

ACN

ACTIVE COMMUNITIES NETWORK



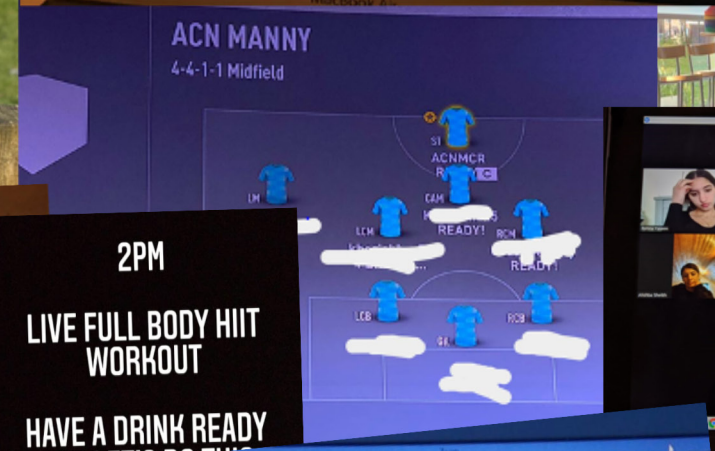
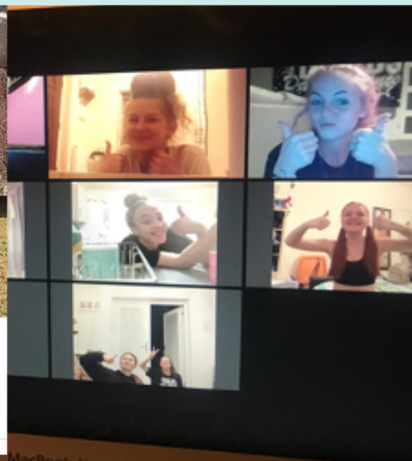
COVID-19 EDITION
JUNE 2020

**FEMALE ONLY
EXERCISE
SESSION**

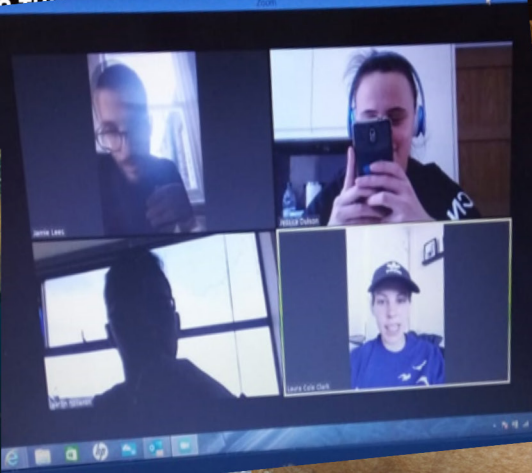
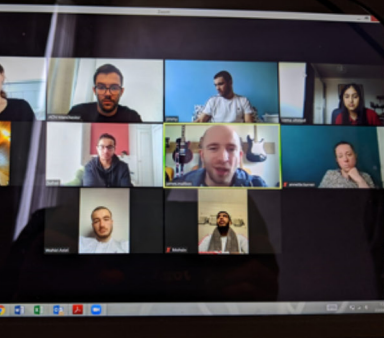
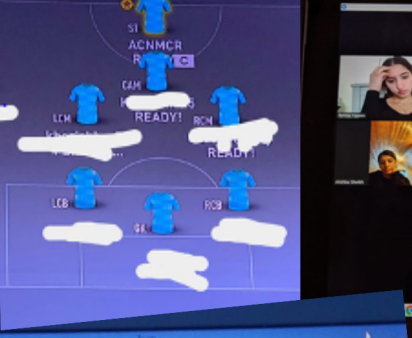
ONLINE VIA ZOOM
Monday's 5pm-6pm | Ages 13-19



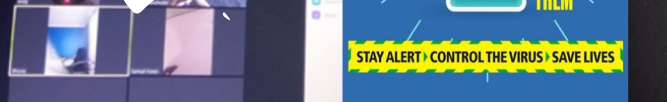
For more information contact Rehma on 07840399521
or email rehma@indieyeducationaltrust.org



