

YOUNG & FREE

~THE FUTURE OF INTEGRATION~

Newsletter

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Autumn 2011

Young and Free have their own office

On 1st August 2011, Young and Free officially moved into their very first office space at the Vassall Centre in Fishponds. As you all know, the work of running the charity has always been done from the homes of volunteers such as Pat and Marie and our Project Coordinator, Ligia, has also been working from home. Having our own official office will mean that the day to day running of Young and Free will be carried out in an office environment. This is beneficial from the point of view of everyone concerned because it will keep charity business separate from private life and the home environment. It will also provide a suitable base from which to receive visitors. Ligia, who will be the main user of the new office said, *"It is great to finally have a place to work away from my dining room table! Being at the Vassall Centre is fantastic because it is used by so many other organisations concerned with young people and disability thereby providing a great means by which to network"*.

Y&F Members achieve volunteering award

Many congratulations to four of our members who this summer achieved the Community Volunteering Qualification. Lisa Manners, Jessica Lakin, Ben Holbrook and John Langley all worked very hard during the year and were rewarded for their efforts at a recent award ceremony hosted by the City of Bristol College.

Lisa Manners wrote of her experience. This is what she had to say. *"We had a lovely time at the awards ceremony on Wednesday 3rd August. After a short talk on volunteering and how important it was, me and Jess received our certificates for the volunteering course we did for "Young & Free". I took my camcorder so that I got a permanent record of the evening. My family and friends are very proud of my achievement"*.

Young and Free has always encouraged its members to become involved in various aspects of running the charity. To achieve their awards, Lisa, Jess, Ben and John all had to attend a series of sessions run by City of Bristol College. During these sessions they were required to talk about and discuss what it means to be a volunteer and their involvement in the Charity. With the help of tutor Rebecca Lloyd, they each had to complete a workbook detailing what volunteering is and their individual roles as volunteers. We are aiming to enrol more members next year so if you are interested please contact Ligia.



Lisa and Jessica with their tutor Rebecca Lloyd

Tri-together

Young and Free member, Beth Richards, recently took part in the swimming section of a triathlon. Tritogether is organised by Leonard Cheshire Homes with the aim of getting disabled and non-disabled people to swim, bike or run together.



"I took part in the swimming section of a Triathlon on Sunday 11th September 2011 at Crystal Palace in London, I was excited about being part of it. I had to swim 16 length, I took me about 10 minutes! It was a really enjoyable fun day, I loved every minute of it! I absolutely would to it again, if I had the chance."

(Beth Richards, left centre with two fellow athletes)

Member of the Month Naomi Roach and Volunteer of the Month Colette Buckley

Colette and Naomi are regular buddies. This is what each of them had to say about their experiences:-

Colette -

What's not to love about meeting up with a group of happy and kind hearted people? I joined Young & Free as I wanted to meet new people and start a new social circle when many of my friends moved away from Bristol for jobs or Uni - I certainly landed on my feet when I met Naomi; the definition of fun loving!!! I'm really looking forward to many more social events with Young & Free in the future!



Naomi -

Hi my name is Naomi. I really enjoy the different activities that we are given and making new friends. I love both the members and the volunteers of Young & Free. Colette, Olivia, Robyn and Abbie are my main buddies and I've befriended some of the members too. I like that I get to spend time with people who also have disabilities. I love that Young & Free gives me the opportunity to get out and about in Bristol, such as, going to the pub, going clubbing and to the cinema.

Joining Y&F

If you are interested in becoming a member or volunteer, would like further information about the charity or would like to help in any way please contact:-

Ligia Farrow

Tel: 0777 6252320

Email: l.farrow@youngandfreecharity.org.uk

Up coming events

Sunday 2nd October – Quiz Afternoon

Sunday 16th October—Disabled Skiing

Sunday 13th November—Bowling

Sunday 4th December—Christmas meal

This newsletter is produced by:-

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