

January - March 2023 | Issue #01

YES TODAY

QUARTERLY UPDATES AND NEWS
FROM YES - COLCHESTER & TENDRING

**"WELCOME TO OUR FIRST EVER ISSUE
OF THE YES TODAY NEWSLETTER!"**



It's been a busy first few months of the year
- so far we have celebrated the launch of
our brand new website, refreshed our
GoGreen programme to reach even more
young people and invested in additional
capacity for our housing and maternity
services and we're looking forward to
another impactful year."

DR. DAVID SOLLIS, CEO

Thanks for subscribing to the YES Today
quarterly newsletter, the best way to keep
up with everything we do here!

This issue will focus on our fantastic
London Marathon runner, the exciting
new changes to our GoGreen programme
and how you could join us as a Friend or
volunteer!



Supporting Young People

FUNDRAISING SUPERSTARS

Patrick Gilligan SMASHES London Marathon Goals!



Patrick Gilligan is representing YES in the London Marathon this year. He has successfully raised over £2000 so far, smashing his initial fundraising goal! We caught up with Pat, to ask him a couple of questions about what it has been like to train for the London Marathon...

HOW DID YOU FIRST HEAR ABOUT YES?

About a decade ago.

My aunt, Claire works at YES as the Housing Officer. At the time, they were doing a fundraising hike up Snowden - me and my dad tagged along!

WHAT IS YOUR FAVOURITE THING THAT OUR CHARITY DOES?

I love how hands on the charity is and I can feel confident knowing that the money I raise will be directly impacting the lives of young people that need the support!

WHY ARE YOU CHOOSING TO SUPPORT YES?

I was fortunate enough to have very happy teenage and young adult years, surrounded by supportive family and friends. Unfortunately, that is not the case for many young people and I'd love to do what I can to help make a difference- especially as times get harder.

"I THOUGHT I WOULD NEVER EVER DO A FULL MARATHON. BUT HERE WE ARE!"

HAVE YOU EVER RUN A MARATHON BEFORE?

Never done a marathon before so this is new to me. I did a half marathon a couple of years ago.

After finishing that, I thought I would never ever want to do a full marathon. But here we are!

WHAT IS YOUR FAVOURITE TIME OF DAY TO RUN?

To be honest, I'm not the best at getting up in the morning so I tend to go in the evenings after work.

I'm using the fact that it's icy in the mornings as an excuse. I'll have to think of another one when it gets warmer.



If you'd like to further support Pat, you can visit his online fundraising page [here](#). The London Marathon is taking place on Sunday 23rd April 2023.

LATEST OFFERINGS

What do we have planned for the next quarter?

GOGREEN PROJECT REJUVENATED

YES have some exciting changes in the pipeline for our **GoGreen Project**, offering more opportunities to engage with young people than ever before.

From early April, we will be offering three separate programmes for our young people.

INTRODUCTION TO HORTICULTURE

Mondays

11:00am - 1:00pm

Take part in our ten week course in collaboration with Beth Chatto's, gain a new qualification!

AFTER SCHOOL GARDENING

Wednesdays

4:30pm-6:00pm

Make some new friends and pick up some gardening skills along the way, over five sessions.

GARDENING CLUB

Fridays

11:00am-1:00pm

Take part in our GoGreen club, a space for anyone between 11-25 to come and spend some time outdoors.

EMPLOYABILITY AND BENEFITS ADVICE DROP IN DATES APRIL-JUNE

Drop-In Sessions by the Community Support & Employment Officer from Colchester City Council will be continuing at YES between 11am-1pm on the following dates:

- 5th April
- 17th May
- 19th April
- 14th June
- 3rd May
- 28th June

For a full list of dates, [please see our website](#).



BACK TO THE FUTURE, WITH THE FRIENDS OF YES

Coinciding with our 35th birthday celebrations, we are actively seeking people to join our friends of YES group. We are looking for people who have benefited from our services, such as previous service users, friends and families, as well as former staff and volunteers.

If you have a story that you would like to share with us, please contact Vivienne and Lauren at friends@colchesteryes.org.uk.

Further opportunities to follow.

STAFF SPOTLIGHT



AMBER

GoGreen Project Lead

"WE TEND TO ASK THE YOUNG PEOPLE WHAT THEY WANT TO GROW... THE CHALLENGE CAN BE HALF THE FUN!"

FOR THOSE WHO HAVEN'T HEARD OF IT YET, WHAT IS THE GOGREEN PROJECT?

GoGreen's a Gardening Club for young people, with sustainability and mental wellbeing at the forefront of everything we do!

We currently support a group aged 16-24, however I do have scope to take kids as young as 11 and I'm in the process of tailoring the gardening groups so that I can have the younger children separate from some of the older ones, but generally speaking the ages seem to mix quite well and support each other.

