

UNITY PROJECTS

WEEKLY SESSIONS AT UNITY

On Tuesday and Wednesday evenings from 5 – 7 pm sessions are held at Unity for young people aged 13 – 19 yrs. A variety of programme is offered to young people to meet their needs, enhance their learning and understanding to help them make informed choices and raise awareness of issues that may affect their every day life through group discussion and inviting outside speakers. Unity has a range of facilities including internet, play station. Wii. Music, art/ craft and other games to provide opportunity for socialising

Residential experience

Two very successful personal development residential experiences have been undertaken at the Outward Bound Centre, Aberdovey in Wales. Each visit involved short intensive experience of physical and mental challenges for groups of 24 young people of different gender and cultural backgrounds, aged 13 – 19. The emphasis was working together in teams to support cultural cohesion and understanding and breaking down the barriers. All activities were delivered under the guidance of trained Outward Bound Staff who specialise in team building.

New friendship groups developed through this project, which extended in to school and the community.

We hope to offer similar experiences this summer and October half-term.

GIRLS GROUP

This group meets after school from 3 – 5 pm and is open to all young women who are at Leon School. A wide range of activities are offered aimed at increasing cultural awareness and integration. These activities have involved working together on multi cultural dance, cooker, self image, self defence and traditions such as wedding and International Women's Day. All girls enjoy learning about each other's cultural and sharing their experiences.

The project is funded by Bletchley & Fenny Stratford Town council.

LUNCH TIME DROP IN

Since the beginning of November Unity has opened its door as a drop in centre from 12.30 – 2.00 pm on Wednesday and Thursday. This gives young people, mainly from Bletchley College, the opportunity to meet each other socially, use the internet, play computer games and have refreshments, in a warm safe, welcoming environment.

The aim of the drop in session is to provide a venue for young people of college age from a cross section of the community and cultures to meet and socialise. It gives a unique opportunity for Unity to interact with young people from the college to learn about their needs and offer opportunities for them to take part in other community and youth projects. The project has made a very promising start with increasing number of young people showing interest in helping with other projects.

FOOTBALL SESSION

For the past four years Unity has provided weekly opportunity for young men of mostly Bangladeshi background to train and play football at Bletchley Leisure Centre. Sessions last for an hour and a half and are mostly led by Youth Workers but also have involved coaching sessions with professionals from MK Dons and local football clubs. The session gives young men a feeling and appreciation of their skills. They learn team building skills and self discipline, acting on instructions and enhancing of their feeling of self worth and self esteem.

Connexion's drop-in

This is a joint initiative in partnership with Connexions. Every Thursday from 2-30-4.30pm a connexion's advisor is available to provide career support and guidance as well as practical help to young people who are not in employment, education or training such as CV writing , interview practice, filing job application forms and presentation skills.