:::: Useful Information

Apprenticeships & Jobs

- ♦ gov.uk/apply-apprenticeship
- ♦ qov.uk/jobsearch
- ♦ indeed.co.uk
- ♦ nationalcareersservice.direct.aov.uk

NYCC Children and Families' Service:

- Support given for young people aged 16 19 years old who are not in Education, Employment or Training.
- Young Parent's Group (Parents under 25 years old)

More info-01609 536 206

<u>Community Works</u> thirskclock.com

An independent charitable organisation delivering services to young people and adults across North Yorkshire. *Services include:*Support, activities & learning opportunities.

Health

- Barnardo's-Prouder Communities barnardos.org.uk/what-we-do/supportingyoung-people/LGBTQ
- ♦ Yorsexual Health yorsexualhealth.org.uk
- ♦ MESMAC mesmac.co.uk
- ♦ Young Minds youngminds.org.uk
- ♦ FRANK talktofrank.com
- ♦ Compass compass-uk.org/compass-reach
- ◆ Compass Buzz -text support service. Tel:07520 631168
- Healthy Choices a family-focused package of support for children and young people age 5-19 years who are above a healthy weight - Call: 01609 798 081
- ♦ Growing Healthy North Yorkshire: Healthy Child Team Call: 01609 780 780
- Kooth—online counselling and emotional well– being kooth.com/
- The Go To —young people's wellbeing & mental health support -thegoto.org.uk
- Darlington Mind—young people's mental health support—crew@darlingtonmind.com

Prince's Trust

♦ stockton.ac.uk/princes-trust

AWS - Army Welfare Service

 Information hives at Dishforth, Ripon and Topcliffe - www.army.mod.uk/personnel-andwelfare/hives

Housing

- ♦ sash-uk.org.uk
- hambleton.gov.uk/info/20036/housing/264/ housing_options_for_younger_people

Young Carers and Young Adult Carers

♦ hrcarers.org.uk

<u>Libraries</u> (northyorks.gov.uk/article/23969/Local -libraries)

 Bedale, Easingwold, Great Ayton Discovery Centre, Northallerton, The Globe- Stokesley and Thirsk

Sports

- ◆ ParaSport parasport.org.uk
- ◆ North Yorkshire Sport northyorkshiresport.co.uk

Fearless

 A way to report crime anonymously fearless.org

Online Safety

- ♦ Think U Know thinkuknow.co.uk
- ♦ Child Exploitation and Online Protection (CEOP) - ceop.police.uk

Support Help Lines

- ♦ Childline Call: 0800 1111 childline.org.uk
- ♦ NSPCC Call: 08088 005 000 nspcc.org.uk
- ♦ IDAS (Domestic Abuse Service) idas.org.uk
- ♦ Domestic Abuse Helpline 03000 110 110
- ♦ Rape Support Line 0300 111 0777

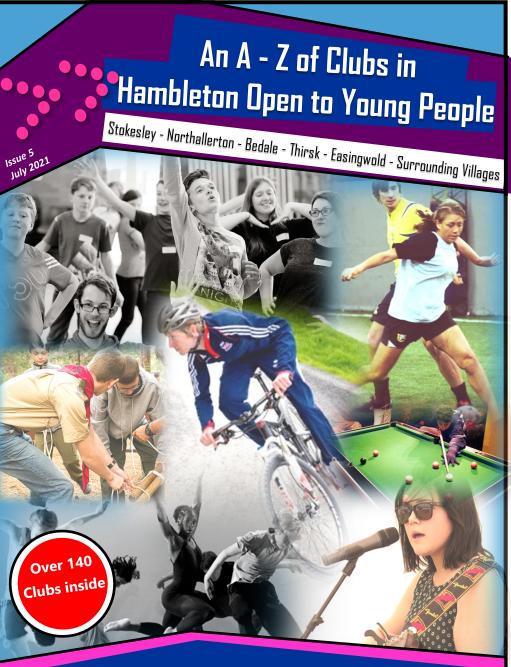
Police and Crime Youth Commission-

northyorkshire-pfcc.gov.uk/for-you/young-people/youth/

This booklet has been produced by:

North Yorkshire Youth Carlton Lodge Activity Centre, Carlton Miniott Thirsk, YO7 4NJ Tel: 01845 522 145 Email: info@nyv.org.uk





Please note that age limits vary and there may be costs to take part in activities publicised. There may also be restrictions due to COVID. All information provided in this leaflet



<u>Air Cadets</u> (https://www.raf.mod.uk/aircadets/find-a-squadron/north/central-east-yorks-wing-hq/2337-northallerton)

- ♦ 2337 Northallerton (DL6 1PF)
- **♦ 2487 Easingwold** (YO61 3DA)
- ♦ **110 Linton** (YO30 2AJ)

Archery

♦ Thirsk Bowmen - www.thirskbowmen.org.uk/junior-coaching

Army Cadets (www.armycadets.com)

- Northallerton Army Cadets
- ♦ Stokesley Army Cadets
- ♦ Thirsk Army Cadets

Arts

- ♦ Creative Humans Northallerton Forum for all ages www.forumnorthallerton.org.uk
- ◆ Scribble Zones Art and Computer Animation Group Northallerton Library 4:00pm until 5:30pm every Monday
- ♦ Northale Weekend Arts Group Northallerton for young people with a special need or disability www.northale.org.uk
- ♦ Rural Arts Thursday and Saturday Art Clubs Thirsk For ages 5 to 18 www.ruralarts.org Athletics
- ♦ The Allerton Junior Athletics Club Search for this group on Facebook Badminton
- ♦ Bedale Badminton Club www.bedalebadminton.org.uk

Boccia

♦ Northallerton Boccia Club - For all ages and abilities - www.hambleton.gov.uk/info/20064/ sport and physical activity/327/inclusive sport/3

Boxing

- ♦ Northallerton Boxing Club Northallerton Forum www.forumnorthallerton.org.uk Cricket
- ♦ Great Ayton Cricket Club www.greatayton.play-cricket.com
- ♦ Northallerton Town Cricket Club www.northallertoncc.co.uk
- ♦ Bedale Cricket Club www.bedale.play-cricket.com
- ♦ Easingwold Cricket Club www.easingwoldcricketclub.co.uk
- ♦ Thirsk Cricket Club www.thirsk.play-cricket.com
- ♦ Sessay Cricket Club www.sessaycc.co.uk

Dance

- ♦ Butterfly School of Dance Thirsk www.butterfliesdance.com
- ♦ Curve Dance Leeming, Easingwold and Northallerton www.curvedance.co.uk
- ♦ The Red Shoe School of Dance www.theredshoesschoolofdance.co.uk

Fishing

- ♦ Northallerton Angling Club www.nadac.org.uk
- ♦ Sowerby Angling Society www.sowerbyanglingsociety.com
- ◆ Thirsk Angling club, juniors—Steve on 07967 945473 or Stuart on 07740 803434 or email: thirskac@gmail.com

BORED? **COMPLAINING? Have Your Join Your Local Youth**

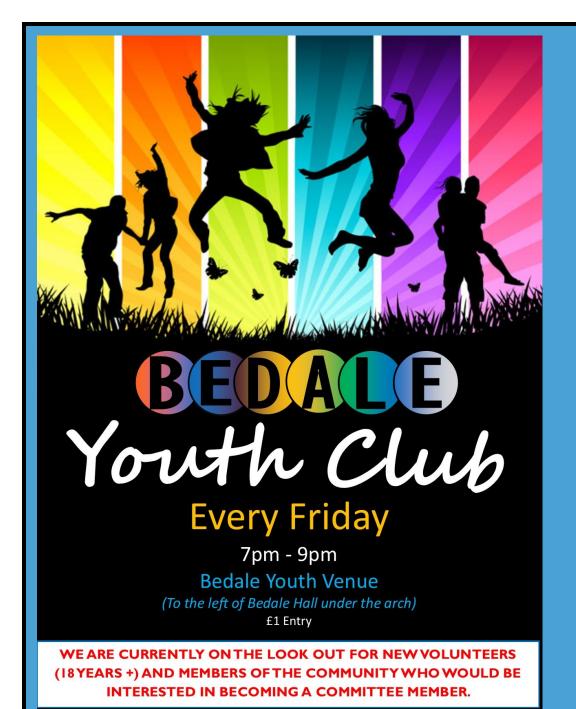
Great Leadership
Experiences, Make
Friends, Develop
Skills, Make
Connections with
Local Government
and Businesses,
Influence Change