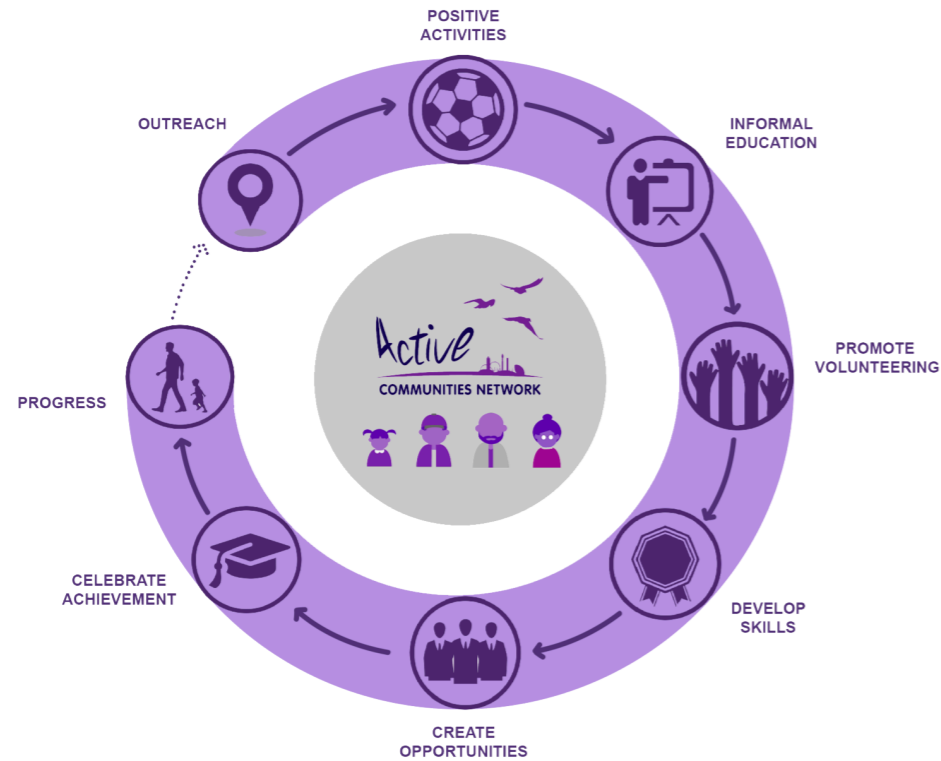
2PM
LIVE FULL BODY HIIT
WORKOUT
HAVE A DRINK READY
AND LET'S GO



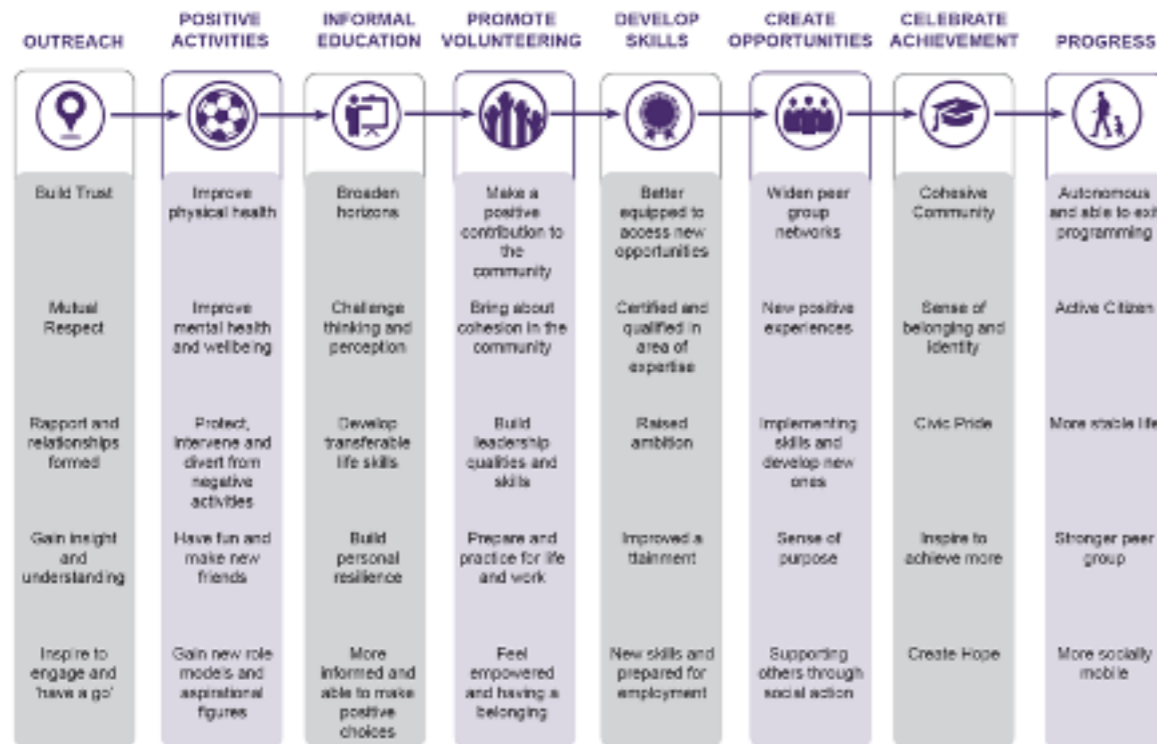
Inside
Our CV19 Response
Methodology
Theory of Change
Reece, Wes, Paul,
Luke, Christian story
What next



