

URBAN OUTREACH (BOLTON)

Newsletter Autumn 2023

And his banner over me is love. Song of Solomon 2:4

BL
Bolton Lunches

75,733
lunches!



We had an unforgettable summer with Bolton Lunches! The summer 2023 saw an incredible 75,733 lunches made and distributed! Each morning of the summer holidays at 6.45am, the doors opened to groups of incredible volunteers - all eager to get started on making the sandwiches. We also saw 863 children cooking with us in Moses Gate Park and Moss Bank Park - even in all the rain! To all who support the lunches through fundraising, volunteering or opening sites for distribution we want to say THANK YOU! You are all incredible and help thousands of children and young people have a great summer.



What people said:

"The centre worked great throughout the summer. We had in total 320 children attend the lunches and we regularly had 140-150 children every day." Comments made by a new site.

"My child loved their lunch. It had a sandwich, drink and a whole load of snacks. They couldn't wait to bring home their little bag" Parent of a child attending a HAF activity (group providing free lunches alongside activities)

"I love coming to make the sandwiches each day. I know I'm doing something good and I have really enjoyed getting to know other people. It is such a good atmosphere all being together to make a difference." Volunteer

Emotional Health Drop-In Success

Following on from the success of the emotional health group sessions highlighted in the previous newsletter, our Children and Families Team was commissioned by one of our Partner Agencies, Bolton Together, over the summer holidays to offer a programme of “Drop-In”-style sessions for young people to come to from schools or other support agencies linked to the Local Authority.



The sessions covered topics from Anxiety to Self Esteem and friendships in an informal setting at our “Amber Centre”, using a range of activities, games and discussions. 12 children attended the five sessions from ages 10 to 16. 9 Children were not referred directly through Bolton Together and came through local school advertising and/or other services, highlighting the multi-agency work of the provision. 8 parents and 2 professionals also received advice and support

It was a great witness for our Children and Families Team to see the young people build their confidence through the sessions. Some feedback received included:

- “I liked learning about the physical effects of anxiety - especially the butterflies in my stomach.”
- “It was good to talk about the same problems with others.”



Case Study - Child T

T is a young boy who was struggling with his self-esteem and self-image. He felt ‘different’ to other children and had experienced some health concerns which had led to numerous operations which compounded this feeling of being dissimilar. He often has low moods due to this. Mum shared that he also has angry outbursts and struggles to manage his emotions and behaviours. T accessed the group regularly and had 2 goals of ‘opening up’ and ‘making friends.’ T spoke well in all the sessions and was helpful to other children. He started to smile and engage in a much more interactive and positive way as the sessions progressed. He loved to play football and was so pleased to have made friends when he had felt that no-one on his estate had wanted to be his friend or spend time with him. T found it hard to concentrate and focus at points and would get very excited about being with other boys his age and being able to play at the end of group. With encouragement and redirection, he started to recall what he had been taught in previous sessions, give ideas of strategies to improve wellbeing and share personal examples. Mum noted that T was more settled at home and there had been less emotional escalation. T is being offered ongoing 1-1 support.

Thank you B&Q



We were overjoyed to have B&Q with us over September to redecorate the Amber Centre. Not only did they bring a team of seven over for the day, they also paid for all the materials and equipment needed to redecorate. The team worked very hard to get as much of the redecorating done and we are sure you will agree, it looks amazing! Thank you to Emmaus Bolton as well for providing the furniture for some of the rooms. We have already had such positive responses from professionals and clients who feel like they are having their meetings in a living room. We look forward seeing other ways we can make our Amber Centre feel more homely and welcoming to all that come through the doors.

Before



After



Team News



Helen

Helen joined the children and Families team in August 2023. She comes from a background of primary school teaching, her most recent experience being in the specials school setting. She brings a passion to help young people thrive whatever their abilities or experiences. Helen is also an authorised Lay Minister where her main focus is to see people with learning differences and disabilities included within services and parish life.

Georgia joined the Children and Families team in September 2023. Before joining us, she worked as a corporate tax accountant. She also has a Youth Pastor role and has a degree in Religions and Theology. She has been involved in youth and children's work since 2014 and is passionate about seeing young people live lives to their full. Georgia's hope is that every young person will know there are people who see the 'gold' within them, want to see them thrive, and will support them to do so.



Georgia



Maisie

Maisie joined us in October 2023 to help primarily with the Friends of Fun Food project. Having moved back to the North West after university, she completed a master's degree in Food Security, where she saw the scale of food poverty and hunger in the UK. This sparked a desire to help people in this way, volunteering at several different foodbanks and community food projects before she began working at Urban Outreach on the food team.

Partner with us in Prayer

Did you know we have a bi-monthly prayer diary? Each day populated with a prayer. We ask you to join us in praying for those we work with, the work we do, our town as a whole and the nation. You can receive this digitally via email or have a paper copy sent in the post. You can sign up via our website <https://www.urbanoutreach.co.uk/prayer/> or by calling 01204 385848 and speaking to one of our team.



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