A great chance for online opportunities during the current government guideline

For more info
Instagram @nyccyouthvoice

Email Vip@northyorks.gov.uk
Facebook @northyorkshireyouthvoice

*up to 25 for young people in care or SEND



Here to support voluntary youth clubs and projects...





North Yorkshire Youth (NYY) offer support and advice to set up, develop and sustain community youth clubs and projects across North

Yorkshire. If you are interested in making a difference in your community and working with local young people then we'd love to hear from you.

For more information please contact
Panda Gledhill
Youth Development Worker
Hambleton
panda@nyy.org.uk

For more information email Nicky Smith - Nicky@hambletoncommunityaction.org



Football

- ♦ Great Ayton Football Club Facebook: Great Ayton Cricket and Football Club Official
- ♦ Thirsk Falcons Football Club www.thirskfalcons.org.uk
- ♦ Easingwold Football Club www.easingwoldtownafc.com
- ◆ Stokesley Football Club www.stokesleyfc.co.uk
- ♦ Bedale Football Club www.clubwebsite.co.uk/bedalejuniors
- ◆ Brompton Football Club Northallerton www.bromptonjuniorsfc.co.uk
- ♦ Northallerton Football Club www.pitchero.com/clubs/northallertonjuniorsfc

Girl Guides (www.girlguidingnyne.org.uk) (*also have a senior section)

Northallerton*, Bedale*, Sowerby, Easingwold*, Vale of Mowbray*, Great Ayton*,
 Swainby, Kirby Fleetam, Crakehall, Romanby, Welburry

Golf

- ♦ Stokesley Driving Range and Foot Golf www.stokesleygolfrange.co.uk
- ♦ Bedale Golf Club www.bedalegolfclub.com
- **♦ Thirsk and Northallerton Golf Club** www.tngc.co.uk
- ♦ Romanby Golf Club www.romanby.com
- ♦ Easingwold Golf Club www.easingwoldgolfclub.co.uk

Gymnastics

 Richmondshire Gymnastics Club - Satellite club in Thirskwww.richmondshiregymnastics.co.uk/schools

History

- ♦ Northallerton and District Local History Society www.northyorkshistory.co.uk Hockey
- ♦ Northallerton Hockey Club www.pitchero.com/clubs/northallertonhockeyclub
- ◆ Thirsk Hockey Club www.pitchero.com/clubs/thirskhockeyclub
- ♦ Stokesley Hockey Club www.pitchero.com/clubs/stokesleyhockeyclub

