



SUMMER 2023 NEWSLETTER

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Being Me receives the High Sheriff's Award

Dear Friends

Summer is here! Looking back over the past 3 months, I'm incredibly proud of the amazing team at Bar 'n' Bus and all that has been achieved for young people. We have welcomed new team members, continued training towards national youth work qualifications, recruited some wonderful new volunteers and expanded opportunities for young people in a number of ways.

A key part of our work with young people has always been making ourselves available in different contexts and embedding in local communities and this has jumped forward in recent months with additional programmes supporting young women, new interventions with our schools to reduce the risk of permanent exclusion and adding more opportunities for young people to find a safe and supportive space on our fantastic new bus!

I hope you enjoy the stories from the team below. Thank you for continuing to support us in this work!

Jamie Sawtell - Chief Executive Officer

YOUTH WORK DELIVERED - APRIL - JUNE 2023



- 30 Detached Youth Work Sessions
- 31 Mobile Unit Sessions
- 346 Mentoring Sessions
- 10 Outreach Sessions
- 8 Schools Support Programmes
- 41 Group Work Sessions

2124 Engagements with Young People

If you would like to support our work financially please see the information below:

Bar-N-Bus Trust :: HSBC :: Acc. No. 01400908 :: Sort Code 40-23-33

You can also give via our website www.barnbus.org.uk

New Team Member Alert

This is Luke, our new Youth Support Worker

"I joined the Bar 'n' Bus team in May as a Youth Support Worker focusing on developing positive activities for young people. I am currently on detached sessions and outreach, using the mobile bus for activities to connect and engage with young people. I'll be growing new work in Basildon, working in partnership with local churches and within schools.

Some of the activities I hope to develop include healthy eating and creative street art sessions. I also hope to explore alternative activities that would educate and inspire young people to become the very best version of themselves."



Detached & Mobile Youth Work



Detached and Mobile Youth Work continues across the south of Essex, Diane from the team says, "I have been working for B'n'B for 8 wonderful months. I have experienced detached work through winter and now into the summer. We have a great crowd of young people on our Wednesday afternoon sessions who are keen to learn and are a vibrant group. We have done the pringle challenge, made smoothies and played football with them. It's great to see their faces every week and to meet others in the community too."

School Support

Over 80 young people receive mentoring support each week from our amazing team. Zahna, who co-ordinates the mentoring project says "Each young person has their very own special story, some have faced incredible trauma, leading to a struggle with their emotions, and their behaviour. Others have low self-esteem and anxiety about their future."

Armand has pioneered an intervention programme to reduce the risk of permanent school exclusion. Speaking about the programme, Armand said "This term we have been working with 10 pupils, involving them in different activities weekly, from spending time working at Hadleigh farm, getting involved with Firebreak, to climbing the O2 Arena, boxing and much more."

In Rayleigh, Gareth has been taking our mobile unit into the School at lunch times and connecting with 100s of young people. He says "The team have been encouraging the wellbeing of the young people by games and reflective open questions to help the young people express and explore their own beliefs and values. We have really enjoyed the development of positive relationships with the school and the young people."

Group Work Programmes



Being Me - our programme for young women has provided 3 Self Defence Courses which have helped the participants become more self-aware and develop skills on how to avoid and escape dangerous situations. In Rayleigh, the group became such good friends that they wanted the group to continue, and they have been able to choose various activities in which to participate with trips out and arts.

Cooking Programme - The cooking programme at Basildon Salvation Army creates a space where young people can learn important skills whilst freely expressing themselves - building confidence and self-efficacy

For Prayer

- We have a very busy summer out in our communities, please pray for positive engagements, safety for all and next connections
- Please pray for wisdom and guidance as we seek new members of our trustee board
- It's a busy summer and we have loads planned for the autumn - please pray for energy for the team, and the opportunity to rest as we all take some annual leave over the summer

