

TYYP

UK

THE YOUTH PROJECT
UK

THYPROJECT  WWW.THEYPROJECT.CO.UK

ISSUE MAY - JULY

£5

PROJECT AFRICA

*OUR REACHOUT
PROGRAM IS
DRIVEN BY THE
DESIRE TO AID
HUMANITY.*

SUPPORT

UNICEF FOR CHILDREN

*SUPPORTING UNICEF UK'S
CHILDREN EMERGENCY FUND*

LUXURY

RYHS HERNY

SHIFTING THE BRITISH
LUXURY MARKET

INSPIRE

REAL LIFE STORY

*"IT WAS VERY
DEVASTATING
AND PAINFUL"*

ADVENTURE

FLIPOUT

*"THERE IS NOTHING FOR
FREE. IF YOU CAN'T PAY
FOR SPECIAL OCCASIONS,
YOU CAN'T GO".*



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.

the Youth Project
UK
magazine

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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.

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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.

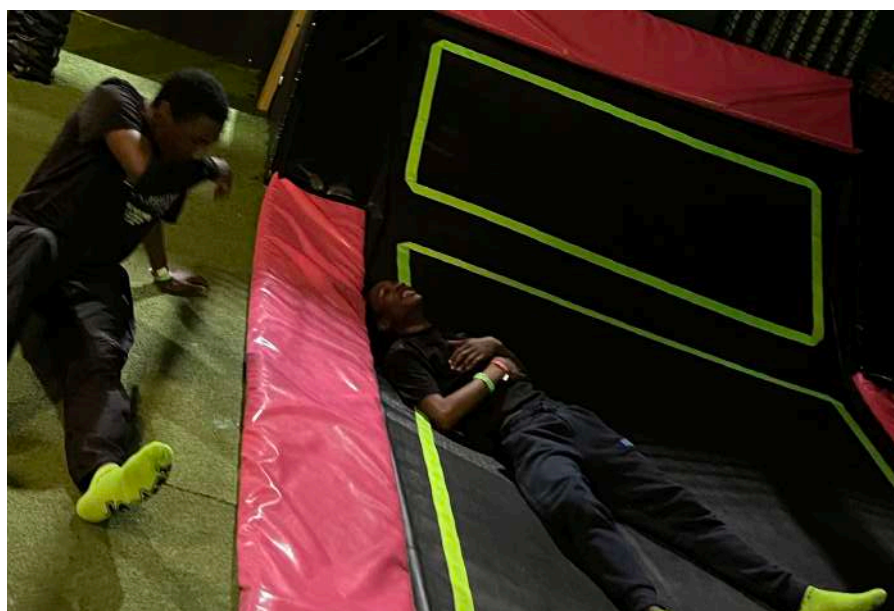
Flip Out began with outdoor trampoline parks throughout Australia and progressed, in colder climates, to provide indoor facilities of between 14,000 and 65,000 sq ft.

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:

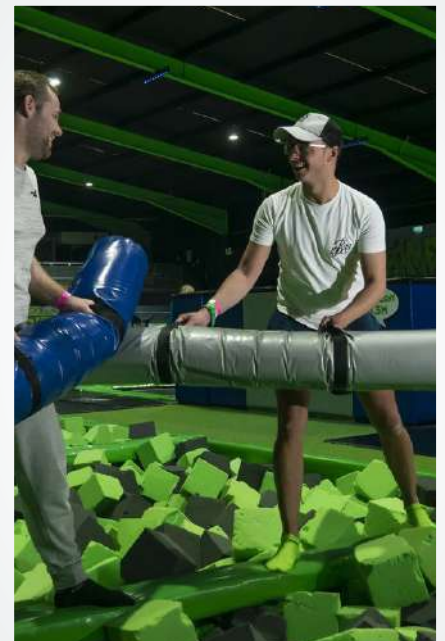
“There is little awareness of what it’s like to live on a very tight income.” (Parent)

“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.





THE YOUTH PROJECT UK DONATES
£200
TO UNICEF
EMERGENCY APPEAL
FOR TÜRKIYE 



The youth project uk
for a better tomorrow



unicef  | for every child

THOUSANDS HAVE BEEN KILLED BY THE HUGE EARTHQUAKES THAT HIT TÜRKIYE (TURKEY) AND SYRIA. DONATE NOW TO HELP CHILDREN AFFECTED BY THE EARTHQUAKES.