Horse Riding

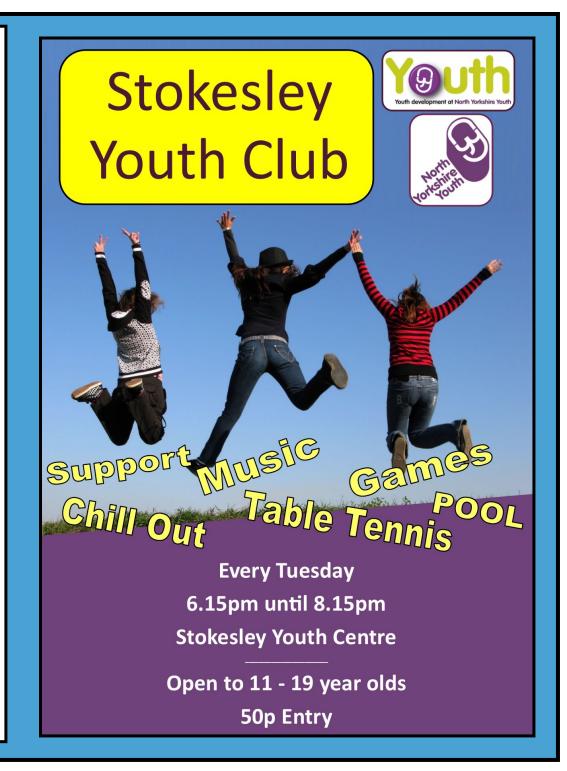
- ♦ Northallerton Equestrian Centre www.northallertonequestriancentre.co.uk
- ♦ Darrowby and District Riding Club Thirkleby, Thirsk www.darrowbyrc.co.uk Kayaking and Canoeing
- ♦ Hambleton Paddlers www.hambletonpaddlers.co.uk

Leisure & Fitness Centres

- ♦ Northallerton Leisure Centre www.hambleton.gov.uk/zest
- ◆ Bedale Leisure Centre www.hambleton.gov.uk/zest
- ◆ Stokesley Leisure Centre www.hambleton.gov.uk/zest
- ♦ Thirsk and Sowerby Leisure Centre www.hambleton.gov.uk/zest
- ♦ **Galtres Centre** Easingwold www.galtrescentre.weebly.com/health--fitness.html

Martial Arts

- ◆ J.S. Karate Academy Crakehall (Bedale), Thirsk, Northallerton www.jskarateacademy.co.uk
- ♦ Taekwondo Northallerton Forum www.forumnorthallerton.org.uk
- ◆ T'ai Chi Qigong Across Hambleton www.valeofyork-qiqonq.co.uk
- ♦ The Karate Dojo Thirsk www.thirskkaratedojo.co.uk



Young Farmers - (www.yfyfc.org.uk - You don't have to be a farmer to be a member!)

- Great Smeaton
- Ingleby Cross
- Stokesley
- ♦ Thirsk
- ♦ Easingwold
- ♦ Northallerton

North Yorkshire Youth (Direct Delivery)

Stokesley Youth Club - Every Tuesday at Stokesley Youth Centre (on the Stokesley School site)
 6:15pm-8:15pm for 11 - 19 year olds - Email: Sally@nyy.org.uk

Hybrid Clubs (NYY and Community led clubs)

- ♦ Bedale Youth Venue— for more info contact panda@nyy.org.uk
- ♦ Northallerton Youth Space—Email Jayne@nyy.org.uk

<u>Community and Voluntary Led Youth Clubs (Members of North Yorkshire Youth - for more information please contact panda@nyy.orq.uk</u>

- ♦ Borrowby Kidz
- **♦ COZIE Youth Club**
- ♦ Easingwold Youth Council
- ♦ East Cowton Youth Group
- ♦ Hambleton & Richmondshire Young Carers
- ◆ JAM (Easingwold)
- ♦ JAM Create (Easingwold)
- ♦ Leeming Bar Youth Club
- **♦ Northallerton Explorer Scouts**
- ♦ Scribble Zones
- ♦ St.Gregory's Youth Group

Other known Youth Clubs

- ◆ **St Oswald's Youth** *Sowerby (Thirsk) www.stoswaldsowerby.org.uk*
- ♦ Boys Brigade Northallerton http://thirskandnorthallertoncircuit.org.uk/node/34
- ◆ Girl's Brigade Northallerton www.thirskandnorthallertoncircuit.org.uk/node/35
- ◆ 12-18 year olds meeting Hambleton Evangelical Church, Carlton Miniott (Thirsk)https://carltonminiott.com/9.html
- ◆ Thirsk Youth Club East Thirsk Community Hall every Tuesday 6-9pm https://www.facebook.com/ thirskyouthclub

