

WELCOME

...to our fifteenth fortnightly e-bulletin. We are Boston Youth Ambassadors, funded by Inclusive Boston project and the National Lottery Heritage Fund as part of the Boston Townscape Heritage Project.

We would like to inform you about plenty of activities, courses, videos and other alternatives available online. This can be an opportunity to learn something new and spend time solely on your hobbies, prioritising looking after yourself.

We are hoping to bring some light into your daily routine.

Support for young people:

We know that you can feel anxious - this is normal. There are organisations available that are ready to listen to you, give you information, and help with your worries and concerns.

The Anna Freud National Centre for Children and Families is a children's mental health charity. Their vision is a world in which children and their families are supported to build on their own strengths to achieve their life goals.

<https://www.annafreud.org/what-we-do/anna-freud-learning-network/coronavirus/>

Mental Health Matters - Don't bottle up your feelings. Call the confidential emotional and mental health support line available in Lincolnshire. Available 24 hours a day, 7 days a week.

Telephone: 0800 001 4331
<https://www.mhm.org.uk/>

Health and wellbeing:

Keeping physically and mentally active is essential in improving your overall wellness during this difficult time. Take advantage of the many virtual fitness classes now available!

'Mental health and self-care for young people' is an NHS page including various self-care tips, videos, and links, accounting for the changes 2020 has brought in terms of self-care for young people.

<https://www.nhs.uk/oneyou/every-mind-matters/youth-mental-health/>

'10 Simple Morning Exercises to Make You Feel Great All Day' by Lifehack provides ten easy and short exercises for better mental and physical health, without needing to do a whole workout to benefit.

<https://www.lifehack.org/articles/lifestyle/10-simple-morning-exercises-that-will-make-you-feel-great-all-day.html>



HERITAGE
LINCOLNSHIRE



On the following 2 pages...

...Various project opportunities you can get involved with.

Why should you get involved in a project?

You can:

work directly with other participants and employers: developing communication, teamwork, and general social skills.

work indirectly with other participants and employers: as part of a bigger goal, idea, or purpose, therefore furthering community involvement. This can also create a sense of greater achievement. You could be involved in various important issues, such as environmental and green issues, sustainability, anti-terrorism, and more.

enhance your career prospects and shape your future: developing skills specific to your career path, or diversifying your skill-set by working on a skill you've never done before. This, and the experiences you encounter, can make your CV more appealing to potential employers and universities. You can also gain contacts with potential future employers through networking.

improve personal life: build general and personal life skills, such as creativity and confidence, and gaining more life experiences. You can also improve your sense of personal purpose and feeling of giving back to your community, by having your opinions be heard and meeting new people.

The projects we showcase

We've chosen to showcase projects that are relevant to Lincolnshire's local area, and that concern important topics and areas for improvement (both in general and in the area).

These projects, and the issues they cover, need the voices of young people more than ever - whether it be in local history, on current local issues, contributing locally to a more national issue, or finding a path into your desired job/career.

Creative activities:

Why not explore your creative side to keep yourself occupied? Creative teams from some of the UK's arts organisations have moved quickly to put together art activities, talks and projects for audiences stuck at home.

Check out the Official Zentangle Youtube page to discover an easy, relaxing, and fun way to create beautiful images by drawing structured patterns. Unplanned and meditative, Zentangle can increase focus, creativity, self-confidence, and sense of well-being.

<https://www.youtube.com/user/Zentangle>

'How to Write a Short Story from Start to Finish' by The Write Practice provides seven tangible steps or patterns you can follow, to start and complete the art form that is a short story.

<https://thewritepractice.com/how-to-write-a-short-story/>

Take the opportunity to learn something new:

You can keep your brain active by learning something new through various educational content.

If you struggle to balance tasks that have deadlines and tasks that are important to you, the Eisenhower Matrix could help you figure out where to begin, and how to get to those important tasks that you are likely always putting off in favour of another deadline.

<https://www.eisenhower.me/eisenhower-matrix/>

'Building Confidence' by SkillsYouNeed discusses the exact definition of self-confidence in comparison to self-esteem, and suggests several approaches that can be taken to improve confidence.

<https://www.skillsyouneed.com/ps/confidence.html>



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Project Opportunities

Boston Heritage Trail

The Boston Youth Ambassador Project are creating a Boston Heritage Trail to highlight many of Boston Town Centre's historic gems!

