

MerseyFire Youth News



Hello & welcome to our very first Merseyside Fire & Rescue Service Youth Engagement newsletter. It's for those attending our Prince's Trust programme, Fire Cadets or those on the Beacon Project.

As we're apart at the moment because of Coronavirus we thought it was a good time to start the newsletter as a way to keep in touch with you. We're sorry we can't run our sessions as usual, but the safety of you, your families & our communities is more important. **We want you all to be safe & well.**

We asked some of you for your messages for each other...

And this is what YOU said:

We need to come together and face this problem.

We need to stop going to public places with our friends. When you're hanging out, COVID-19 can easily spread to others.

This is only temporary so if you stay in for a little while then you will be able to see your loved ones and friends again soon.

We know it's hard staying in, but there are people out there who have already lost loved ones and friends to this horrible virus.



Prince's Trust tutorial videos are being made for our students - we'll let you know when they're on YouTube

NEED HELP?

If you are struggling & need some help, here are some places you can turn:



PAPYRUS HOPELINE UK

Confidential advice for young people struggling with thoughts of suicide

Call **0800 068 4141**

Text **07860 039967**

9am – 10pm weekdays,
2pm – 10pm weekends
& bank holidays



KOOTH.COM

Free, safe, anonymous online support for young people. Chat to a counsellor online or complete a daily journal

Healthy... mind, body & soul

Heard of mindfulness? Have you ever tried it?

Being mindful can really help to focus & calm you down at times of stress. Give this short mindful breathing exercise a go and tell us what you thought of it.



<https://www.youtube.com/watch?v=sh79w9pn9Cg>

Getting fresh air and moving our bodies is so important. We MUST follow the government's guidelines and stay safe but it's important that we're all doing something each day...



Have you tried PE with Joe Wicks? Give his online class a go; it's FREE every weekday at 9am on The Body Coach YouTube channel.

#BeKind #BeKind #BeKind

Kindness is FREE and more important now than ever. We want you all to think about an act of kindness you can do to cheer someone up. **Doing good does YOU good!**

How about doing one of these **kind acts**:

Make a cup of tea for someone



Call a friend you haven't spoken to for a while



Email us youthengagementteam@merseyfire.gov.uk

Youth
Engagement
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NEED HELP?

YOUNG MINDS

youngminds.org.uk
Helping children & young people with mental health issues. Text YM to **85258** for help



Refuge Domestic Abuse Helpline
Supports anybody experiencing domestic violence

Call **0808 2000 247**

Spend time playing with your pet

Send a motivational text to a friend

Let us know about your acts of kindness! Send them to your Team Leader or Cadet Leader – they'll cheer us up too!

Contact us!

Got any good ideas for keeping in touch? Let your Team Leaders or Cadet Leaders know!