The Youth Project UK is supporting Unicef UK's children Emergency Fund, which reacts to global situations such as famine and conflict which place innocent children in danger,

The earthquakes that hit Türkiye on February 6 and thousands of aftershocks have turned the lives of millions of children upside down and left many afraid, confused, and in desperate need of psychosocial support.



Please help us reach the children and families affected by these devastating earthquakes. Donate today to our Türkiye and Syria earthquake appeal.



“Unicef is doing incredible work around the world every day. It is tragic that so many children, through no fault of their own, find themselves in very dangerous situations. No child should have to face hunger, violence, lack of clean water or a safe place to sleep.

“THIS IS THE FIRST OF OUR PLANNED DONATIONS TO UNICEF UK’S CHILDREN’S EMERGENCY FUND AND WITH ONGOING GLOBAL SITUATIONS SUCH AS THE CONFLICT IN SYRIA, FAMINE IN SOUTH SUDAN AND DROUGHT IN ETHIOPIA, THERE IS UNDOUBTEDLY A DESPERATE NEED FOR UNICEF’S LIFE-SAVING INTERVENTIONS TO HELP REDUCE THE TERRIBLE MISERY BEING EXPERIENCED BY CHILDREN.”



**WE CAN'T DO IT
WITHOUT YOU, The Youth Project Uk**

Thank you so much for choosing to give a single gift of £200.00 to UNICEF. You're making a huge difference to children affected by the recent earthquakes.





PROJECT

AFRICA



Our reachout program is driven by the desire to aid humanity. We act as a non-profit 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.





RYHS HENRY



TYRON ASH
REAL ESTATE

TYRON ASH

REAL ESTATE



RHYS HENRY

SOUTH EAST & KENT DIVISION

Philosophy

Tyron Ash Real Estate was created with an idea, an idea to shift the British luxury property market. By thinking outside the box, the gaps in the industry began to show and we have fully taken advantage of them. Pushing forward creativity, marketing and a strategic approach to selling a persons biggest financial asset has allowed us to become the fastest growing luxury Real Estate company in the U.K. Whether you are looking for a luxurious suite in the busy streets of Central London, a mansion tucked away in the midlands, a cosy cottage in the rural countryside, or even a penthouse in the diverse city of Manchester, by having the largest followed real estate agent network on social media in the U.K. Tyron Ash Real Estate has you covered.

Biography

I am a luxury sales specialist in South East London and Kent I have 12 years of sales experience & 5 Years of property knowledge from sales to lettings.

Going that extra mile is second nature to me,

I provide excellent personal customer service and great communication which is key in any relationship.

I have a large range of HNW domestic, national and international contacts. As a company we hold a 75% success rate in sales, in a quick time frame. This is achieved by new marketing techniques, a vast social media presence (Social Media, Property Portals, Global Buyer Network, Specific Buyer Demographics) and by our agents working 7 days a week, around the clock. Time is money, as we all know, that is why I am always available. We know the emotion that goes into buying and selling - that's why I am here from listing, all the way through to completion.



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YOUTH HOMELESSNESS: THE CAUSES

Violence, abuse, family breakdown and problems with mental health: young people often become homeless because it's safer to leave home than to stay.

According to research, 121,000 young people asked for help with homelessness last year - this needs to change.

Being homeless means not having a safe place to call home. We know many young people sleep rough every night, but there are thousands more sleeping on sofas, floors, night buses or with strangers. These are the "hidden homeless".



There are lots of reasons why young people become homeless.



Not being in education can make it far more difficult for young people to access help with problems at home or health issues. Missing out on formal education can also make it more difficult for them to move into work.



Relationship breakdown, usually between young people and their parents (or step-parents), is a major cause of youth homelessness. Around six in 10 young people who come to Centrepoint say they had to leave home because of arguments, relationship breakdown or being told to leave. Also make it more difficult for them to move into work.



Homeless young people are often affected by gang-related problems. In some cases, it becomes too dangerous to stay in their local area, meaning they can end up homeless.

THE SOLUTION

Getting a homeless young person into accommodation is just the first step. Health support, life skills and access to education, training and employment are all essential to ending youth homelessness. With the complex challenges they face, homeless young people need extra support to help them get ready for work and find sustainable employment. After leaving supported accommodation, young people still need specialist support services in order to have the tools and confidence they need to live independently.

ARE YOU HOMELESS, SOFA SURFING OR AT RISK?

