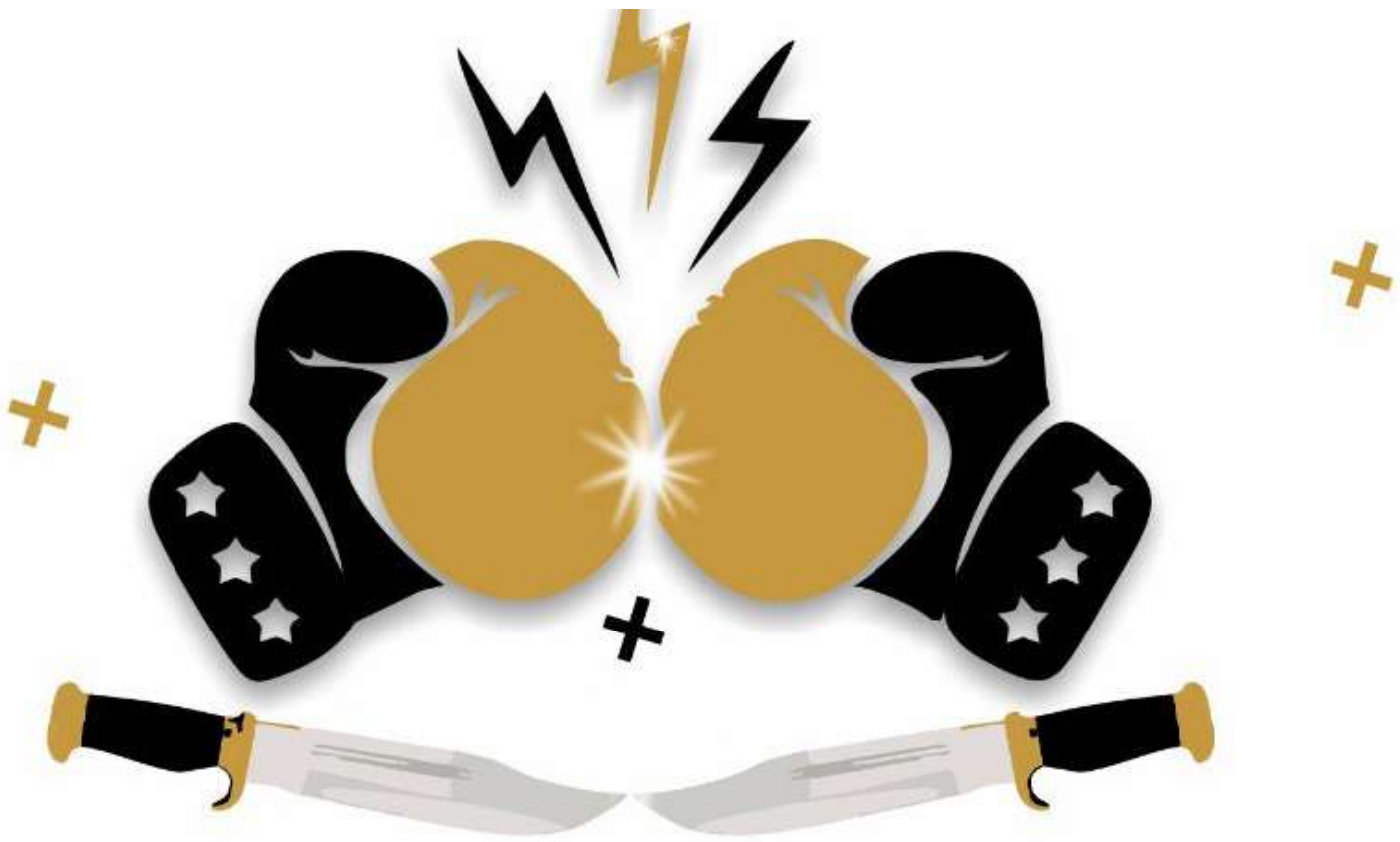
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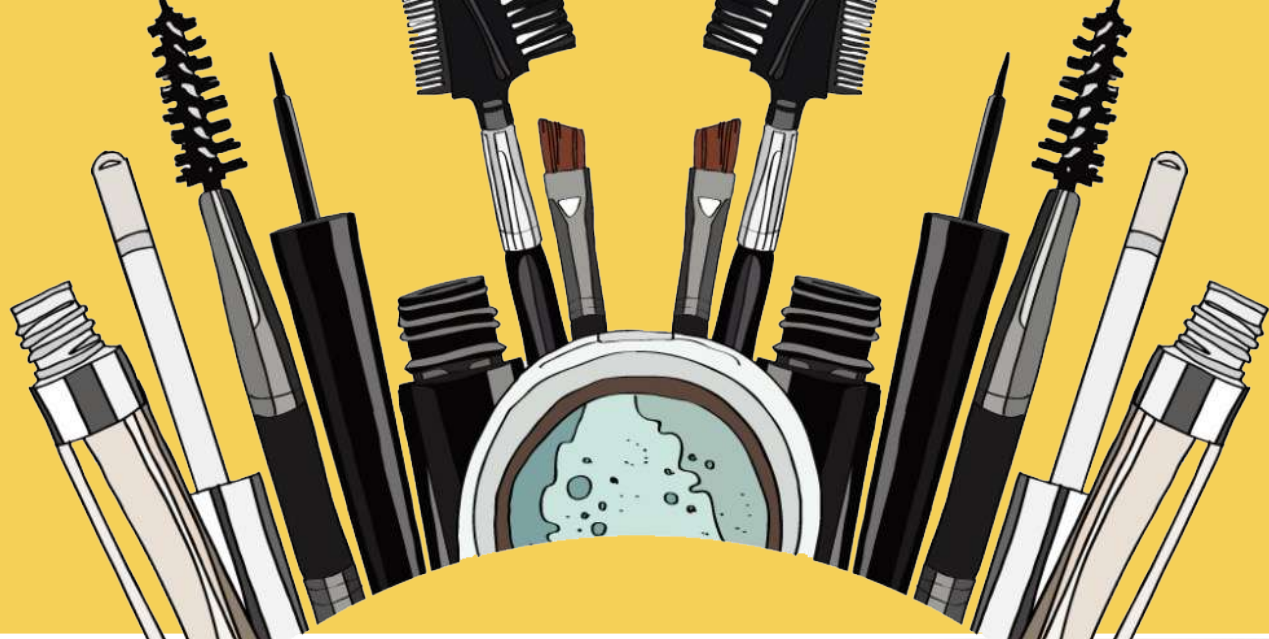
Knives what do we use them for.
Cutting bread and vegetables and so much
more.
There not to be carried on the streets
To cut youngsters and adults like a piece of
meat.
People are scared if they look the wrong way.
They'll be stabbed in the chest
So, keep walking, look away.
But watch your back as you walk down the road.
You never know when someone will stab you
with a knife as they explode.
Using a knife can kill a life
A mother a sister brother or family or
wife.
It devastates community and causes
lots of fear.
The public saying, I don't like to
walk around here.
It's no longer safe on Britain's
streets these days.
You need to give them up put
your knives away
Save a life instead it's just not
worth it anymore
Live in peace in our country you don't
want to hear the sound of that cell door.
Stop, think it's only going to get worse.
As people continually get hurt.
We have to stop this awful and life taking crime.
For the next generation of youngster let there be no
knife crime.

