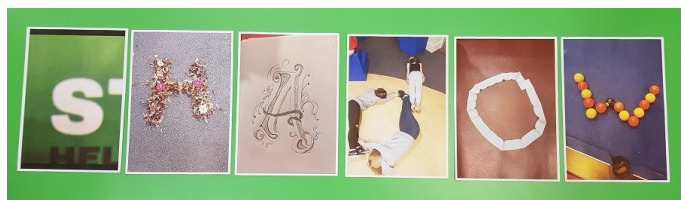


Nottinghamshire Children and Young Peoples

Voluntary Sector Newsletter

General news:



Shadow 2023 7th – 8th October

There's still time to register your team for the upcoming shadow event, **booking is still open!**

Shadow is an overnight navigation and team exercise delivered in partnership between Notts Outdoors and the Youth Service.

Based in Sherwood Forest, Shadow is now in its 49th year and involves up to 100 teams competing on the night.

Teams will have 6 hours in the forest to navigate around the course and locate challenges. Points are awarded for working as a team, with the aim being to complete as many fun and engaging challenges as you can.

Teams can consist of 4 to 7 young people aged between 13 to 19 yrs. (up to 25yrs for SEND). Participants are required to undertake first aid and navigation training prior to the event.

The cost of this event is £65 per Team.

To Book and reserve your place, click the link below.

[Shadow Team Entry \(cinolla.com\)](https://cinolla.com)



My Lodge Residential

Explore Nottingham with our group accommodation at the heart of the city.

My lodge is a 2-storey accommodation fitted with:

- Fully equipped kitchen and dining area
- Newly refurbished showers and toilets
- Lounge with TV and DVD player
- Internet facilities
- Disabled access

It is available to hire for any youth clubs/organisations at weekends to come to the centre of Nottingham and explore the different places and activities that Nottingham has to offer!

The lodge can be booked for a minimum of 10 people and can hold a maximum of 26!

To find out more about My lodge or to book your place.

Contact us at: [Contact Us | MY Lodge NCYP](#)

Book your place: [Booking Form | MY Lodge NCYP](#)



Join us to celebrate all things Notts at the Robin Hood Festival

Event details

Where: [Robin Hood Festival](#), Sherwood Forest

When: Saturday 26 August 2023

Cost: entrance to the festival is FREE. Please note for those travelling via car, parking will be £10 per vehicle, per day in line with all events at this venue between 27-29 August.

What to expect

Throughout the event day, there will be a host of interactive events and activities including storytelling, guided walks, medieval musicians, quizzes, archery, and axe throwing, and more!

Back by popular demand, crowd favourites, The Sherwood Outlaws, will be returning to bring the legend of Robin Hood to life with their all-action arena show. Will the Sheriff of Nottingham's troops get the better of the outlaws in combat. Or will Robin and his Merry Band prove too skilled with the blade and the bow? Don't miss this spectacular event.

The Medieval Maniax bring back their unique brand of madcap mayhem and Bill Brookman will once again deliver some wonderfully entertaining silliness at the Major Oak.

We'll have historical re-enactment from The Ferrers Household and the College of Chivalry.

Storytellers Past Imagined will be back again, as will the wonderful Medieval melodies of Sloe Gin.

Also new for this year is a family-focused zone where festivalgoers of all ages can get involved and enjoy a range of activities including Inspire's The Big Draw and Time to Connect photography.

[Nottinghamshire Day 2023 | Nottinghamshire County Council](#)



Sleeptember

The Sleep Charity's annual awareness month to encourage the nation to sleep better. The theme for this year is 'sleep education' with our #knowyoursleep campaign. For anyone wanting to improve sleep, they need to understand what it is, why it's important and what they can do to encourage quality slumber. What does sleep look like to you? That's something we will be exploring this month. The charity has worked hard this year to deliver accessible, free resources for all with the launch of two downloadable eBooks; Welcome to the World of Sleep – aimed at parents/carers struggling with their children's sleep and Understanding Your Sleep for anyone wanting to know more about sleep or improve the quality of their sleep; and we have overhauled our insomnia page with updated information.