The Clock Youth Clubs (Thirsk Clock - website: www.thirskclock.com - Call: 01845 524 494)

- Youth Cafe in Thirsk: (Term time only) Monday 5pm 6.30pm, years 5-9 (we welcome young people in years 9 and above who are interested in being a young volunteer in all of our youth clubs)
- ◆ Fun Factory in Northallerton: Wednesday (term time only) 5.00pm 6.30pm, years 2-7
- ♦ Fire Place in Stokesley: Tuesday (term time only) 5.00pm 6.30pm, Years 2 -7



Calling all Young People

Are you Feeling anxious

Fancy a chat?

Contact 07432 843161

Monday-Friday 10.00-12.00 noon

If you are aged between II and I8 and live or study in Hambleton and Richmondshire and finding the current situation difficult you can contact a dedicated helpline for a chat or txt.

If the telephone line is busy or unavailable please make contact via emailing crew@JarlingtonminJ.com.



Supporting the communities of Darlington, South Durham

Hambleton and Richmondshire

Multi-Sports

◆ Northallerton Multi-Sports Club - anyone with a special educational need or disability over the age of 11 - www.hambleton.gov.uk/info/20064/sport_and_physical_activity/327/inclusive_sport

Music

- ♦ Northallerton Music Centre www.northallertonmusiccentre.co.uk
- ♦ Group Guitar Lessons www.thorntonlebeansvillagehall.org.uk
- ♦ **NYMAZ** www.NYMAZ.org.uk
- ♦ North Yorkshire Music Hub—www.northyorkshiremusichub.co.uk

Netball

♦ Easingwold Netball Club - Facebook: Easingwold Netball Club

Outdoor Centres

- ♦ Carlton Lodge Activity Centre www.carltonlodge.org.uk
- ◆ Cote Ghyll Mill www.coteghyll.com/cote-qhyll-mill-yha/schools-youth-groups

Photography

- ♦ Forest of Galtres Camera Club www.easingwoldcameraclub.org
- ♦ Northallerton Camera Club www.northallertoncameraclub.com

Rugby Union

- ♦ Northallerton Rugby Club www.northallertonrugbyclub.co.uk
- ♦ Thirsk Rugby Club www.thirskrufc.co.uk

Running

- ♦ Easingwold Running Club www.easingwoldrunningclub.org.uk
- ◆ Park Run—https://www.parkrun.org.uk/
- ♦ Thirsk and Sowerby Harriers www.thirskandsowerbyharriers.co.uk

Scouts (For more information - Website: www.nys.org.uk)

- ♦ 1st Northallerton
- ◆ 1st Appleton & Welbury (near Northallerton)
- ♦ 1st Bedale
- ♦ 1st Brompton (near Northallerton)
- ◆ 1st Great Smeaton (Between Darlington and Northallerton)
- ♦ 1st Leeming (Near Bedale)
- ◆ 1st Romanby (near Northallerton)
- ♦ 1st Great Ayton
- ◆ 1st Hutton Rudby & Swainby (near Stokesley)
- ◆ 1st Kirby (near Stokesley)
- ♦ 1st Stokesley
- ♦ 1st Easingwold
- ◆ 1st Kyle Valley (Tholthorpe near Easingwold)
- ♦ 1st Moxby Moor (Huby near Easingwold)
- ◆ District Explorer Unit (Easingwold)
- Hillside (Knayton near Thirsk)
- ♦ 1st Topcliffe
- ♦ 1st Thirsk
- ♦ 1st Sowerby (Near Thirsk)



Squash

- ♦ Thirsk Squash Club www.thirskathleticclub.co.uk
- ♦ Bedale Squash Club www.bedalesquashclub.co.uk/juniors

Swimming

- ♦ Northallerton Amateur Swimming Club www.nasc.co.uk
- There are swimming pools at the following Leisure Centres Bedale, Thirsk and Sowerby, Hambleton (Northallerton) and Stokesley - www.hambleton.qov.uk/zest