Author Constance l wood





Knives Down ↓
Gloves up ↑



GETTING A QUALIFICATION AS AN EYELASH TECHNICIAN CAN BE A GREAT CAREER MOVE. HERE ARE SOME REASONS WHY:

1. High demand: The beauty industry is growing rapidly, and eyelash extensions are becoming increasingly popular. As a result, there is a high demand for qualified eyelash technicians.

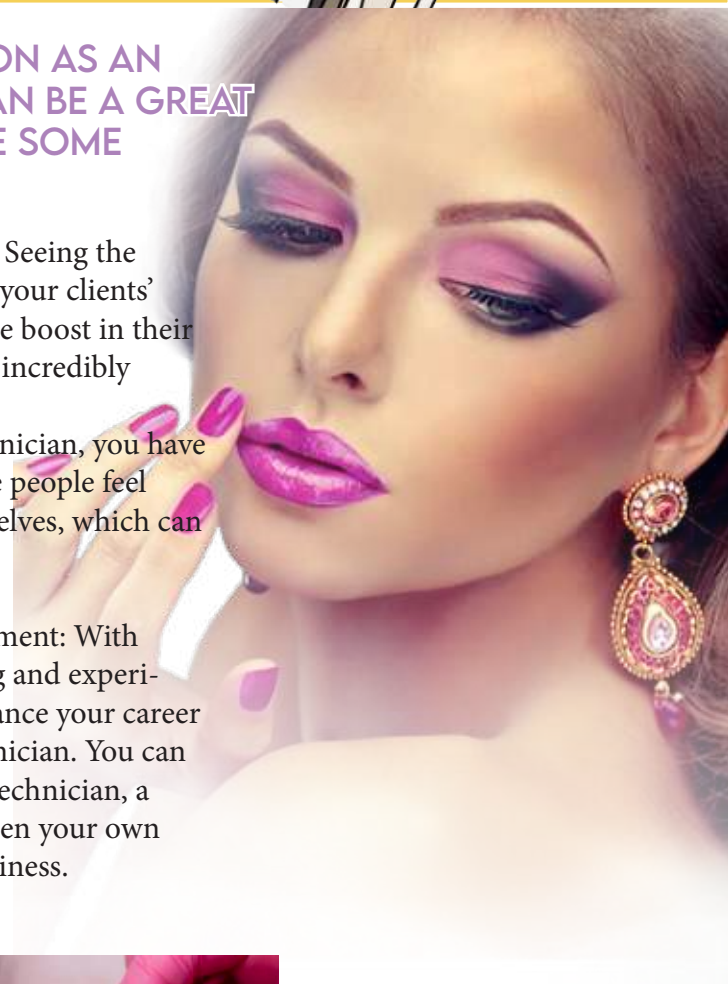
2. Flexibility: As an eyelash technician, you can choose to work in a salon or work for yourself. This gives you the flexibility to set your own schedule and work hours that suit you.

