

SWEATBOX

SWEATBOX NEWSLETTER DECEMBER 2024.

AN UPDATE FROM MICHELLE ROZIER, YOUTH CENTRE MANAGER

Welcome to the 2nd edition of the Sweatbox Newsletter! We have had a busy but very successful term. We have a record number of year 7s attending youth clubs. We have also had lots of young people join our Sweatbox Union (SU) and Squidgers teams, so a warm welcome to everyone who is now part of the team. We held a training session for the SU and Squidgers allowing them time to get to know each other, time to get to know some of our Youth Workers and Volunteer Youth Support Workers, and together we set expectations of what it means to be an SU or Squidger in terms of behaviours and involvement. I hope everyone found this a useful and fun session. We will be holding more meetings in the coming months to keep this momentum going.

We have had a successful few months in being awarded grants and donations to help keep our service going. We would like to thank Grove Parochial Church, Wantage Parish Church, Thames Valley Police, Wantage Town Council, Grove Parish Council, The Football Foundation Oxfordshire County council, Hanney Parish Council and Ray Collins Trust. We also received the funding from Kingsgrove developers (administered by Vale of White Horse District Council) for the youth club we now hold on a Monday evening from Wantage Primary Academy.

Going forward, in early 2025 I will be prioritising supporting our wonderful Volunteer Youth Support Workers. We have some team training planned for early January to raise awareness about gambling and young people, learning the signs to look out for of gambling harms and how to support young people who are at risk of gambling harms. We couldn't deliver the service we do without our adult Volunteer Youth Support Workers. I am very thankful to all of you that volunteer with us. You give so much time and energy so freely to support the young people in our community, and your experience and skills bring so much to our service. I very much welcome feedback and ideas from our Volunteer Youth Support Workers, and I am committed to supporting you all in any way I can. I would very much like to arrange one-to-one meetings with you all in the new year for informal chat. It'll be a great opportunity for you to tell me how we could do things better, or ideas for trying new things. Please drop me a message or email with your availability and I will do all I can to fit in around you.

AN UPDATE ON OUR WEEKLY YOUTH CLUBS:

Monday evenings is our weekly (term time) Youth Club held on the Kingsgrove development. This is paid for from the grant from the developers of Kingsgrove, and administered by the Vale of White Horse District Council. This term it has been very successful, with between 40 and 50 young people attending each week. Wantage Primary Academy is a fantastic site for the youth club. We have a sports coach from Active Futures there every week and can be found in the Multi Use Games Area (MUGA) throughout the session. We have crafts and games in the hall, along with our tuck shop, a large playground for outdoor activities and a chill out area in the library. With a grant from the Football Foundation, we have been able to purchase portable flood lights to allow us to continue offering outdoor activities over the dark winter months! Well done and thank you to our staff members Dickon and Kate, and all of the Youth Support Volunteers who have made this youth club so successful and we are continuously evolving this session to be such an important part of our offering. This youth club has a very different atmosphere and feel to compared to our Youth Club nights on Centre Site on Fridays, and we are getting great feedback from the young people.

A 11 year old told us: "Monday youth club is good because there is more activities like crafts and games, and it's easier to talk to adults if you need to because it's not as busy."

A 13 year old Squidger (young volunteer) told us: "I like Monday youth club because we have access to the playground and multi use games area so we can do more sports activities. Also helping the adults on shifts are calmer compared to Fridays because the session is less busy which is good if you are a new volunteer."



Fridays have seen continued success with our Dungeons and Dragons sessions, with now double the numbers attending and 2 groups running at the same time. This session is helping the young people to develop their social skills alongside problem solving, teamwork, empathy, decision making, communication and creativity skills. Thank you and well done to our Youth Support Worker Zoe for making this happen and running these sessions.

