

WELCOME

...to our seventeenth 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 Prince's Trust is a charity that is open to young people aged 11 to 30 from all over the UK. They work with delivery partners across the UK to offer hundreds of free courses, grants and mentoring opportunities to inspire young people to build their confidence and start a career.

<https://www.princes-trust.org.uk/help-for-young-people>

Have you thought about claiming Universal Credit?

Universal Credit will give you the support you need to prepare for work, start work or earn more money. By claiming Universal Credit, you will also be able to participate in the Kickstart Scheme, which helps 16 to 24 year olds access job placements.

1st Appointment:

ID checks, Security questions, etc. Honesty about any health issues and concerns is important, as Work Coaches can put individuals at ease and/or refer them to appropriate help.

2nd Appointment:

Informal discussion about individual job search including tailoring commitments around what they can do to look for work and discuss the support available. The individual will then attend the two parts of a Microsoft Teams virtual workshop.

3rd Appointment:

Employment, skills and CV review.

4th and ongoing appointments:

Weekly work search reviews to discuss their job search (usually 10 mins).

Apply for Universal Credit Online

<https://www.universal-credit.service.gov.uk/postcode-checker>

You can also call the helpline to get help making your claim online - find the number relevant to you [here](#).



HERITAGE
LINCOLNSHIRE



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!

'15 Tips to Boost Your Well-Being and Happiness' is an article by Psych Central, that helps you discover additional ways to bolster your well-being - together with nourishing your body and participating in physical activities you enjoy.

<https://psychcentral.com/lib/15-tips-to-boost-your-well-being-and-happiness#1>

You matter. How you feel both physically and mentally, matters.

One You Lincolnshire help people to eat well, move more, drink less and stop smoking. Our aim is to empower people by informing and educating you about your health choices.

No judgement, just support. Curious?

Take a look at our website:

www.oneyoulincolnshire.org.uk

Or Phone: **01522 705162**

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 these three YouTube videos on drawing nature that can be followed by anyone. First is a small scene drawing - '[Nature scenery drawing for beginners/easy and step by step](#)'.

Next is a simple guide to drawing different types of trees for a professional-looking end product - '[How to Draw Trees](#)'.

Finally is a fairly short and easy-to-follow tutorial on drawing a landscape with a house in perspective - '[How to Draw a House in 1-Point Perspective in a Landscape: Step by Step](#)'.

Take the opportunity to learn something new:

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

'12 Good Morning Routine Habits of the World's Most Successful People' is an educational YouTube video on the 12 best morning habits you can use to increase your focus, motivation, and energy for the rest of the day - and will explain why they work, in an easy-to-understand way, too.

https://www.youtube.com/watch?v=rRir6egbZlg&feature=emb_logo

(Page 1)

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 Matthew at

matthew.bentley@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

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:

emmajackson@lincolnshirecvs.org.uk



01205 510888
(Option 1
Boston)



emmajackson
@lincolnshire
cvs.org.uk



Boston Youth
Ambassadors

(Page 2)

Every-One Project Opportunities

Do you have an interest in Young Carers, Young Adult Carers and Adult Carers who care for family members and friends?

Have you had experience of a Caring role?

Are you a Young Carer or Young Adult Carer?

Opportunities are available to participate in work to support the Young Carer/Carer agenda in Lincolnshire and we would love for you to be involved.

Opportunities include:

- Support a good understanding of the Young Carers/Carers agenda.
- Support ways to enable other young people to gain a greater understanding of the Young Carers/Carers agenda.
- Participate in the Lincolnshire Carers Quality Award Assessment Panel.
- Support the development of Young Carer/Young Adult Carer promotion, for example developing videos.

For more information please contact Julie Goy:

julie.goy@every-one.org.uk

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@lincolnshirecvcs.org.uk

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/>



01205 510888
(Option 1
Boston)



emmajackson
@lincolnshire
cvcs.org.uk



Boston Youth
Ambassadors