Table Tennis

- ◆ Hackforth Table Tennis Club Hackforth (near Bedale) www.hackforthvillagehall.com
- ◆ Northallerton Rugby Club Table Tennis Club Facebook: Northallerton Rugby Club Cricket Club & Table Tennis Club
- ♦ Lovesome Hall Table Tennis Club www.tabletennis365.com/Northallerton

Tennis

- ♦ Leake Tennis Club Knayton (Thirsk) www.leaketennisclub.org.uk
- ♦ Northallerton Tennis Club Facebook: Northallrton Tennis Club
- ♦ Stokesley Tennis Club www.stokesleytennisclub.org
- ♦ Thirsk Tennis Club www.thirsktennis.org.uk
- ♦ Bedale Tennis Club www.bedaletennis.co.uk
- ♦ Stillington Tennis Club www.stillingtontennis.org
- ♦ Great Ayton Tennis Club www.greataytontennisclub.co.uk/juniors

Theatre

- ◆ Crash Bang Wallop Stokesley and Northalleton www.crashbangwallop.org.uk/academy
- FUSE Theatre Project for young people aged 11 25 with or without a special educational need or disability - https://www.ruralarts.org/fuse
- ♦ Easingwold Players www.easingwoldplayers.com
- ♦ Allerton Players www.allertonplayers.btck.co.uk



By becoming a Volunteer you could...

- Help others and change lives for the better
- Help a cause close to your heart
- ♦ Do something positive in your spare time
- Meet new people and make new friends
- Make your community a better place
- Learn new skills
- Share your skills with others
- Put what you are doing on your personal statement or CV
- Use your experience to get a job
- Give something back
- Receive recognition & praise, locally, nationally & internationally

There are some fantastic volunteering opportunities out there for a range of ages so please get involved now!

Volunteering Websites

- Vinspired www.vinsired.com/volunteer
- Community First Yorkshire —
 www.communityfirstyorkshire.org.uk/volunteering
- Volunteering Matters www.volunteeringmatters.org.uk

Please email panda@nyy.org.uk if you would like to:

Provide a volunteering opportunity for a young person

If you know of an adult (aged 18+) who would be interested in volunteering in a local youth project, Buddy Network or starting their own group.







Welcome to the Click Clever Click Safe campaign, brought to you by the UK Council for Child Internet Safety.

Internet safety advice for YOUNG PEOPLE



ZIP IT

Keep your personal stuff private and think about what you say and do online



BLOCK IT

Block people who send nasty messages and don't open unknown links and attachments



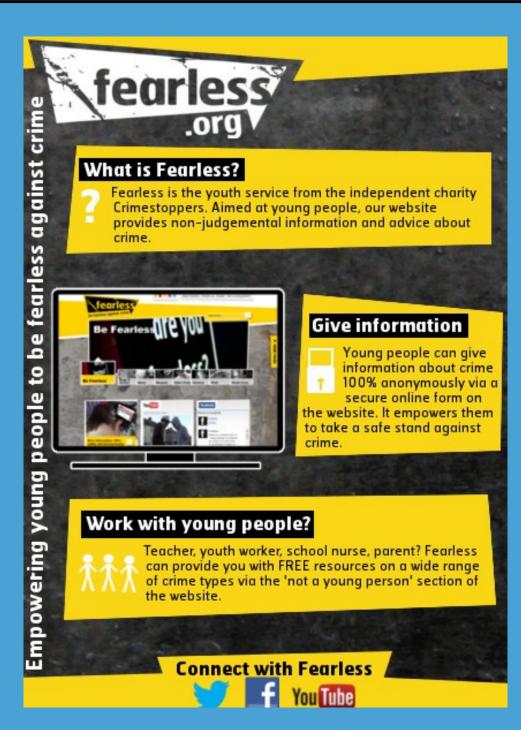
FLAG IT

Flag up with someone you trust if anything upsets you or if someone asks to meet you online.

The internet is a great way to see more, learn more and have lots of fun.