GET HELP NOW

THE CENTREPOINT HELPLINE

We offer advice to anyone in England aged 16-25.

Call us free on 0808 800 0661 (Monday-Friday, 9am-5pm).

Article source <https://centrepoint.org.uk/>



YOU ARE ONE STEP AWAY FROM SUCCESS!



FREE ONLINE TUTORING

Empowerment through Education is a pool of teachers across the UK whose aim is to support Black students in achieving well in their studies, helping to reduce the attainment divide and help to end social inequality. We are currently looking to support KS4&5 students.

The EEF suggests that this pandemic will reverse any progress made in reducing the gap, with many teachers fearing this may now never be reduced. Affluent students will not be impacted in the same way, as most still attend online lessons, and have access to private tutoring.



We currently have tutors available for the following subjects:
Psychology, Sociology, Drama and Theatre, Dance, English, Biology,
Chemistry, Law, Citizenship, French, German, Spanish, Italian, Latin, His-
tory, Geography, Religious Studies, Design and Technology, Mathematics,
Engineering, and Electronics.

Website- etetutors.co.uk

IG- [_empowerment_through_education](https://www.instagram.com/_empowerment_through_education)



Touching and inspiring story

PEOPLE THINK IT'S STRANGE TO DESCRIBE MYSELF AS A GRATEFUL ADDICT

Hi my name is Sean and I am a grateful addict. People think it's strange to describe myself as a grateful addict but the truth is drugs and alcohol were never my problem they were a solution to my problem.

I always say to people, if you want to know why you take drugs, stop taking them and you'll soon find out why you do it. The drugs are but a symptom of my problems. Everything about my personality is a contradiction of itself; I'm the most painfully shy person you could meet with the biggest ego you've ever seen. Whilst at a social gathering, I would rather stand in the corner by myself thinking I'm not worthy of being there whilst at the same time I think I'm better than everyone else there.

I can be the most frightening and aggressive person while at the same time completely consumed with fear which lead to becoming a compulsive liar as any lie said is a sentence based on fear; it was the fear of people finding out who I really am and fear of the consequences of the truth.

I've also always gone into relationships waiting for them to break up. I was teetotal from the age of 18 to 25 as I don't like the effect produced by alcohol.

It makes me puke very quickly and if a girl I found attractive spoke to me I would literally die; sweating, heart pounding, tongue tied and act a bit weird or rude until they finally walked away. I'd be thinking I really want to talk to you I just don't know how to! By the time I was 25 I had fiancée, a successful business, 2 gorgeous children that I adored and my own home. I just found the world overwhelming and uninspiring wishing I could just fit in.

My living was driven by 100 forms of fear and self delusion drifting from one day to another; I was existing not living. I was cutting the hair of probably the most famous footballer in the world, celebrities and pop stars. I watched as most of them drank, smoked weed, popped pills and snorted cocaine to my disgust! After 2 years of being nagged into trying it by my fiancée and friends, I agreed to do just 1 line of cocaine just to shut everyone up.

I took cocaine for the first time in May 1995 and by June, cocaine had taken me and my family by Christmas that year. After my 1st line everything changed. For the first time in my life I could breathe and the noise stopped.

My lack of self esteem was removed for that moment, my self-loathing removed I was no longer self-conscious fearful or scared.

A world beyond my wildest dreams! The consequences of addiction were soon upon me; overdoses were becoming common, my tolerance and appetite for cocaine skunk and alcohol was insatiable and at last I could fight, talk to girls and really drink with the men I had arrived !!! Within 18 months I'd split with my fiancée, stopped seeing my babies that I adored, got another girl pregnant and walked away from her, was getting arrested and involved with crime as my £100,000 a year income was no longer enough to support my addiction. I married another girl, got her hooked on cocaine also. My life, my thinking and my actions were totally unmanageable! The abnormal became the normal and the unacceptable became the acceptable! I became everything that I despised in a man. I was roaring through the lives of others like tornado leaving a trail of destruction behind me. I saw doctors, councillors and went into rehab to no avail. By this time I had lost my business and moved to Kent and then back to Essex thinking where I lived was the problem, not realising that wherever I go, my problems come with me as I am the problem not where I live.