3. Creative outlet: If you enjoy being creative, becoming an eyelash technician can be a great way to express your creativity. You can experiment with different styles and techniques to create unique looks for your clients.

4. Job satisfaction: Seeing the transformation in your clients' appearance and the boost in their confidence can be incredibly rewarding.

As an eyelash technician, you have the ability to make people feel good about themselves, which can be very fulfilling.

5. Career advancement: With additional training and experience, you can advance your career as an eyelash technician. You can become a master technician, a trainer, or even open your own lash extension business.



The Youth project UK were able to offer Ami mentoring and financial support through her qualification.



Overall, getting a qualification as an eyelash technician can be a great investment in your career. It can provide you with a flexible and rewarding career path, and the opportunity to express your creativity while making people feel good about themselves.

THE ULTIMATE ADVENTURE
PARK

FLIPOUT

Originating in Australia in 2012, Flip Out was created by its founder because he wanted to deliver a fun experience for parents to share with their children and in particular an adventure that did not exclude children randomly by age or height.

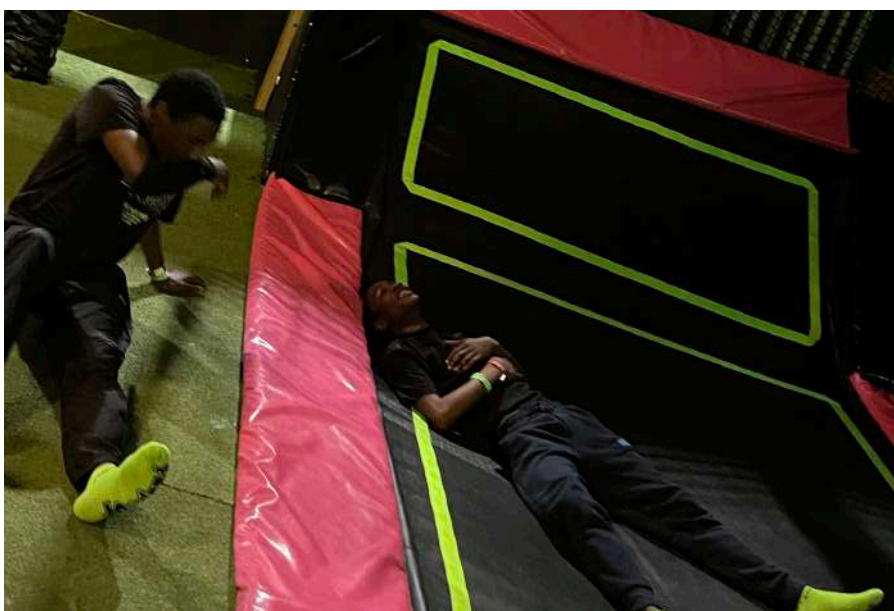
Flip Out began with outdoor trampoline parks throughout Australia and progressed, in colder climates, to provide indoor facilities of between 14,000 and 65,000 sq ft.

Children from lower income families are unable to make the most of school life and take part in special activities and events due to cost, a new report from Child Poverty Action Group and Children North East has found.

Young people who spoke to the organisation said:

“There is nothing for free. If you can't pay for special occasions, you can't go.