THE PARTICIPANT PATHWAY



THEORY OF CHANGE



WELCOME

Hello All,

Welcome to the latest edition of our Greater Manchester newsletter.

The CV19 pandemic has and continues to have a huge impact on all of our daily lives. As we all learn to adapt, we wanted to share with you some of ways we've supported young people and feedback the positive, dynamic responses we've encountered, emphasising the resilience, creativity and leadership of young people across Greater Manchester.

In the process of pulling this newsletter together, it provided an opportunity to look back over the last 3 months of lockdown and see how ACN has adapted to face the challenges and create a new offer for young people. This has all been made possible through the flexibility and the adaptive nature of the staff, young people, and volunteers all engaged and committed to their communities and ACN. Their dedication, hard work and commitment has been a constant reminder of the character and resilience of the communities we work with across Greater Manchester.

For those of you unaware of our work, ACN is a registered charity, utilising sports, cultural and educational activities to broaden horizons, raise aspirations and offer pathways to achievement for participants within local communities. Our programmes deliver grass roots activities, promoting personal, social and community development represented by the graphic opposite.

For those of you already working with us, it has been a time for response, using this period to deliver our services and methodology in a different, forward thinking way to continue supporting children and young people locally. We continue to work with a range of proactive partners and funders to do this on a daily basis.

Thank You!

Jamie Lees
Head of Programmes
Greater Manchester, ACN

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Active Communities Network magazine

Manchester Edit 2020

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Tackle Poverty
Create Opportunities
Inspire Change



A world where everyone has the same opportunity to succeed, regardless of backgrounds





POSITIVE ACTIVITIES

DANCE

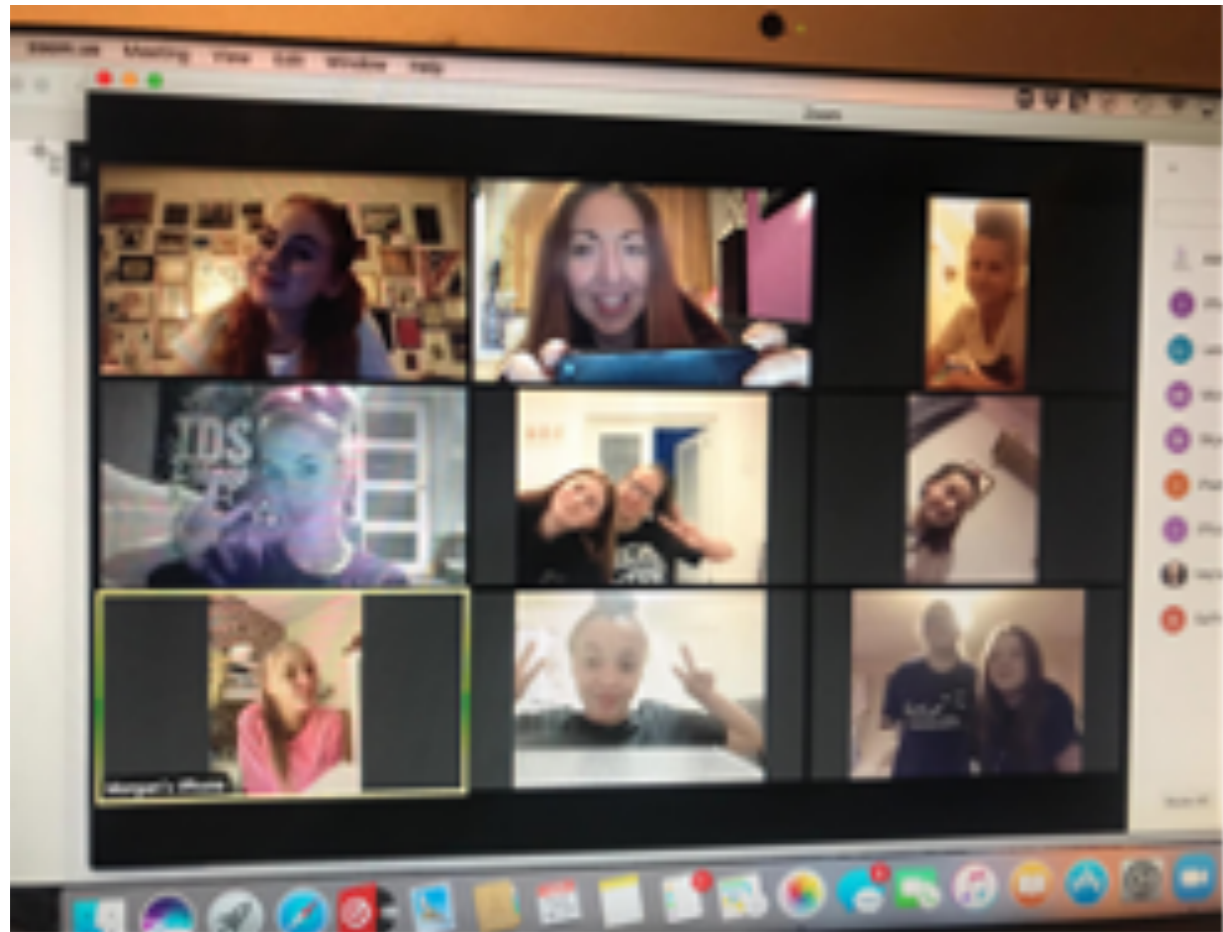
With all face-to-face engagement stopping in line with government and public health guidance, we quickly looked at how we could continue offering sports based activity to maintain physical and mental health, coach and peer support, advice and guidance.

