

NUH Youth Service

Stay Home Edition



Ideas and activities to keep our minds
and bodies as active as possible during
the lock down period.



A Big Warm Welcome!

FROM all the staff, volunteers and young people at NUH YOUTH SERVICE WE WANT TO GIVE YOU A BIG WARM WELCOME TO OUR SERVICE, ESPECIALLY IF YOU ARE ENTERING IT FOR THE FIRST TIME—OR IF YOU ARE A REGULAR. THESE ARE VERY STRANGE TIMES WE ARE EXPERIENCING AND IT IS IMPORTANT THAT NOT ONLY YOU GUYS AT HOME ARE EXPERIENCING IT FOR THE FIRST TIME, BUT SO IS THE YOUTH SERVICE! SO WE HAVE CREATED THIS ACTIVITY BOOK TO HELP YOU ALONG THIS JOURNEY WE ARE ALL ON TOGETHER

Contents

YOUR LOCKDOWN TEAM....

ZOOM CHAT ROOM.....

AQA NIGHT.....

TUESDAY'S ZOOM CLUB....

NUHYS HAPPY HOUR.....

COVID 19 CAPSULE.....

So that we know who this book belongs to and to use it as a running log of all your achievements and doodles, please fill in the information below!

Full Name:



Keep your eyes out for information around each session

All sessions are done using

Zoom app



You can download them using either

Apple Store or Google Play





DONNA

Youth Service Manager

Contact: 07595 285042

Question: Donna has a Moose and a Wally, but which one are dogs?

SIAN

Senior Youth Worker

Contact: 07812 268784

Youth Club Fact: Holds the Youth Club's highest score on Just Dance



BEN

Youth Development Worker

Contact: 07595 285041

Fun Fact: Ben will mention his hair, frequently.

CLARE

Renal Youth Development Worker

Contact: 07812 276104

True or False: Clare is fluent in Spanish-ish



VOLUNTEERS

Our very own (and amazing) volunteers!

We have a great group of volunteers from all different backgrounds and ages that aim to make sure your time with us is the best one

Have you managed to join our Zoom Chat Room

sessions? Such a great way to drop in and out of chats. Talk about life and pizza and generally all things amazing.

Meet new people or even some of our team.

Discuss topics or even work towards an AQA



**Join us
Mondays at 4pm**



**The
Zoom
Chat Room**



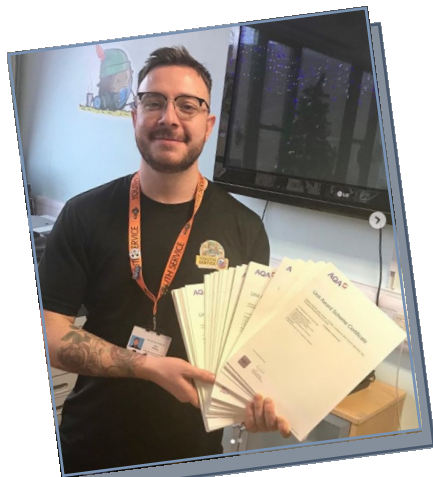
Monday's 4pm

Use the Code: 938 0855 7413

Password: 184577



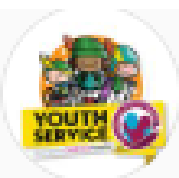
Come and earn your very own AQA by joining in with our AQA Youth Night. Track back via **Instagram** and **Facebook** to some of our previous videos so you can join in any time!



AQA 



Follow our step by step guide, join in, submit your entries and receive your AQA. Come and see our live AQA run through on **Wednesday at 7pm**



nuhyouth
NUH Youth Service



NUH Youth Service
@nuh.youthservice

AQA

Checklist

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List your completed AQA's in the box above

NHS

Tuesday's Zoom Club

Stay Home Edition



**YOUTH
SERVICE**

Nottingham Children's Hospital



Zoom YOUTH CLUB



Tuesday's
8PM

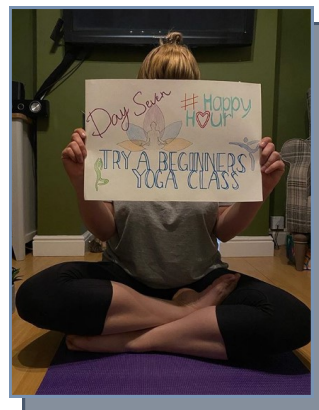
I.D:

696 566 576

Password:

142273





DO
MORE
OF
WHAT
MAKES
YOU
HAPPY

JOIN US FOR A POSITIVE WELLBEING BOOST
EVERY THURSDAY AFTERNOON

LEARN TOP TIPS FOR
STAYING

POSITIVE DURING
LOCKDOWN,

DEALING WITH STRESS &
ANXIETY AND USEFUL
EXERCISES TO HELP
CLEAR THE MIND.

