

Youth Matters is an exciting service which organises activities which are suitable for young people aged under 18, with physical/sensory disabilities, acquired brain injury or ASD and who are comfortable in an inclusive environment.

Parents are not required to stay at activities with Young People but will need to complete our forms to make sure we can provide the support that is needed and have all the necessary contact details.

If you want to come along to any of our fun activities or programmes all you have to do is call or email on:

11th January 2017 from 10am

Call: 02890 461834

Email: g.boyd@cedar-foundation.org

Gillian Boyd

Youth Officer

South Eastern HSCT, Belfast HSCT, Northern HSCT

Cedar

Ravenhill Reach
Ormeau Embankment
Belfast
BT6 84B



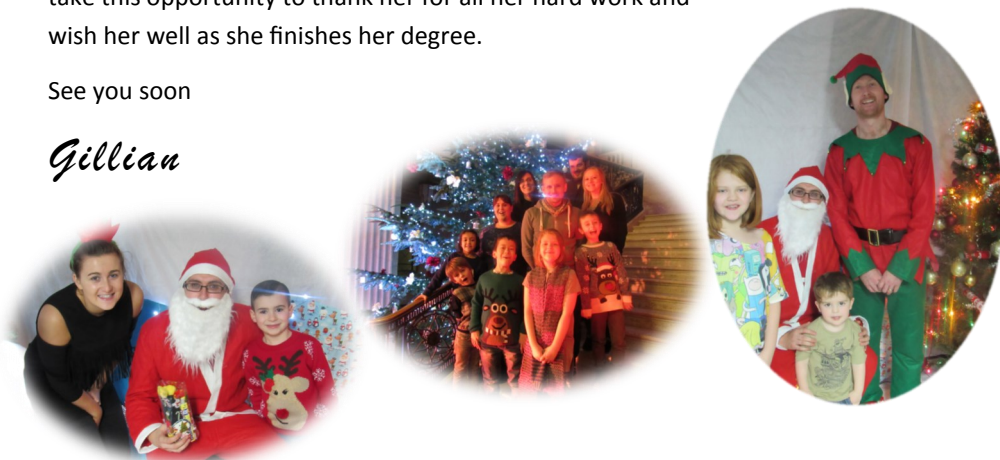
Belfast Trust
South & East Trust
Northern Trust
Jan-March 2017

Hello and Happy New Year!!

I hope you all had a wonderful Christmas break and are ready for a fun-filled start to 2017!! We had a really busy 2016 here at Youth Matters which included welcoming Dearbhla to our team on her 3 Month BSc (Hons) Community Youth Work Placement. Dearbhla helped out at most of our activities so we want to take this opportunity to thank her for all her hard work and wish her well as she finishes her degree.

See you soon

Gillian



Date	Times	Activity	Cost	Information
10th Feb	4pm-6pm	Bowling & Burgers	£10	13-18 yrs
11th Feb	10-12:30pm	Funky Monkeys Antrim	£5	0-7yrs
11th Feb	2pm-3:30pm	Cinema Lisburn: Sing!	£5	7-12yrs



Sponsored Walk

We are looking for families to join us on **1st April** for a saunter over Black Mountain to help us raise money for Youth Matters.

It's a nice, gentle, wheelchair accessible route with amazing views over Belfast and a lovely coffee shop at the car park to warm us up on our return!

We will be meeting at **10pm** in the car park at the café and should be finished no later than 12:30pm.

Please contact Gillian to Sign up and get a sponsor sheet.

Date	Times	Activity	Cost	Information
4th Mar	10-12:30pm	Valley Leisure Centre Park	Free	Money for ice cream or snack if desired
18th March	10-12am	W5	£6.50	Under 3s free 0-12 yrs

Social Activities

Social Activities and programmes can be booked from 11th January 2017 at 10am.

We need a minimum of 3 young people attending to run any of the activities .



Date	Times	Activity	Cost	Information
20th Jan	6pm-9pm	Cinema Glengormely	£6.60	12-18yrs. Snack Money needed
21st Jan	10am-12pm	Ulster Museum	Free	Bring a coat and packed Lunch!! 0-14 yrs
24th Jan	6-9pm	Cinema Yorkgate	£3.50	Plus Snack money 15+ years Transitions Team

Wednesday Night Youth Club in Lisburn



Where:

MT Zion, Gregg Street

When: Starting 18th Jan

Every Thursday 5pm-7pm 7-12yrs



Cost: £2 per session



NEW! Monthly Peer Group

Brand new monthly night for 13-18yr olds

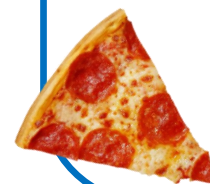
3rd Wednesday of each month

7:30pm-9pm approx.

18th Jan– Taylors Ice Cream Parlour

15th Feb– Lisburn Cinema

15th March– Pizza Hut

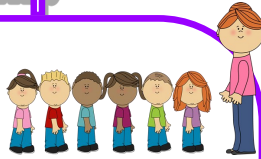


OCN L2 Peer Leadership



Free!!

15-18 Year Olds



Thursday nights starting 26th Jan (6 weeks)

5:30-8:30pm

Ravenhill Reach

Develop Leadership skills in a fun interactive environment. Perfect for anyone wanting to go into Youth Work, Teaching, Social Work, Working with customers or a career involving presenting or talking in front of others.

Coping with Exam Stress



Free!!

15-18 Year Olds



Thursday nights starting

2nd March (5 weeks)

6-8pm

Ravenhill Reach

Short course from our Transitions Team including stress & relaxation, keeping healthy and mindfulness.

Drop-in



12-18 Year Olds

Thursday nights

starting 9th Feb

5:30-8:30pm

Ravenhill Reach



Make Friends, Chill Out, Have Fun!!

Netflix Movies, Gaming, Arts & Crafts., Pizza Nights

Spaces for our Drop-In are limited to 12 young people . Young people must sign up to attend the Drop-In on the ring in date found on the back of this flyer. In the interests of fairness we will not accept early bookings or automatically place young people who have attended the previous quarter onto the list.

