

Youth Opportunity & Capital Funds

Fancy getting your hands on a share of £624,000 to spend on leisure activities and facilities in your area?

- ▶ Want to start a club or an event?
- ▶ Would you like things to do or places to go?
- ▶ Or have a safe and warm place to chat n'chill?

Many young people already have through the Youth Opportunity and Capital Funds!

Deadline:

The next deadlines for applying are:

- ▶ Tuesday 5 May 2009 (5pm)
- ▶ Thursday 2 July 2009 (5pm)*
- ▶ Thursday 8 October 2009 (5pm)*
- ▶ Thursday 17 December 2009 (5pm)*

(*Please note that all funds may be allocated in the previous rounds.)

Find out more

You can download the application form and guidance at: www.thesource.me.uk/yocf or call **01473 260167** today!

Youth and Connexions

We offer impartial information, advice, guidance and support for young people aged 13 – 19 and up to 25 if they have additional needs.

You can talk to one of our advisers or youth workers about what you want to do. They will talk to you about the options available and help you, if you need it. www.thesource.me.uk

Other leaflets

We have a range of other leaflets listed below available in youth clubs, schools, colleges, drop in centres or by phone and email.



Plus, you can **text** the word **SOURCE**, followed by your name, address, postcode and the leaflet you want to **60006** – it's that easy!

- ▶ Benefits for young people seeking work
- ▶ Choose your own path - choices after Year 11
- ▶ Fighting the stress of exams
- ▶ Finding work
- ▶ Getting ready for exams (revision techniques)
- ▶ Guide to qualifications
- ▶ HE student finance (plus tips on managing your money)
- ▶ Healthy living
- ▶ Help and advice on lifestyle questions
- ▶ How to apply for jobs
- ▶ Personal safety outside and online
- ▶ Preparing for an interview
- ▶ Starting work
- ▶ Travel and transport (plus owning a vehicle)
- ▶ Volunteering / gap year

You will be charged the cost of a standard text message and your text will be used for this purpose only.

www.thesource.me.uk

by young people, for young people

Contact us

You can always visit our drop-in centres, call us on Freephone **0800 085 4448** or email youthandconnexions@suffolk.gov.uk

It's all about services for young people!

Youth and Connexions is part of the Youth Offer for young people in Suffolk. Find out more at www.thesource.me.uk/suffolkyouthoffer

إذا كنت شاباً تعيش في مقاطعة سافولك و تريد ترجمة لبعض أو كل المطبوعات فالرجاء الإتصال بالرقم 01473 260180

আপনি যদি তরুণ বয়সের একজন ব্যক্তি সাফোকে থাকেন ও এই লিফলেটের সবগুলি বা কিছু অনুবাদের আকারে পেতে চান তাহলে অনুগ্রহ করে 01473 260180 নম্বরে ফোন করুন।

如果你是居于修福郡的年青人而又希望得到全部或部份这些印刷品的翻译本, 请致电 01473 260180

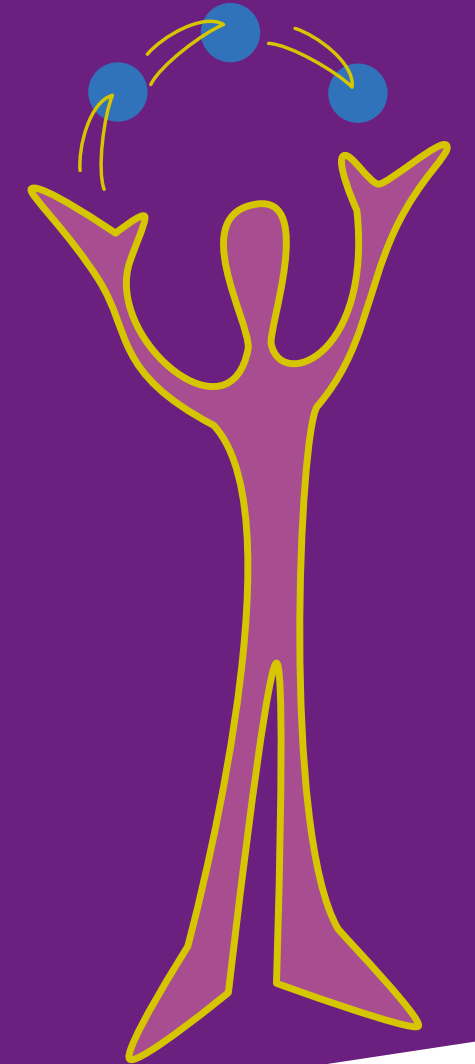
Se você é um(a) jovem que vive em Suffolk e gostaria de obter este impresso traduzido (ou parte dele), por favour ligue para 01473 260180.