“Sometimes I make up an excuse as to why I can't come to events to avoid the embarrassment



Parents said:

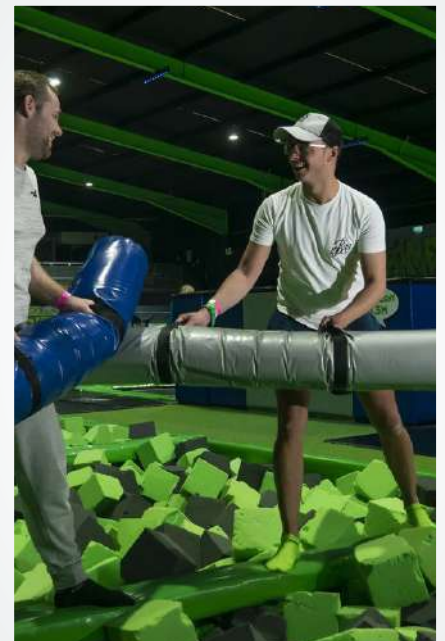
“There is little awareness of what it’s like to live on a very tight income.” (Parent)

“Sometimes it feels like quite a lot of money is being asked for. I can’t do it if it’s lots of times. We have to pay for more important things first.” (Parent)

We have spoken to many young people who have told us of the financial challenges that social events can bring, and the stigma associated, with not being able to take part as a result.

We took a group of young people out for a fun day out at an adventure park filled with dozens of trampolines and lots of exciting attractions.

Flip Out is a huge adventure park that is packed with trampolines, assault courses, free running tracks and more. Typical Flip Out centres offer party rooms, a bouncy dodgeball court, battle beams, slam dunk basketball and a ninja warrior course.





N E V E R

S T O P

L E A R N I N G



PROJECT

AFRICA



Our reachout program is driven by the desire to aid humanity. We act as a nonprofit setup to pursue goodwill while promoting public interest and patronage in order to advance human dignity.

We believe in reaching out and supporting as many people as we can. Every child deserves a healthy start in life.

However, there are far too many starving children in Africa for whom hunger is a constant issue.

We have created our family Meal project, which meets the nutritional needs of low-income families at risk of hunger.

Our international team members over in Nigeria were out distributing food for the young and the homeless within the state.

About 200 people gathered in excitement under the popular Ojuelegba bridge in Lagos State, Nigeria, to receive free meals. These people have no place to call home and live under the bridge.

Each of them received a plate of rice and stew, chicken, and a bottle of drink.



In many rural areas, families need support to grow or buy the variety of foods needed for their children to thrive. To effectively fight hunger and improve children's wellbeing, families need to be able to afford nutritious food.

The program generally occur once a month and there are no qualifications needed to participate in our program. Distributions are open to all individuals in need of food. All food must be given away in a fair and non-discriminatory way. There is no fee or requirement to work in exchange for receiving food.





Budget

It might seem basic, but the importance of sitting down and creating a budget can't be overstated. There are loads of different ways to budget, but all of them come down to looking at how much money you have coming in and therefore how much you can afford to spend on different areas of your life.

Track your spending

Keep an eye on how you're spending your money. It can be easy to lose track of what you've spent, look at your bank account towards the end of the month and be shocked at what's left!

There are various ways you can keep track of your spending. Monzo is a popular choice. They're a bank with an app that sorts your spending into categories so you can easily see what you've spent your money on. There are loads of other apps out there that could help. You could also get out cash at the beginning of the week and spend that rather than using your card to help you keep track of what you've got left and what you've used.