Friday night Youth Club is open every other Friday in term time for those in school years 7, 8 and 9. This continues to be our busiest session we run, with anywhere between 100 and 130 young people attending each session since September. For dates for the Friday night youth clubs, please check the dates further down this newsletter or on our website www.sweatboxwantage.org, as this has been changed slightly in December due to Dickensian evening in Wantage on 6th December and our termly youth disco at Delaneys nightclub on 13th December.

Friday evening Outreach – The Sweatbox Youth Worker team go out every other Friday evening into the community to engage with young people in places like the town centre, in parks and the skate park and in car parks and anywhere that is a known place for groups of young people to hang around. The main aim to safeguard young people and to reduce antisocial behaviour in the community and for the community. This has been really successful, and the team regularly engage with 30 to 50 young people on many of these evenings out. A highlight of this term was supporting the Grove fireworks with the Senior Youth Workers engaging with young people and reducing antisocial behaviour at the event.

Nacho's Young Carers Group has had lots of new young people attending this term, and the group have lots of activities and plans for the coming weeks and months. They are a great support to each other, and our Youth Workers and Volunteer Youth Support Workers are doing a great job at supporting this unique and special group of young people.

Beatbox SEND Youth Club have had a wide range of activities this term, and with new young people joining, the group is now at maximum capacity. This youth club is a highlight of their week, and is a great experience for these vulnerable young people who otherwise find it more difficult to access youth club experiences. They are all very excited for their trip to the pantomime in December. A huge thank you to Ray Collins Trust for paying for the coach to take the group to and from Oxford for this wonderful experience.

DECEMBER CALENDAR OF EVENTS:

DATE EVENT

MONDAY 2TH DECEMBER SWEATBOX AT KINGSGROVE YOUTH CLUB
FRIDAY 6TH OF DECEMBER SWEATBOX OUTREACH AND MOVIE NIGHT
MONDAY 9TH OF DECEMBER SWEATBOX AT KINGSGROVE YOUTH CLUB
FRIDAY 13TH OF DECEMBER SWEATBOX DELANEY'S NIGHT
MONDAY 16TH OF DECEMBER SWEATBOX AT KINGSGROVE YOUTH CLUB
FRIDAY 20TH OF DECEMBER SWEATBOX YOUTH CLUB – YOUNG VOLUNTEER PARTY

LOCATIONS FOR OUR SESSIONS:

Sweatbox Youth Centre & Sweatbox Office – c/o King Alfreds Academy Centre Site,
Portway, Wantage, OX12

Sweatbox @ Kingsgrove, Wantage Primary Academy, Rutherford Road, Wantage, OX12
7GQ.

FIND OUT MORE ABOUT SWEATBOX AND CONTACT US AT:

Email: sweatbox@ka.vale-academy.org

Website: www.sweatboxwantage.org

Facebook: www.facebook.com/thesweatbox

Instagram: www.instagram.com/sweatboxwantage

SWEATBOX

AT

Delaney's

CLUB

W A N T A G E



CHRISTMAS DISCO

13TH OF DECEMBER 2024

YEAR GROUPS 7-13

7:00 PM* - 9:30 PM - £3 ENTRY

*7.00PM FOR TICKET HOLDERS

*7.30PM FOR NON-TICKET HOLDERS

**TICKETS AVAILABLE AT
WWW.TICKETSOURCE.COM**

**SELLING NON-
ALCOHOLIC DRINKS AND
SNACKS
HOT FOOD AVAILABLE**



**PLEASE REVIEW THE T&C'S
FOR THIS EVENT**

SWEATBOX

VOLUNTEERS NEEDED!

Adults and young people needed to help make Sweatbox a fun and supportive place for young people across our community.

Volunteering for Sweatbox can be a great opportunity to gain new skills and make new friends. It can help and support mental and physical health and wellbeing, increases confidence and gives back to your community.

An illustration of a hand holding a sign. The sign is purple with white text that reads "WE NEED YOU!". The hand is brown and is holding the sign from the bottom. The sign is attached to a thin brown stick.

**WE NEED
YOU!**

Email sweatbox@ka.vale-academy.org to apply or for an informal chat with one of the team.