I had during a drunken / high stupor and signed some important documents not realising what they were and when my suffering wife had finally had enough I realised I had signed all my property over to her finding myself homeless. None of this was enough to stop me. I had also been arrested and released on a murder charge . I was innocent of this but my addiction placed me in places with people I should not have been in. This is not how I was brought up to be! I was was born into a loving family. I eventually entered into a 12 step fellowship of cocaine / alcohol anonymously and once I went through the 12 steps thoroughly and honestly, my obsession was removed immediately.

It was explained that I suffered from a 3 fold illness:

1. A spiritual malady (all the stuff I described earlier)
2. A mental obsession
3. An allergy

When I start drinking or using drugs, it's physically impossible for me to stop. I was taking drugs and drinking to stop the noise, pain, remove the fear, anger resentment, shame, remorse and guilt that had dogged my life!



I've connected to a power greater than that of my understanding. It's not a God out of any bible it's my God! My life has been rebuilt , I'm now a daddy, a son, a brother and I'm free! I have world beyond my dreams. The noise has stopped and on August 4th, I will be 8 years clean and sober.

SHOPPING CORNER

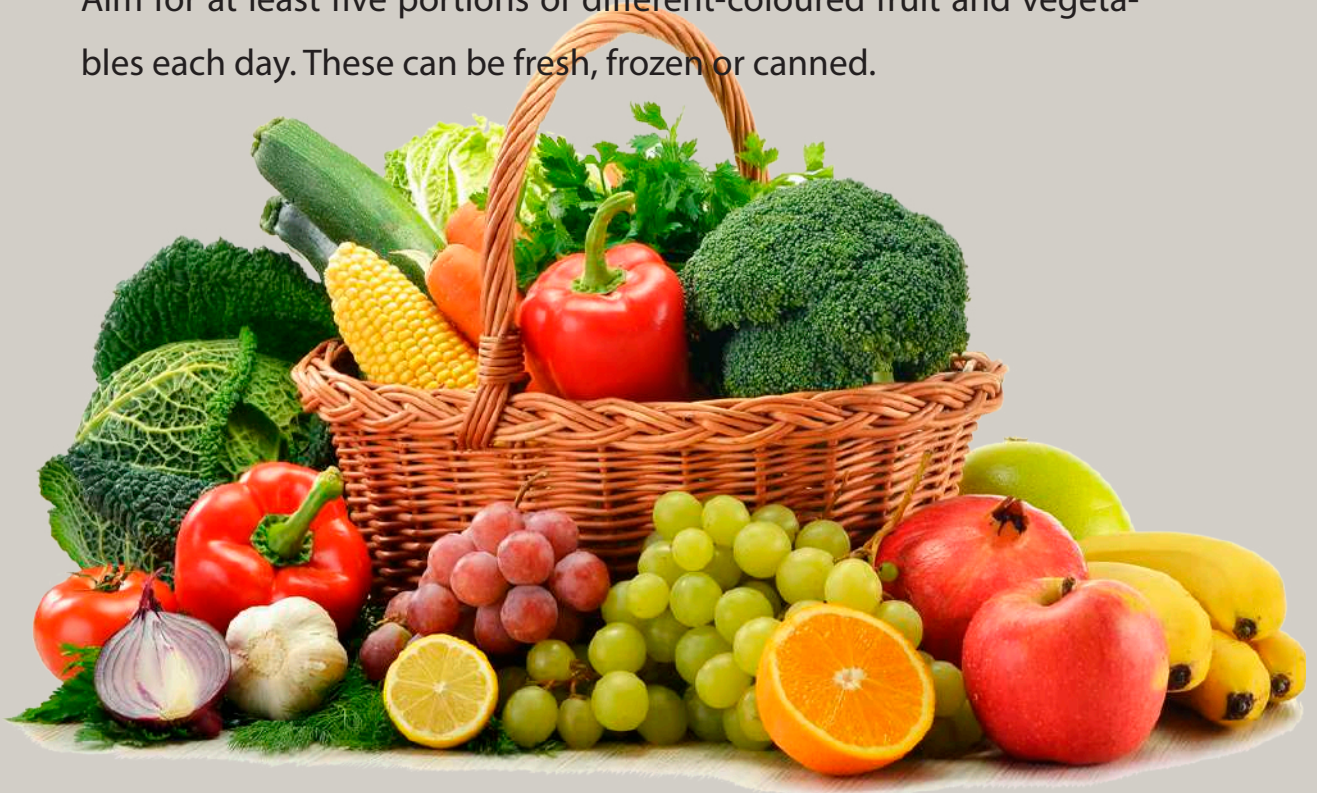
USER'S GUIDE TO BUYING HEALTHY FOOD



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. Whole-meal 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.

