

MerseyFire Youth News



Hello everyone & welcome to the second issue of Merseyside Fire & Rescue Service's Youth News. Last time, lockdown was just beginning and this time we are just heading out of it. We have lots for you to catch up on!

With things getting back to normal and people allowed to meet up, it feels like the right time to introduce you all to our Strategic Youth Engagement Manager Janine Saleh...

"I am really excited to be in this role. I am quite new to Mersey Fire & Rescue Service but already I can see the dedication to working with young people. Doing so contributes to creating **happier, safer** communities and I am really looking forward to working with you all and meeting as many of you as possible."



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Course updates

Prince's Trust - We have revamped our course during lockdown and can't wait to share it with you. We are now recruiting for our September teams, so if you know anyone aged 16 to 25 who's not in work, education or training and is looking to finish 2020 on a high, tell them to give us a call/email!

Beacon - Likewise, we have been refreshing our Beacon programme and there has been lots of interest - we might be coming to your school! Watch this space...

Cadets took part in a national fundraiser for the Fire Fighters Charity called the Fire Cadet 999 Challenge. Using the numbers 999 in any combination, challenges included a 9-mile cycle, running up 99 steps, baking 9 cakes, doing 99 press-ups.

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

'Health is the condition of our freedom' (Philosopher Korine Pelluchon)

Lockdown has had a huge impact on our mental health and wellbeing. It is so important that we look after ourselves physically and emotionally... Did you know happiness is a skill you can learn? Check out the Action for Happiness 10-day calendar and start your happiness training today!

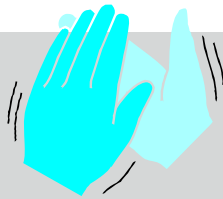
<https://www.actionforhappiness.org/take-action/find-three-good-things-each-day>

The Youth Engagement team took time out to focus on wellbeing - part of this was a team-building day - a walk at Rivington Pike!



Have you tried the free couch to 5k app? It aims to have you running 5k in just nine weeks. Give it a go & let us know how you do!

#GoodVibes



Past Prince's Trust team member **Joe** completed marathon 'An Equal Race' with friends and community members, raising £3,500 for Black Lives Matter. Joe said: "I was feeling helpless and angry at the world, just because something is bigger than you doesn't mean you should ignore it and do nothing." Joe credits his time on the PT course with giving him the get up and go to do something. Well done, Joe!!! See [Instagram](#) @anequalrace to get involved!

Former PT team member **Tony** is off to university in September. She said: "My time on the course was amazing; I had great leaders who supported me unconditionally. I learned a whole range of skills, even taking on a mentor role within the group. I am now moving on to a new adventure at Liverpool Hope University in September." Congratulations, we know you'll smash it!!

Jack, one of our Cadets, was offered a role as an Apprentice Bricklayer. Jack said he got the trial as he stood out because of his involvement in Fire Cadets. We couldn't be more proud!

Email us youthengagementteam@merseyfire.gov.uk

Visit our new web page

<https://www.merseyfire.gov.uk/get-involved/youth-engagement/>

Youth
Engagement
Newsletter 2
Sept 2020

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**



CLIC UK
Online mental health support network - available 24/7

See clic-uk.org

Contact us!

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