We would like to get as many youth ambassadors together as possible to research and design the trail in two sessions over January/February.

This is a great learning opportunity for those interested in online marketing, photography, research, and other related skills.

To get in touch and find out more, please contact Laabiyah at

Laabiyah.iqbal@heritagelincs.org

Join the County Views panel

We would like to invite you to join the County Views panel and help us shape the future of Lincolnshire.

The panel was launched earlier this year to gather residents' views on council services, and help shape how those services are delivered.

Anyone living in Greater Lincolnshire can join the panel. Members are invited to complete a short residents' survey three times a year and can also choose to take part in focus groups and workshops.

You can join the County Views panel and make your voice heard by visiting

www.lincolnshire.gov.uk/countyviews

Let's Do This Together

A countywide campaign to help our Lincolnshire NHS stay strong and sustainable, now and in the future.

Lincolnshire NHS are asking you to keep up your support with 5 simple acts - by completing these acts you'll be helping our teams across the county as well as everyone in your community.

Find out more about these 5 acts

[HERE](#)

Lincolnshire Mental Health Transformation Programme Co-Production Group

EveryOne and Lincolnshire Partnership NHS Foundation Trust are working together to build a small group of volunteers with lived-experience of Mental Health services, to co-produce services and to become Community Reporters, supporting the evaluation and co-production of mental health pilot projects in Lincolnshire.

Read more and find an expression of interest form

[HERE](#)

Deadline for sending us your expressions of interest form is **5pm, Friday 11th December 2020**.



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(Option 1
Boston)



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Boston Youth
Ambassadors

Lincolnshire Police and Lincolnshire County Council want young people aged 16-24 to support the Prevent Project

The Prevent strategy (part of the Government's overall counter-terrorism strategy) is focused on providing support and re-direction to individuals at risk of, or in the process of, being groomed/ radicalised into terrorist activity before any crime is committed.

Support this project in a variety of ways:

- Develop a good understanding of the Prevent agenda.
- Develop ways to enable other young people to gain a greater understanding of the main concepts of Prevent.
- Develop the project role in order to support Prevent objectives across the county.
- Implement your ideas about how best to promote Prevent amongst other young people.
- Support the development of Prevent promotional materials, using a variety of methods such as social media and website content.
- Be critical friends of Prevent - how to get the message out there better, to whom, and how can young people support this.

If you are interested in being part of this project, please email the address at the end of this page.

The closing date for registering your interest is 7th December.

We will then be organising a group session via Zoom mid-December (date yet to be set).

Water Saving Campaign

LCVS is working with Anglian Water to encourage Boston residents to save water.

Our ambitious project to save 3,088,430 litres of water in 3 months would mean that we would save enough water in one year to figuratively fill Boston Stump. This would help the environment, and residents would save money on their water and energy bills.

We are inviting schools to take part in this challenge but we also need some residents to be our water saving champions. Water saving champions will be given some water saving aids to use in their home and we want them to help us get the message out to residents to love every drop and save water.

If you'd like to help us with this challenge - either supporting us to run it, or be one of our water saving champions, please get in touch with Jackie Lane:

jackielane@lincolnshirecvs.org.uk

Career Events

Online Jobs and Careers Fair - hosted by the Greater Lincolnshire LEP

The Greater Lincolnshire LEP is hosting a monthly series of online jobs and careers fairs from November 2020 until October 2021.

The Greater Lincolnshire LEP is working in partnership with many organisations across the Greater Lincolnshire and Rutland area to make the series a success.

Visitors to the site during live events will be able to speak to employers, browse information, chat to training organisations and find support. Information will remain available on the site in-between live events.

You can now view the custom built, online platform which will host all of the live fairs - go to **www.greaterlincsonlinejobsfair.co.uk**

For more information - go to **<https://www.greaterlincolnshirelep.co.uk/priorities-and-plans/priorities/priority-skills/online-jobs-and-careers-fair/>**

Insight into Health & Care Careers

Interested in a career within health & care?

Join us for a weekend of discovery to hear from a wide range of professionals that contribute to our health and social care community.

With a jam-packed schedule of individual talks happening throughout the day covering various professions, there's something for everyone.

Virtual Event over 5th & 6th December 2020 - Join of the many sessions throughout the weekend to find out more about the different roles available.

BOOK NOW at:

<https://www.lincstalentacademy.org.uk/event/insight-into-health-care-careers-virtual-event-5th-6th-december-2020/>



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