Create an emergency fund

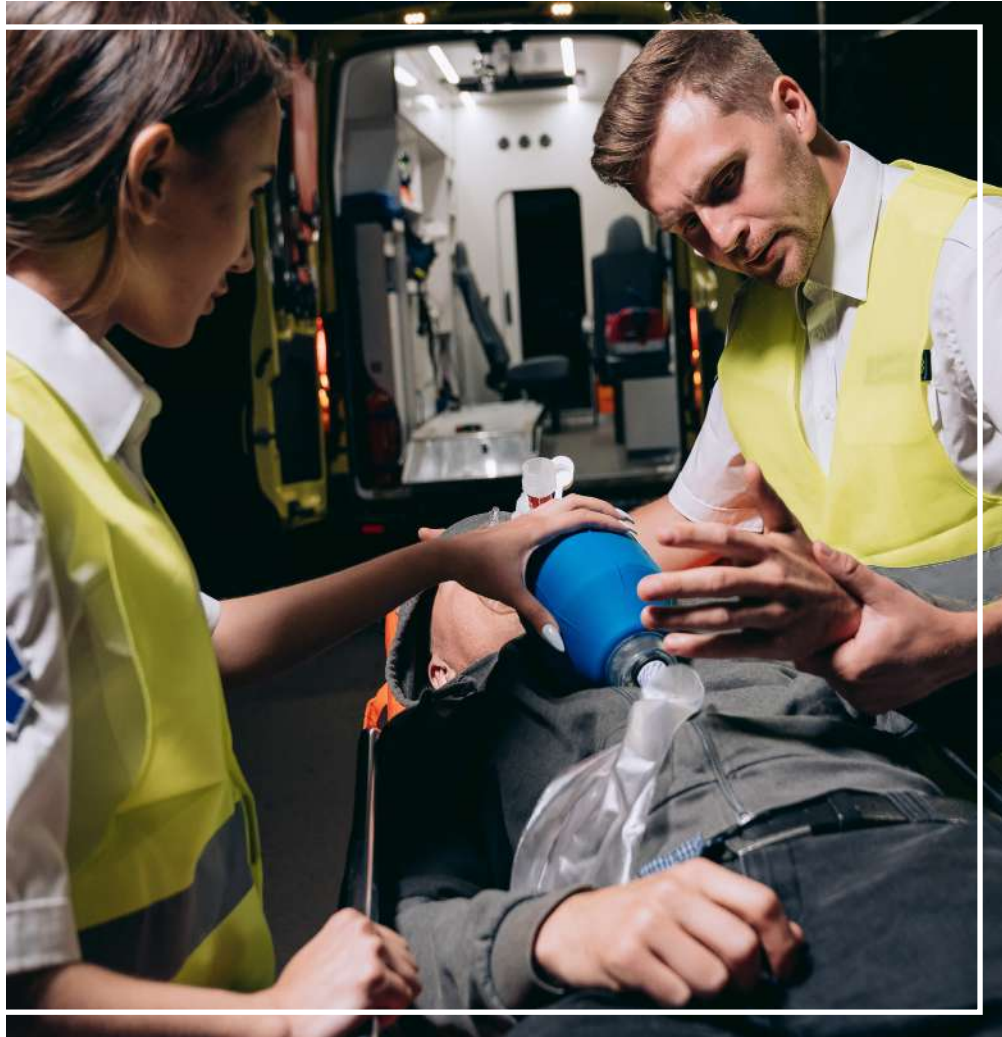
It's good to start saving for an emergency fund which you don't spend unless you have to. Ideally, this will be equal to one month's paycheck so if anything sudden and unexpected arises, you have money to cover it.

It can be a good idea to save towards your emergency fund when you first begin earning. Once it's established, save money in a separate account so you don't accidentally use your emergency fund for a holiday!

Cancel subscriptions you don't use

Whether it's a gym membership despite the fact you've only been once, or that subscription to Amazon Prime that you barely use, cancelling subscriptions can save you a lot of money without much effort. You can then use that money for other things or put it into your savings.





2. Assess the situation: Ensure your own safety before approaching the injured person. If the area is still dangerous or the attacker is nearby, move to a safer location and wait for help to arrive.

3. Control bleeding: If it is safe to do so, apply firm pressure directly on the wound using a clean cloth or your hands. This can help slow down the bleeding until professional medical help arrives. Do not remove any objects that are stuck in the wound, as they may be helping to control bleeding.

GET HELP

IF SOMEONE YOU KNOW GETS STABBED, IT IS IMPORTANT TO TAKE IMMEDIATE ACTION TO HELP THEM AND ENSURE THEIR SAFETY. HERE ARE THE STEPS YOU SHOULD FOLLOW:

1. Call emergency services: Dial the emergency number in your country (such as 911 in the United States) to report the incident and request medical assistance. Provide them with accurate information about the location and condition of the injured person.

4. Keep the injured person calm: Offer reassurance and try to keep them calm and conscious. Encourage them to lie down and avoid any unnecessary movement. Help them maintain a comfortable body position.

If your friend has been stabbed, keep them still and calm. Apply pressure to the wound with a clean cloth or bandage and do not remove any object that is stuck in the wound. Wait for help to arrive.



It's important to stay calm and focused so that you can provide as much information as possible to the emergency services. Make sure to give your friend any necessary first aid if you know how to do so safely.

5. Do not administer any medication: Unless you are a trained medical professional, it is best to avoid giving the injured person any medication or attempting to treat the wound yourself. Wait for professional help to arrive.

6. Provide information to medical professionals: When paramedics or medical professionals arrive, provide them with accurate information about the incident, the nature of the injury, and any details you observed. This can assist them in providing appropriate and timely care.



