

South Norfolk Youth Advisory Board

Autumn Activity Programme 2021



Clinks Care Farm 12 – 19 year olds.	Saturdays: 18 th September 16 th October 20 th November	Clinks Care Farm is a 143-acre farm in Toft Monks. It combines the care of the land with the care of people. Take part in these sessions and enjoy a variety of jobs including animal husbandry, conservation tasks, and market gardening.
Quaker Wood 11 – 19 year olds	Saturdays: 25 th September 23 rd October 20 th November	Quaker Wood is a 5.5 acre site comprising young woodland, open spaces, wildflower meadow, pond and natural areas. Take part in these conservation sessions , carrying out different tasks, so that this area can be enjoyed by all.
How The Mind Works 13 – 19 year olds	Tuesdays 28 th September 5 th , 12 th and 19 th October	Four-week *ONLINE course exploring how our thoughts can affect our behaviour, and looking at how we can make change and take control.
Young Commissioners 11 – 19s (up to 25 with particular needs)	Various dates	Join our team of young people who make decisions about what the South Norfolk YAB does, where it spends its money, and how it supports young people.
Coming up...	Dates to be confirmed: check www.snyab.org	<ul style="list-style-type: none"> • Accredited Courses including First Aid, Food Hygiene and Fire Safety. • Wellbeing and Social Sessions • Half Term Activity Programme • Training and Development Programme

The **Trips and Courses** are open to young people who live in South Norfolk, or who attend school in South Norfolk. Our ***ONLINE programme** is delivered on Zoom and is open to young people outside of South Norfolk. Support can be offered to access Zoom.

Further information can be found at <https://www.snyab.org/> or contact 07778 896325 or email info@mtmyouthservices.org.uk



Places are limited so please book as soon as possible.

SOUTH NORFOLK
SNYAB
YOUTH ADVISORY BOARD