Dance - Delivered 3 times per week via online platforms, our dance programme has been a brilliant example of adapting and maintaining service delivery. The girls and young women have been able to use the group sessions as a tool

for expression, as well as relieving stress and anxiety. The session has always prided itself on creating a supportive environment, which has been invaluable during this period

as the girls have been able to use the session, coach and their peers as a support network, discussing their thoughts and feelings during a time of uncertainty.

“ I enjoy the sessions because it gives me motivation to be active and productive while having fun, socializing and learning. It gives us a bit of normality in such changing times. ”



BOXING

Engaging over 15 participants per session, the boxing sessions have been a welcome outlet and activity for local young people to maintain physical exercise, routine and positive relationships developed at the session. It's great to see more and more young people taking part each week, and highlights the need for activity like this within local communities.

“ It gives me something to look forward to and keeps me motivated, also a chance to speak to people my own age and my friends ”

“ Great idea, he has loved seeing his mates again ”

MOVEMENT AND PHYSICAL ACTIVITY

Research has shown an increase in the amount of exercise across the county, but in the estates and communities we work in, this hasn't necessarily been the case. In response, we set about creating a session for our junior participants which ensured they were staying active at home but also

keeping them in touch with each other and the organisation. It has worked really well, with children and parents constantly feeding back how important the session and interaction is for their children's stability and routine.

“ Thank you so much, it was a great session, and the kids can't wait until next week ”

PAPER BAG PLAY SCHEME

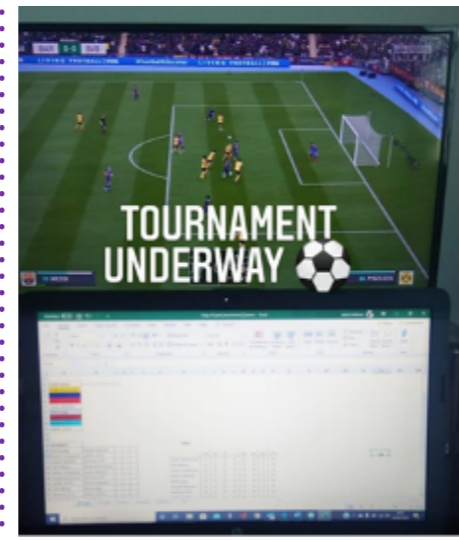
CV19 has meant that none of our scheduled play schemes could go ahead. Working with 4CT and within the East Manchester Youth Partnership, the partnership has delivered over 500 paper bag play schemes supporting children and families across East Manchester.



E-GAMING

Maintaining relationships, rapport and positive connections during this period is vital. One way we have done this is through e-gaming platforms, using games such as FIFA to stay connected with the young people we work with. Sessions have been delivered 3 times per week at the same time as activity previously was to maintain consistency and structure. Tournaments, leagues and zoom calls have all been great ways of maintaining relationships, a line of communication, with plenty of friendly competition along the way.