Remember, it is crucial to prioritize personal safety and wait for professional medical help to arrive.

While waiting for help to arrive, try to keep your friend as still and calm as possible. If they are conscious, reassure them and keep them talking to help keep them alert. If they are unconscious, make sure their airway is clear and monitor their breathing and pulse until help arrives.

LEARNING A NEW SKILL CAN OFFER A WIDE RANGE OF PERSONAL, PROFESSIONAL, AND COGNITIVE BENEFITS. HERE'S HOW ACQUIRING A NEW SKILL CAN POSITIVELY IMPACT YOU:

Brain Health and Cognitive Growth: Learning stimulates your brain, promoting neuroplasticity, which is the brain's ability to form new neural connections. This can enhance memory, problem-solving skills, and overall cognitive function, reducing the risk of cognitive decline as you age.

Personal Fulfillment and Satisfaction: The sense of accomplishment that comes with mastering a new skill can boost your self-esteem and overall happiness. It provides a sense of purpose and fulfillment, contributing to a more positive outlook on life.

Increased Adaptability and Resilience: Learning a new skill requires stepping out of your comfort zone, which enhances your adaptability and resilience. You become better at handling change and uncertainty, both in your personal and professional life.

Enhanced Creativity: Acquiring new skills exposes you to different ways of thinking and problem-solving, fostering creativity and innovation. This creativity can positively impact various aspects of your life, from work to personal projects.

Improved Time Management and Productivity: Learning a new skill often requires effective time management and organization. These skills can spill over into other areas of your life, helping you become more efficient and productive.

Expanded Social Opportunities: Learning a new skill can lead you to connect with others who share your interests. Whether through classes, workshops, or online communities, you have the chance to expand your social circle and build meaningful relationships.

Stress Reduction and Relaxation: Engaging in a new skill or hobby can serve as a form of stress relief. Immersing yourself in the learning process can provide a break from everyday worries and help you relax.

Better Communication Skills: Many skills involve interacting with others, whether it's learning a new language, public speaking, or collaboration. These interactions can improve your communication skills and make you a more effective communicator.

Career Opportunities and Advancement: Acquiring new skills can make you more competitive in the job market and open up new career opportunities. It can lead to promotions, raises, or even a career change if you're seeking new challenges.

Personal Growth and Development: Learning a new skill is an opportunity for personal growth. It challenges you, encourages self-discipline, and helps you become more adaptable to change.





Dear the youth project U.K.

My name is Bobby Cannon, I'm a 17 year old Fashion student and aspiring performance artist and I am writing to request your help in purchasing a bass guitar. For a long time I have had an obsession with rock music and music performance.

I have been interested in playing music for a while now, and I believe that learning to play the bass guitar would be a great way to keep me busy and away from the street.

Playing the bass guitar would not only be a fun hobby for me, but it would also have a positive impact on my mental, emotional, and physical health. It would be an amazing new skill to learn and would be a very useful tool I could use in aiding the success of my career in the near future and could be a source of income during those tough few years after college.

I understand that times are tough, and I do not want to burden you with any additional expenses. However, I hope that you can see the value in investing in a young person's future. I am willing to work hard and put in the effort to learn and improve my skills.

Thank you for taking the time to read my email. I hope that you will consider my request and help me achieve my dream of learning to play the bass guitar.



Problem-Solving Abilities: Many skills involve overcoming challenges and finding solutions. As you learn to navigate these obstacles, your problem-solving abilities improve, which can benefit you in various areas of life.

Increased Self-Confidence: Successfully acquiring a new skill can boost your self-confidence and self-efficacy. This newfound confidence can positively impact other areas of your life as well.

