

WELCOME

...to our twentieth 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.

Check out the 'Pioneer's Podcast' - a podcast for and by young people, discussing issues faced by young people during the Coronavirus pandemic. The first episode was recorded on 21st March 2020, and the most recent episode was recorded 4th February 2021. These episodes cover various topics that may have been affected by the pandemic - from education, to relationships, to the economy and young work-force.

<https://participationpeople.com/podcasts/>

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
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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!

The article 'What is Wellbeing' by What Works Centre for Wellbeing is an informative look at the varying definitions of wellbeing, which can be difficult to define and understand - this article works to challenge this confusion.

<https://whatworkswellbeing.org/about-wellbeing/what-is-wellbeing/>

The What Works Centre for Wellbeing has also conducted various studies into the effects 'Community Hubs and Green Space' have on wellbeing. Both a full report version and a briefing version are available at the below link:

<https://whatworkswellbeing.org/resources/places-spaces-people-and-wellbeing/>

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.

This Issue's creative activities are those you may not initially think of as creative - Making a scrap journal and Learning the basics of animation! However, these can both be incredibly creative and engaging in the long-term.

This step-by-step tutorial on creating an Envelope Journal, by Treasure Books, is easy to recreate and can be replicated in various different ways. It's perfect for all those extra pieces of paper you have lying around that you don't want to chuck away - collect them in an envelope journal!

<https://www.youtube.com/watch?v=VpXORek6Fa4>

This video, the '12 Principles of Animation', by AlanBeckerTutorials, goes through the basics of animation in a detailed, but easy-to-learn way - it's a great starting place to both learn the basics and get inspired at the same time!

<https://www.youtube.com/watch?v=uDqjldl4bF4>

Take the opportunity to learn something new:

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

The Open University provides the free course 'Understanding International Development', which can be viewed online or downloaded in a variety of formats. More relevant than ever, this course covers key themes of International Development in two case-study cities and various programmes that promote livelihoods among low-income people.

<https://www.open.edu/openlearn/understanding-international-development/>

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Project Opportunities

RECRUITING A COMMUNITY RESEARCHER

We are happy to promote an exciting opportunity to work as a local community researcher with a research team at the University of Exeter who are researching Brexit and Covid in Boston.

The team are seeking an enthusiastic and hard-working individual to assist with their fieldwork.

The role would include helping to recruit people in Boston aged 18-25 to participate in group discussions about what it is like to live in Boston, as well as their thoughts on, and experiences of, Brexit and Covid.

The candidate would also help to facilitate these discussions, for which training will be provided.

It is expected that all work will be conducted online, and will take place in April or May 2021.

This opportunity would provide invaluable experience of working with a university research team and would therefore be of particular benefit to a candidate seeking to apply for a university place.

The candidate will be paid £200.00 for a total of 10 hours work. If you are interested, or for further information, please email Dr Joshua Blamire (j.blamire@exeter.ac.uk) stating why you would make an ideal candidate for this role (max. 200 words).

You can find out more about the research project at:

<https://brexit-studies.org/belonging/>

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 the coming months.

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



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Boston Youth
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**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

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?

For more information please contact Julie Goy:

julie.goy@every-one.org.uk

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.



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Boston Big Local Environmental Projects

**Are you interested in helping to improve the local environment?
If so, Jackie Lane, the Environment Volunteer Coordinator, would love to hear from you.
There are all sorts of opportunities to get involved in.**

Now that lockdown restrictions are easing, we are starting to do some small litter picks around Boston, all equipment is provided, and we cover a small area litter picking for about 2 hours. We will also be doing some planting in public open spaces and other environmental improvement projects in the coming months so please get in touch if you would like to be involved.

We are also introducing a new project: Boston Naturehood. We will be working with Lincolnshire Wildlife Trust to build nature into our public spaces to benefit people and wildlife. We are creating a nature trail throughout the town. The first stage is to arrange for ecological studies to be carried out at various sites, management plans will be prepared and then we will be inviting the community to work with us to create wildlife habitats and take part in planting projects.

Please contact Jackie Lane if you would like more information and to get involved:

jackielane@lincolnshirecvs.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
<https://greaterlincsjobsfair.co.uk/>

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



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