REAL LIFE STORY

My name is Samuel Ogunro. I am the senior minister C.C.C Winners Parish. I have an Msc in Statistics and Management. I love music and watching sport. I'm a father and a grandfather.

There has been an increased in knife and gun crime because young people have no jobs, they see no future for themselves and they are being coarsed Into joining gangs. They offer them a better way of life including quick money and protection.

I have been affected directly by gun crime.

My son was murdered with a gun approximately 10yrs ago.

It was very devastating and very painful.

It affected everybody both family and friends, life has never been the same and the pain is still there as if though it happened yesterday.

My Advice to parents would be get close to your children, be their best friend and create more time for them.

Get your children involved in activities that will take them off the streets and push them to a better future e.g sports, music and Arts.

My thoughts on stop and search are varied. It has its good points and also its bad points.

The good points are:

- a) It will enable the police to keep weapons off the streets.
- b) To catch serious criminals etc.



The bad points are:

a) It ruins community relations with the police if not done properly. If the police could do it in a more subtle and humane way rather than blacklisting or just picking on only ethnic groups, it could be useful.

Youths been used as drug moles for older generations sometimes have no choice because they are enticed by earning big cash quickly, also they are promised

protection from rival gangs. Most of all they are afraid and threatened.

ADVICE

ADVICE IS STAY HOME, KEEP OFF THE STREETS.

FIND OTHER USEFUL AND FRIENDLY ACTIVITIES SUPERVISED BY WELL KNOWN AND RESPECTED ROLE MODELS IN THE COMMUNITY.

YOUTH CENTRES ARE VERY GOOD BECAUSE THEY OFFER ACTIVITIES THAT ARE ALSO SUPERVISED AND THEY KEEPS THE YOUTH OFF THE STREETS, AWAY FROM HARM AND CRIME.

MAKE A CHANGE

The Government needs to educate the youths more through schools and colleges. The Government also need to spend more on community activities within them e.g more youth centres, more youth workers, more mentors, more education and job initiatives etc.

By this we will remember and be assured of a safer and brighter future.





Business ideas for young entrepreneurs

Social Marketing

The world of internet marketing is about knowing what's hot and telling people about it. Who is better suited to do both than a young entrepreneur? Kids are social media mavens. They engage one another. They inspire older people. Get them behind a cause or product and they will naturally create content that extols the virtues of whatever project grabs them. Like a fish in water. Not only can they draw others to their cause, but they can show others how to get the same results by properly using social media and internet marketing. Both businesses can generate consistent income.

Beauty

Start selling homemade beauty products (offline business)

You can start making homemade beauty products like soaps and perfumes with your own unique style.

You can start a small local company from this and you would be surprised that people will pay you for your products.

You can easily play the student card on them since people are naturally inclined to support students.

Language

Offer language translation services (offline and online business)

Are you skilled in other languages other than your native language?

You can make good money from this by offering language translation services to individuals and companies both offline and online.

There are many businesses that want to expand in other countries and they are ready to pay people who can speak those languages.

Food

Teenage and college-age foodies can make money and flaunt their culinary skills by catering for special events, arranging and selling gourmet or cookie gift baskets or selling homemade jam or salsa. For the younger set, the age-old business idea of a lemonade stand is still fruitful to this day.



County Lines

Who's controlling your child?

Criminal gangs are targeting children to move drugs & money.



County Lines is where illegal drugs are transported from one area to another, often across police and local authority boundaries (although not exclusively), usually by children or vulnerable people who are coerced into it by gangs. The 'County Line' is the mobile phone line used to take the orders of drugs. Importing areas (areas where the drugs are taken to) are reporting increased levels of violence and weapons-related crimes as a result of this trend.

EXPLOITATION OF YOUNG AND VULNERABLE PEOPLE

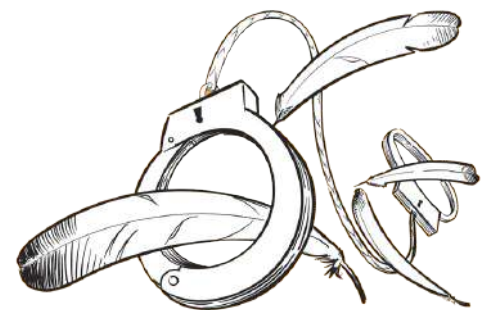
A common feature in county lines drug supply is the exploitation of young and vulnerable people. The dealers will frequently target children and adults - often with mental health or addiction problems - to act as drug runners or move cash so they can stay under the radar of law enforcement.