SHOPPING CORNER

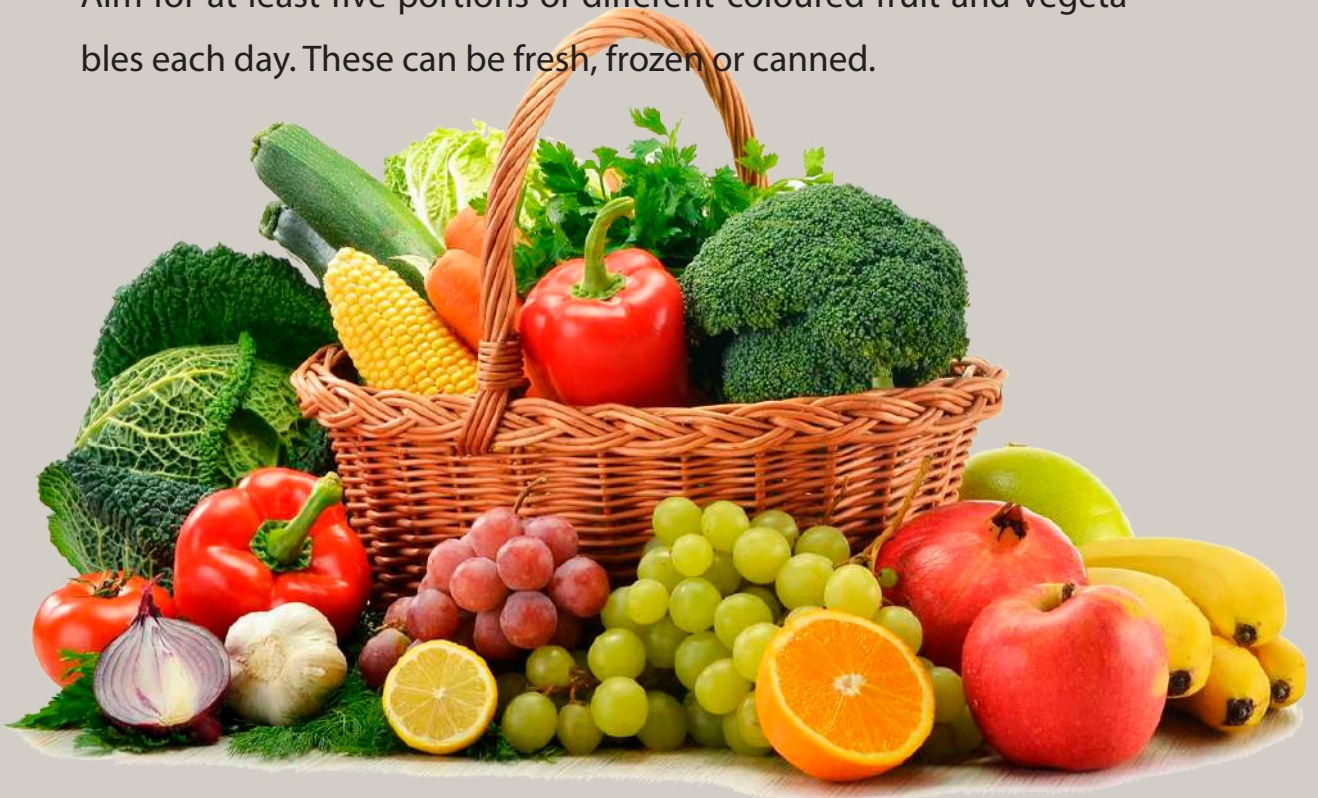
USER'S GUIDE TO BUYING HEALTHY FOOD



Eating well means you're more likely to feel healthier, stay active for longer and protect yourself against illness.

Fruit and vegetables contain a range of vitamins, minerals and fibre. Research shows that people who eat plenty of fruit and vegetables are less likely to develop heart disease and certain cancers.

Aim for at least five portions of different-coloured fruit and vegetables each day. These can be fresh, frozen or canned.





MUSSELS

Mussels are a clean and nutritious source of protein, as well as being a great source of omega 3 fatty acids, zinc and folate, and they exceed the recommended daily intake of selenium, iodine and iron.



WHITE RICE

White rice does contain nutrients such as magnesium, phosphorous, manganese, selenium, iron, folic acid, thiamin, and niacin



HEALTHY FRUITS

You should eat three servings of fruit a day as part of a healthy diet. Eating fruit improves heart health, reduces inflammation, and boosts your immune system.



BAKED GOODS

Since wholemeal bread is baked with whole or nearly whole wheat grains, it contains much more flavour and nutrition. Wholemeal is also a great source of carbohydrates, protein, low in fat.



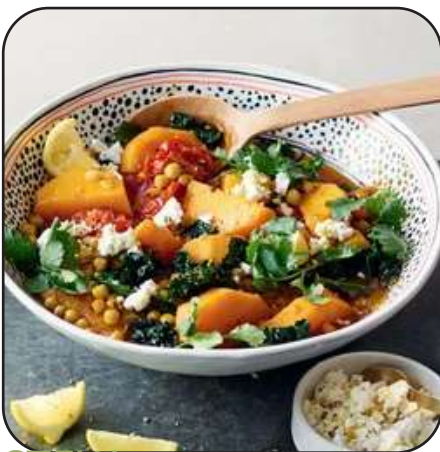
MASHED POTATOE

Mashed potatoes are a great place to start. In fact, potatoes are one of the most nutritious items in the produce department.



