

# Youth Voice NEWSLETTER

## FOREST YMCA

We engaged with **376** Young People This Month!



### Highlights of the Month



#### Hayes/Ealing

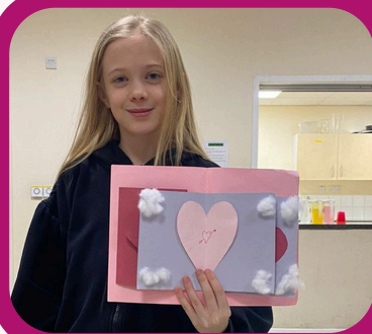
During February half-term, a group of young people from our Hayes and Northolt football sessions had a fab day out at NaVRtar in Ealing! NaVRtar is an epic virtual reality experience where you can battle it out in VR games. Where should we go next time?

**NEW GAME**



#### Walthamstow

We've been running a Period Poverty & Hygiene Project for young people, all thanks to Waltham Forest Council! In our sessions, we've had open and honest chats about basic hygiene, why it's so important, and how to look after ourselves. Plus, everyone who took part got a free toiletries pack filled with essentials.



#### RAF Northolt

At RAF Northolt, we celebrated Valentine's Day a little differently this year. We spent time making self-affirmation cards, filling them with positive thoughts, kind words, and reminders of just how amazing we all are. Sometimes, we're so busy hyping up others that we forget to do the same for ourselves!



#### Northolt High

This February half-term, we put on some awesome activities for our young people! From getting creative with arts & crafts, to chilling with friends at our movie night, and of course, the highlight - a pizza delivery with all the best toppings! Can't wait to do it all again next time!



### Become a Youth Representative!

Want to make a difference and have your voice heard? We're looking for young people to bring forward ideas, share views, and help shape the future of our youth services!

You'll be part of the Youth Council, working alongside other young people, Youth Workers, and Management to make real changes.

Interested? Talk to a Youth Worker!



### Upcoming Events

- Finding Your Feat: Mondays 10am-3pm March/April, YMCA Hayes
- Ramadan & Eid : Until end of March
- Easter School Holidays: 7 - 17 April

### Did you know?

Fun fact! February is the only month that can go an entire lunar cycle without a full moon? Known as a "Black Moon" February, it only happens about once every 19 years!

