

“You can still make something beautiful and powerful out of a bad situation”

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Top stories in this newsletter



Stay Safe



Stay connected!



Stay Human



Stay Involved

Stay Safe!

Keeping safe during the current situation is very important. Please play your part. It's really quite simple (but we do know it can be boring):

Only go out if necessary and once a day for exercise.

Only go out with people you live with and, stay 2 metres away from others.

Wash your hands for 20 seconds to properly remove bacteria to stop it spreading to others.

Cover your mouth and nose if you are coughing or sneezing. Use a tissue and bin it afterwards, if you don't have a tissue cough or sneeze into the crook of your elbow. Coughs and sneezes can travel ridiculous distances.

Keep safe and most importantly, stay home! By Ruby

Stay Connected



Watching movies over Discord with a group of friends. You will need to download the app but then one friend shares their screen so everyone else can watch the movie at the same time, this makes sure everyone can see each other and stay in contact during quarantine. Don't stay shut away at home if you can find other ways of staying connected with people.

There are loads of other ways to stay connected online too. By Abbie

Stay human— Be kind to people!



Being kind to others can help to stop being bored and, can also help as part of your IMPACT course (more about that next). I have helped someone a couple years below me at school with their home-school work while the schools are closed. We can all help someone, it doesn't have to be school work, but why not. It's a great thing you can do, to help those who are struggling with their school work. By Freya

Stay Involved



IMPACT Course

We have developed a personal development course called the IMPACT Course. It is really quick and easy to do and it is not like school work. The course helps you to identify their own strengths and weaknesses and how to develop life skills.

IMPACT stands for...

I- Improve mental health and well-being.

M- Motivate young people to develop work and life skills.

P- Progress, and recognise that process.

A- Aspire, to develop ambitious aspirations through social action and citizenship.

C- Change, your mind-set (mental health) and your world view.

T- Thrive, in terms of self-confidence and develop resilience.

We have been doing IMPACT at weekly sessions at GYC but, now we are all at home GYC have adapted the course and put it online, you can access it from the Gateshead Youth Council Facebook page. It's not just for young people either, anyone can have a go, we really don't mind, in fact, we would love to see a whole range of people take part! By Sophie