WHAT'S IT LIKE WORKING AT YES?

I love working at YES because of how different the environment is for everyone who shares our space, whether it's staff, volunteers or the young people themselves. Everybody will go that extra mile and you get the feeling that the staff here genuinely care for our service users.

I've found that the staff are supportive of each other's projects and will help and assist and really give you good feedback.

WHAT'S GOING ON IN THE GARDEN AT THE MOMENT?

We're gearing up for another busy year, it's early April so we're getting going with seed sowing, starting with tomatoes and peppers, lots of sunflowers...if they want to grow, we'll give it a go!

We tend to ask the young people themselves what they're interested in growing, since it's their garden. The challenge can be half the fun!

...AND WHAT HAVE THEY REQUESTED THIS YEAR?

A couple of them are quite interested in growing herbs, so we're gonna be doing some herb sowing soon.

We're also going to be planting some lavender, which I haven't grown from seed before. It'll be a new experience for everyone!

WHAT DO YOU ENJOY DOING OUTSIDE OF WORK?

I love being outside whenever I can, I swim a little bit outdoors and love taking the dog for nice long walks.

INSIDE YES

Internal News and Charity Updates

ALISTAIR STEPS DOWN AS CHAIR OF TRUSTEES, AFTER FOUR YEARS OF SERVICE



Alistair McGarry has chosen to step down from chairing our board of trustees after four years with the charity.

He has overseen a period of great change within the charity during his time here at YES, that has included everything from choosing a new CEO to guiding the charity through COVID.

We wish Alistair all the best with his new ventures.

NEW LIVED EXPERIENCE VIDEO – CLAIRE

In our latest Lived Experience video, Claire shares how YES has made a positive impact on her life through engaging with our various projects and programmes.



With special thanks to **Big Picture Charity Films**, who shot and edited this short film.

OUT AND ABOUT

YES in the Local Community

INTEGRATED CARE BOARD

David, Julie and Rosie represented YES at the Integrated Care Board in March this year.



WOMEN'S HEALTH FESTIVAL

YES attended the Women's Health Festival 2023, hosted at Firstsite Colchester.

C360 VOLUNTEERS' FARE

Vivienne and Lauren recently attended Community 360's Volunteers Fare in search of new mentors.



PARTNER'S PERCH

Funders and Partners' Updates

CVST CELEBRATES 50 YEARS

Community Volunteer Services Tendring celebrated 50 years of supporting the local community through engagement and support programmes.

CVST was founded in Clacton in February 1973, under the name Clacton Council of Social Services.

This event was attended by our CEO Dr. David Sollis, as well as YES Mentoring Project leads Vivienne and Lauren.

CVS Tendring work alongside YES by funding our mentoring programme in the Tendring area.



*Dr. David Sollis pictured with
CVST CEO Sharon Alexander*



NEST (SLOW COOKERS PROJECT)

We collaborated on a new project alongside the North Essex Support Team (N.E.S.T.) to provide young parents with their own slow cookers, as well as weekly cooking lessons where they were shown a variety of useful and themed recipes, having also been provided with ingredients to bring home and try themselves.

"AS A FULLTIME MUM, OWNING A SLOWCOOKER HAS BEEN A LIFESAVER - THE RECIPE CLASSES HAVE BEEN FAB, TOO!"

This incentive was a great idea and our young mum group loved the recipes included, asking whether this could be extended in some way in order to learn more recipes.

GET INVOLVED!

YES is an independent charity, supporting up to around 8000 young people per year.
We are always looking for support with time, stories and funding.

Please email us at info@colchesteryes.org.uk if you would like any further information about fundraising or volunteering opportunities.

VOLUNTARY POSITIONS

FRONT OF HOUSE

Internal Admin Support

We are looking for volunteers to work in our reception area.

You will likely be the first person that our service user sees, so a friendly attitude is an absolute must!

Duties will include answering the doors and phone, as well as general admin.

GAMES MASTERS

Dungeons & Dragons Group

We are looking for volunteers with experience running D&D games for as a GM, as part of the ongoing expansion of our D&D Project.

Prospective GMs should be able to commit to a 3-6 month campaign or willing to run one-shots for groups of young people.

MENTORS

Mentoring Programme

We are currently revitalising the mentoring programme and are now looking for volunteers to mentor young people in Colchester & Tendring.

Regular support and training will be provided to all mentors.

SUPPORTING YES

We offer a variety of ways to directly support the work that we do, whether you are an individual that believes in YES, a company looking for a suitable charity to raise money for through your Corporate Social Responsibility (CSR) Programme or even if you wish to partner with us on an exciting new project.

Find out more about supporting our organisation at www.yesyouthenquiryservice.org.uk



**DIRECT DONATIONS CAN BE MADE
THROUGH OUR PAYPAL ACCOUNT.**