In some cases the dealers will take over a local property, normally belonging to a vulnerable person, and use it to operate their criminal activity from. This is known as cuckooing.

People exploited in this way will quite often be exposed to physical, mental and sexual abuse, and in some instances will be trafficked to areas a long way from home as part of the network's drug dealing business.

As we have seen in child sexual exploitation, children often don't see themselves as victims or realise they have been groomed to get involved in criminality. So it's important that we all play our part to understand county lines and speak out if we have concerns.

- Access to numerous phones
- Use of unusual terms e.g. going country
- Associating with gangs
- Unexplained bus or train tickets
- School truancy or going missing
- Unexplained gifts (clothes, trainers) and cash



HOW TO SPOT POSSIBLE VICTIMS

There are several signs to look out for when someone has been lured into this activity; these include:

- Change in behaviour
- Signs of assault and/or malnutrition

WHAT TO DO IF YOU HAVE CONCERNS

The best advice is to trust your instincts. Even if someone isn't involved in county lines drug dealing, they may be being exploited in some other way, so it's always worth speaking out.

You can speak to your local police by dialling 101, or in an emergency 999.

If you would rather remain anonymous, you can contact the independent charity Crimestoppers on 0800 555 111.

If you notice something linked to the railways, you can report concerns to the British Transport Police by texting 61016 from your mobile. In an emergency dial 999.

If you are a young person who is worried about your involvement, or a friend's involvement in county lines

A good option is to speak to an adult you trust and talk to them about your concerns.

You can also call Childline on 0800 1111. Childline is private and confidential service where you can talk to specially trained counsellors about anything that is worrying you.

Alternatively, speak to a children and young people's service like Catch 22. They work with children and young people of any age to help get them out of situations they're worried about, and have helped lots of children and young people involved in County Lines.

Action on county line drug gangs



New powers would allow the police to shut down mobile phone lines

'County Lines' are where urban gangs are supplying illegal drugs in suburban areas, market or coastal towns

Vulnerable children and adults are exploited by gangs to move drugs and cash around

Home Office

COUNTYLINES CONTROLLING LIVES

TACKLING SERIOUS AND ORGANISED CRIME
COUNTY LINES INTENSIFICATION WEEK
#COUNTYLINES



HEROIN AND CRACK COCAINE SEIZED
MORE THAN **£6,000** SEIZED

CHILDREN, YOUNG PEOPLE AND ADULTS AT RISK OF BEING EXPLOITED OFFERED SUPPORT **50**

6 WARRANTS MADE
21 ARRESTS MADE
55 CUCKOOED HOMES VISITED

| VEHICLES SEIZED | DRUGS SEIZED | PHONES SEIZED | WEAPONS SEIZED |
|-----------------|--------------|---------------|----------------|
| 9 | £287K | 57 | 45 |

Article source <https://www.nationalcrimeagency.gov.uk/what-we-do/crime-threats/drug-traffic-ing/county-lines>

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



What needs to happen?

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.

SHOWCASE CORNER



Torn

I am torn between sleep and hunger
My eyelids are heavy
but my spirit is hungry
I could stay asleep
everyday
get up
get dressed
go to work
come home
eat
repeat
sleepwalking pays the bills
but my spirit is rumbling
with hunger
searching for that thing that'll give
me chills
my mind troubles me
whispering
you're not getting any younger
Sleepy days and sleepless nights
In the kitchen of my mind
Cooking for my future
Planning world domination
For the rest of the nation
To bear witness as I feed my hungry soul
Meanwhile the bills must be paid
that's the primary goal
I am torn...
between sleep and hunger

Catch Me If You Can

I had a conversation with time
told her to slow down, give me a minute, hold on.
she said "my minutes are too precious to give away
just like that

I'm not easy", she said, "but
I'm here, catch me if you
can."

I thought I did, but
seconds are slip-
ping through my
fingers

minutes are sliding out of my hands

months are waving goodbye

years are running towards me, full speed,

years are running past me, full speed,

while I'm looking back at the months
trying to grab what is already gone, dwelling.