WE WILL BE ONLINE EVERY THURSDAY AT 4PM
THROUGHOUT LOCKDOWN

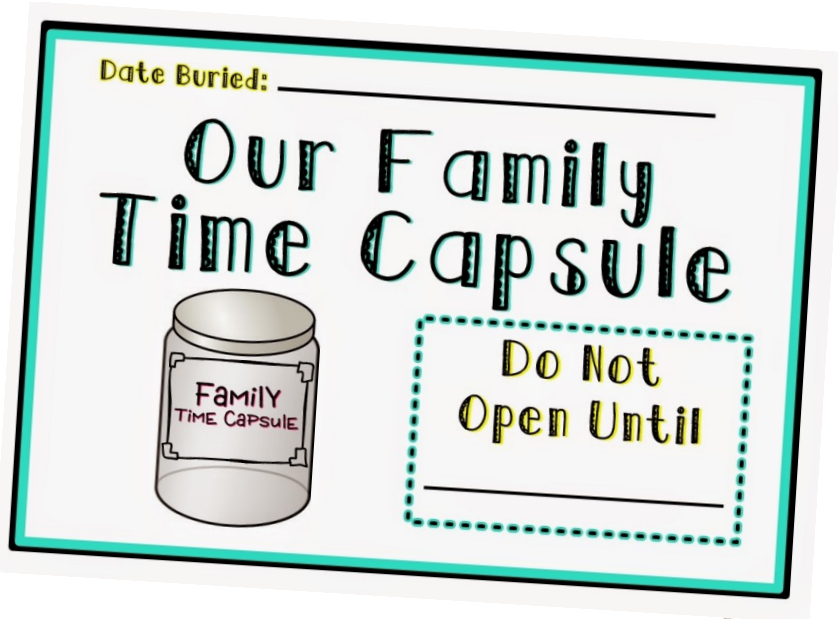
Thursday's 4pm

LIVE ON

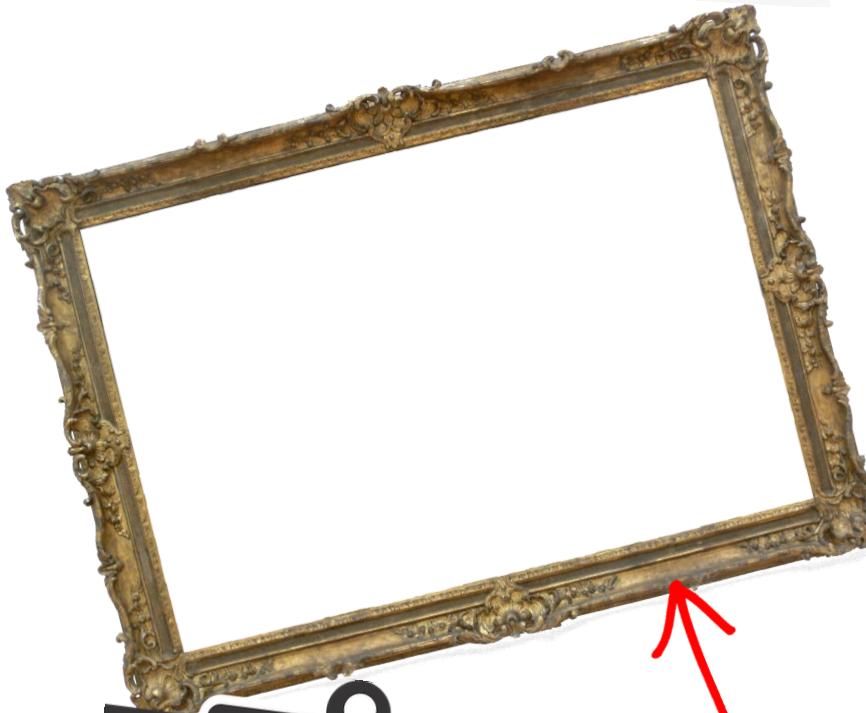


@NUH.YOUTHSERVICE





3 THINGS YOU WILL DO
ONCE THIS IS OVER



<input checked="" type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

Checklist

- ☒
- ☒
- ☒
- ☒
- ☒
- ☒
- ☒
- ☒

PICTURE OF
YOU

WHAT HAVE
YOU ACHIEVED



On behalf of everyone from the Youth Service, we would like to say a massive **Thank You** to all the staff and volunteers that are working tirelessly to support us all during these strange times



@NUH.YOUTHSERVICE



@NUHYOUTH



@NUHYS



www.nuhyouthservice.org.uk