Around 4 in 10 children will experience a sleep problem at some point and this rises to 8 out of 10 children where there is a diagnosis of Special Educational Need or Disability (SEND). These problems are typically persistent and do not resolve themselves without intervention.

How to get involved

Working With Children

- Recognise the importance sleep plays in a child's wellbeing and the challenges parents/carers may face around sleep issues.
- Talk to the parents/carers you work with about the impacts that sleep deprivation can have on children, encourage them to practise some good sleep habits or find out what barriers are stopping them from making changes.

- Read the resources and understand the link between sleep and wellbeing • Offer to share the link to the eBook with those you work.
- Communicate the key messages through your website or social media to target parents/carers • Link children's sleep to the work you're doing / product you're selling.
- Reach out to your networks to share the resources.
- Offer to skill share with The Sleep Charity

More Information can be found: [Awareness Events - The Sleep Charity](#)



Notts Help Yourself

Calling all service providers using Notts Help Yourself (NHY) website.

NHY is the one place to go for information and services supporting Nottinghamshire residents and professionals.

Over the summer we'll be contacting all organisations already listed on NHY by email reminding you to update your listing(s).

Find more information on how to update your listing(s) <https://orlo.uk/8ZSzp>

Training News:

Contact Andy Marks if you need any information with regards to youth work training: andy.marks@nottscc.gov.uk



Training Programme 2022- 2023

We still have places on our training programme for 2022-2023. The training will continue to run virtually as it has proved to be very popular. The virtual registration training will run from **9.00am to 1.00pm** to ensure we can cover all the important aspects of C Card Registration, with the usual short e-learning module that is completed a week before the training. The Refresher will continue to run from **10:00am-12.00pm**

To view and book onto the 2022-2023 Training Programme, click on the link below and book through Eventbrite.

<https://www.nottinghamshire.gov.uk/care/health-and-wellbeing/sexual-health/c-card-training>



Nottinghamshire County Council, Nottingham City Council and NHS Nottingham and Nottinghamshire ICB have commissioned Harmless to deliver a range of funded CPD accredited, evidence-based training courses in:

- Mental Health Awareness
- Suicide Prevention / Intervention
- Suicide Bereavement
- Self-Harm Awareness

We aim to provide funded training to equip individuals with the confidence and skill to be able to respond and support individuals in distress.

For more information and to sign up for any of our upcoming training, please visit our Eventbrite page [Harmless Let's Talk Training Events | Eventbrite](#)



Online Relationship Support for Parents

Parents in this area can now access Three Online Courses from the relationship experts at oneplusone. Learn to cope with stress and communicate better, wherever the journey.

Arguing Better

Disagreements are a normal part of life. How can you approach them can make all the difference to you, your partner, and your children.

Learn to:

- How to recognise stress and how it can affect you.
- How to support each other through difficult times.
- What causes arguments and how to stop them.

Me, You and Baby Too

Learn how to navigate the changes that can happen in a relationship when a baby arrives, including:

- How you and your partner can support each other.
- How to talk to bring up difficult topics.
- How arguments start, and how to stop them.

Getting it right for the children

When parents are separating or separated, children can often get caught in the middle. Learn how to manage conflict to minimise the impact it has on your children, as well as:



- How to stop a discussion from turning into an argument
- How to stay calm and listen as well as talk.
- Skills for finding solutions and making compromises.

To access these courses, you will need a smartphone, tablet, or computer, and a good internet connection. They are all FREE to use, so you'll just need to select your local authority area and create an account with a username and password.

You can get started by visiting [Parent guide for England \(oneplusone.org.uk\)](http://oneplusone.org.uk)

Vacancies:

Job Vacancies for voluntary groups who wish to advertise within their organisation. If you have any upcoming vacancies, please let us know and we will put your request in our newsletter

Voluntary Sector Development

The Voluntary Sector Development Team forms part of Nottinghamshire County Council's Youth Service. Our team covers the seven districts in Nottinghamshire working to support Voluntary Sector Organisations that work primarily with Children and Young People between 4 and 19 (25 if the young people are looked after or young disabled people).

www.nottinghamshire.gov.uk/education/youth-services/voluntary-sector-development-team

voluntarysectordevelopmentteam@nottsc.gov.uk

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