To help you enjoy it safely, you should follow the Click Clever, Click Safe Code.









Could you befriend a looked after child in North Yorkshire?

We would love to hear from people of all ages and backgrounds who want to make a positive difference to a young person's life.

An Independent Visitor (IV) is an adult volunteer who develops a friendship with a young person in care.

They will offer support and help a young person to develop new interests, skills and hobbies.

We are looking for volunteers who can offer one visit per month for a minimum period of two years.

For further information please contact:

Bev Knights: bev@nyy.org.uk

Tel: 07398 149496



What young people say about Independent Visitors:

"He made me forget about being in care and brought me up on my down days."

"Having an independent visitor has been the only stable thing in my life recently."

"She always comes when she says she will. She never lets me down."

independent visitors









For healthy minds in North Yorkshire

The Go-To website is the home of wellbeing and mental health for young people in North Yorkshire.

We're here to signpost young people, parents, carers and professionals to the right help and support.

Visit www.thegoto.org.uk





lave you ever used a service for young people and thought it could be etter? Help us by joining the NYCC Young Inspectors programme!

to access services? Want to connect with other young people

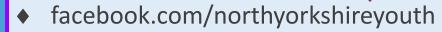
community's services? Influence it by joining your Youth Council group!

Interested? Contact: vip@northyorks.gov.uk 07973 762 347





Find us on...



instagram.com/northyorkshireyouth/

To add or update any entries in this leaflet please email panda@nyy.org.uk



develop







Be part of Generation Green

Allowing the next generation to access, enjoy and learn about our environment

We offer:

- Wild skills days
- Ranger days
- Ranger schools
- Residentials
- Green careers talks

Contact: Education Service, North York Moors National Park 01439 772700, education@northyorkmoors.org.uk

This project is funded by the government's Green Recovery Challenge Fund. The fund is being delivered by The National Lottery Heritage Fund in partnership with Natural England and the Environment Agency





North York Moors National Park

Green Recovery Challenge Fund



National Lotter Heritage Fund









Are you in school year 7 upwards? (up to 19 years of age)

Join North Yorkshire Youth for our Virtual

Chat n Chill Sessions Every Thursday evening 6-7pm

Bring a cuppa and join our youth workers and other young people in our zoom chill n chat for an informal friendly chat and meet new people. We chat but also learn about mindfulness and are occasionally joined by Matt from MIND to do some mindfulness exercises.

Email: jayne@nyy.org.uk for the zoom link

This year might look a little different but at times like this it is even more important that we stay in touch and talk.







'To help children and young people realise their full potential by enhancing and improving our range of learning and development opportunities

Adventure | Learning | Discovery





You can find out about the latest opportunities, different types of volunteering and what others have to say about Volunteering in North Yorkshire.

Please ring 01904 704177 or email <u>volunteersupport@communityfirstyorkshire.org.uk</u> for more information

North Yorkshire Young People's Drug and Alcohol Service



If you are a young person who lives in North Yorkshire aged 10-18, or 19-24 with SEND (Special Educational Needs and Disability) and need support around drugs or alcohol, we can help.

Our service is free, friendly and confidential.

We can help with:

- Support to improve your health and well being
- Support to stop or reduce alcohol or drug use
- Education and advice around drugs and alcohol
- Family support

We can also provide guidance to schools, colleges and other professionals.

Phone us or contact us via the email address provided to make a referral, or to discuss how we may be able to help.

Please call 01723 330730 (option 2) or 08000 14 14 80 (option 2) freephone

We are open 9am-5pm Monday to Friday.

Alternatively, you can email us:
NYYP.admin@humankindcharity.org.uk



The Calendar features
12 winning photographs taken
by young people from across
North Yorkshire.

There is a seasonal photo for each month, it will brighten up your wall and make a great Christmas gift.

£10.59 including postage, (proceeds will fund the project next year)

To order please contact Annalisa on:

01845 522145

or email: annalisa@nyy.org.uk