If you would like a copy of this leaflet in an alternative format, please call 01473 260180.

connexions

Free time

(Finding things to do and places to go)



Free time

When it comes to your free time, what you do really depends on three things:

- 1 your own interests and imagination;
- 2 the kind of leisure/entertainment facilities available to you;
- 3 and money.

If you are open minded about what you want to do, it will make it easier to find something you may like.

There are so many opportunities for you and that's where we can help!

Sport and leisure

Young people often get good discounts at sport and leisure activities particularly if they are still in full-time education or training.

Don't forget about the arts – music, theatre, cinema, museums which offer a range of activities and interests for you.

Discounts on travel and museums



Aged up to 19? Then you can save money on bus and train* travel all over Suffolk and beyond, plus enjoy discounts at theatres, leisure centres and lots of cool shops.

You can find out more including how to apply at explore.suffolkonboard.com

*Off peak train travel only

Show off your skills!

We all have natural talents and interests, so why not explore them a bit further with people who like the same types of things as you do.

Check your local paper, search the internet or go to the library to see what activities are on in your area.

Get involved in sport

If you love football, hockey, sailing, cycling, athletics, netball, rugby, ten pin bowling, rock climbing, canoeing or any other sport, why not join a club where you can have lots of fun and use up all your energy.

Find out more?

Notice boards at the local leisure or community centre are a good way to find out more; plus many groups advertise in local newspapers too.

Or check out Suffolk Sport where you can find out about a wide range of sports.
www.suffolksport.com

Youth clubs

Being part of a youth club can make a big difference to your life.

It is an opportunity to explore new interests, do something different and meet new people.

Or, you could become part of a group with other young people who enjoy the same things as you do.

"If I don't go to the club for a long time - I miss it. I suppose it's because when I go there and meet up with everyone, it's a real social thing too."

Volunteering

Every year people of all ages get involved and give up their time by volunteering.

Some just want to help their community, while others use the opportunity to gain relevant work experience.

Volunteering is a great way to boost your confidence and may help you to find work.

Through volunteering you'll get to meet lots of different people and learn new skills.



Young Suffolk are looking for young people with a passion for volunteering to get involved with vinolved local youth action teams.

Young people have found new ways of getting vinolved by organising and delivering projects that reflect their passions and interests. For example, music and art 'talent' events such as the UV Bury festival or young volunteers from St John Ambulance coordinated the First Aid cover.

Youth action teams will be the ambassadors for youth volunteering across the county. They will lead training events, seminars and practical workshops on how to support young people as volunteers.

You do not need any previous experience of volunteering to be part of vinolved, but if you fancy trying this out then contact them today!

Visit www.youngsuffolk.com
Email: youngsuffolk@suffolkonline.net
Tel: **01473 744187**

Suffolk Young InfoLink

Search for things to do and places to go at:
www.suffolk.gov.uk/younginfo

You can find local projects, sports clubs, youth groups, music, arts and much more across Suffolk.

"You do need to chill out every now and then, especially if you've been working hard. Do something you like and enjoy"



Marks out of 10?

Why not tell other young people about a film that you seen, or a new music album you have played or anything else you like!

Send us your reviews to enquiries@connexionsuffolk.org.uk and we will add them to the Source!