I had a conversation with time

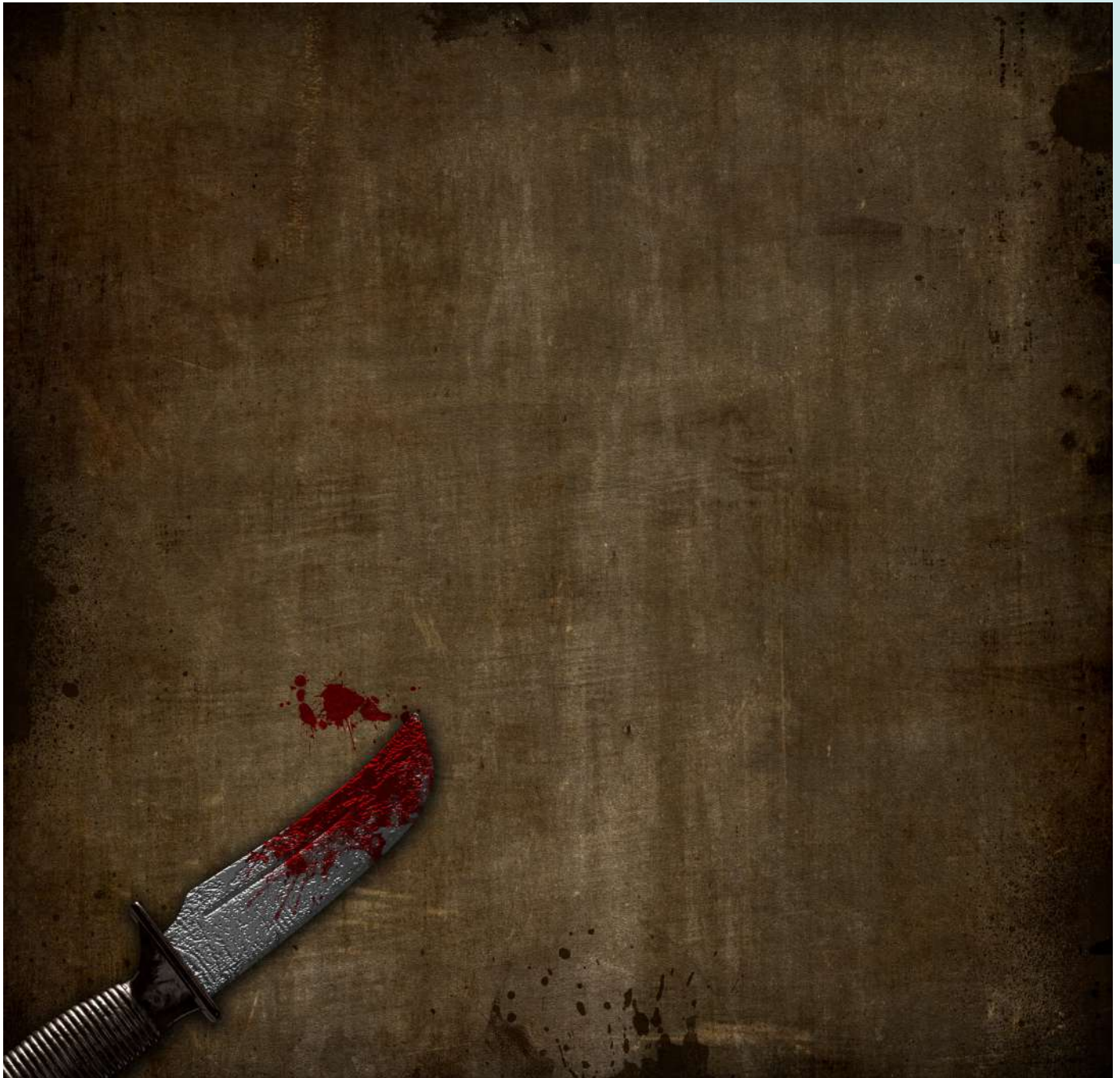
begged her to slow down, give me a minute, hold on
she said, "it's out of my hands

I walk in one direction, at one speed towards you all
its only he who can recognize this that can have it all
keep your eye on the ball, and I promise I will give
you my all.

I'm here, catch me if you can."



Knife crime is a persistent and worrying concern, especially as it impacts particularly upon young people and the disadvantaged, and various remedies have been tried over the years.



In the year ending March 2020, there were around 46,000 (selected) offences involving a knife or sharp instrument in England and Wales