SPRING ROLLS

A spring roll is considered a healthy snack regardless of whether it is frozen or not. They are low in carbohydrates and fat and have a moderate protein content due to their low carbohydrate and fat content. It's a high-fiber snack that's also high in vitamins and minerals.



STEW

When you stew your food, you consume both the meat and the water that the meat was cooked in, so you aren't losing any of the nutrients.



PEPPER NOODLES

Noodles are a good source of vitamins and minerals, such as iron, folate and thiamine. They can also be a good source of fibre, depending on the type of noodle. Noodles can be a healthy meal when they are cooked with vegetables and lean protein.



VEGETABLES

A diet rich in vegetables and fruits can lower blood pressure, reduce the risk of heart disease and stroke.

AT WHAT COST? THE IMPACT OF THE COST-OF-LIVING ON CHILDREN AND YOUNG PEOPLE



AS THE COST-OF-LIVING CRISIS GETS WORSE AND MORE FRIGHTENING BY THE DAY, MORE CHILDREN ARE AT RISK OF BEING PULLED INTO POVERTY, OR INTO DEEPER POVERTY.

More than 1 in 4 of all children in the UK now live in poverty, with millions facing the risk of going hungry. Living in poverty can mean a child is living in a cold home, going hungry, or without everyday essentials.

Children in the most vulnerable and precarious circumstances will be among those most exposed to the cost-of-living crisis. Families with nothing left to cut back on are no longer having to choose between heating or eating – instead they're unable to afford either.

Growing up in poverty can harm children's life chances, limiting their opportunities, holding them back in education, or leading to worse physical and mental health outcomes.

“ MOST STUFF IS NOW BECOMING MORE EXPENSIVE, SO I’VE BEEN CHARGING MY PHONE AND LAPTOP WHEN I’M IN COLLEGE, I’VE BEEN TRYING TO NOT HAVE MY RADIATOR ON, I’VE BEEN TRYING TO SUPPORT MY SIBLINGS EMOTIONALLY ”

YOUNG PERSON

“ MENTALLY, IT’S TAKEN A MASSIVE TOLL. I WAS THINKING OF SEEING A COUNSELLOR, BUT I DON’T WANT TO BECAUSE OF THE FEAR OF HOW MUCH IT WOULD COST. I HAVEN’T BEEN ABLE TO GET THE CORRECT HELP ”

YOUNG PERSON



HERE ARE SOME TIPS FOR TALKING TO YOUR CHILD ABOUT MONEY AND THE FINANCIAL SITUATION.

How to talk to your child about money and the cost-of-living crisis

Parents often want to shield children, avoiding conversations about difficult situations. This is understandable, but silence can create space for worries to grow. Young people may be left to imagine worst-case scenarios, while feeling they can't share those concerns with you. Even if you don't feel you have answers, or know the full picture on how this developing situation will affect your family, it's still better to say something than nothing.

Keep communication open

Let your child know they can ask questions or talk to you any-time as they think of things or as the situation develops.

Encourage your child to try not to compare their lifestyle to others

They may have friends or follow social media accounts that show things they can't have. Perhaps they could look for accounts that celebrate other values or are less materialistic.

Talk about values and how to decide what is important to them

Try not to nag or judge, but talk to them about living within our means, thinking carefully about spending, and finding alternative ways to enjoy the things they value.

Ask your child what their specific concerns are

Talking the scenarios, they are worried about through can help make their fears feel less abstract and overwhelming.

Talk to your child about trying to focus on things they can control

Young people sometimes blame themselves for pressures they are feeling, rather than seeing that they are caused by external forces. Focussing on what we can control is helpful for all of us.

It's hard to get through to my kids that we can't always afford what their friends can. My daughter looks at social media influencers with online 'hauls' and wants things. I guess we have to learn to say no a lot more.

HANNAH, PARENT



Our recommendations aimed at alleviating the worst effects of the cost-of-living crisis on children, young people and families include:

The extension of free school meals to all primary school pupils in England
Develop and implement a 'full participation plan' to ensure vulnerable children can engage fully in school life, no matter their home circumstances

Strengthen social security to provide a lifeline to families on a low income
Improved mental health interventions and support to combat isolation for vulnerable children and young people
Extension of family hubs to every community

While these recommendations will not fundamentally shift the dial on the systemic issues faced by children living in poverty in the UK today, they represent a package of support which we hope will alleviate some of the worst and immediate impacts of the cost-of-living crisis.