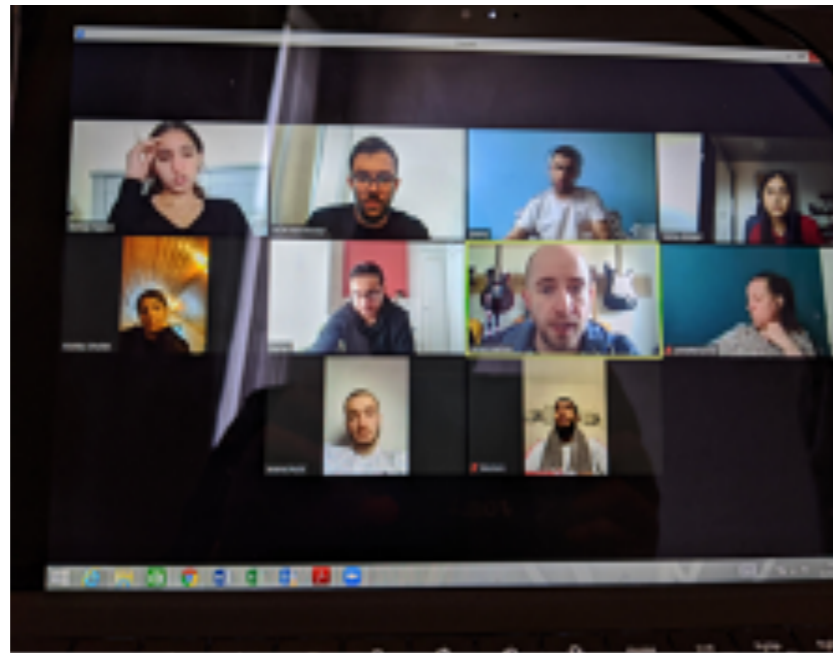
The platform has also provided space for young people to have conversations about Black Lives Matters. Facilitated by coaches young people have had open conversations about the impact this has had on them, about past experiences of racism and inequality and what change they would like to see going forward. We have continued this conversation and will be working with the group to help provide them with a platform to be heard and support their ideas into social action.



INFORMAL EDUCATION

Young leaders tackle CV19 – One key element of our work has been focused on COVID-19 and enabling our young leaders from local BAME communities to communicate the key messages from Public Health and the government back to their families, peers and communities.

Working in partnership with Lindley Educational Trust, it was great to get Tameside Council, Population Health and Public Health consultants on a zoom call with our young leaders. They have used this learning and resources provided to deliver correct and relevant information back into their communities.



VOLUNTEERING

During lockdown our young leaders and volunteers have been ever present in their communities, facilitated by ACN they have been supporting their peers, family and community through a range of programmes during this challenging period. We are proud of their impact, proactive approach and resilience!

An example of this has been Reece, an 18 year old young man from North Manchester who has been involved with ACN for the past 2 years. During his time with ACN, Reece has completed activity,

accredited qualifications, social action and is a member of "OWN IT!" our volunteering programme.

Since Covid-19 and the national lockdown, ACN has continued to provide an online activity programme 5 days a week which Reece has been a part of... supporting, planning and delivering activity. His impact and ability to engage and motivate participants on a daily basis has been brilliant to watch...

Reece said..."I take part in the online sessions because it still feels like you're giving back to the community. You feel part of something positive. Something you never had the opportunity to do as a kid. It's good! I've learnt how to lead activities, help others and get everyone involved"

" I volunteer in the online sessions because it still feels like you're giving back to the community. You feel part of something positive "



" We love having Reece help at session, seeing him on the video and encouraging us each week! "

PROGRESS

Since CV19, the changes to the job market have been challenging but it has also created some opportunities in retail and care. We have used this period to help develop participant's and volunteer's CVs, interview and presentation skills and supported them to apply for local jobs...

Christian has used the volunteering and experience gained with ACN as a springboard into employment. We were therefore delighted to support his recent successful appointment as a care worker. Christian added...



“ Thanks for all the support and help from ACN. They made me feel so welcome from the very first sessions, and gave me the opportunity to build on my communication and confidence. It's been a great experience and more than I expected. It's really helped me get a job and I'm thankful for that ”

Wes, a previous participant and now volunteer had been looking for a full-time job for the past 6 months. Working with our coordinator, Wes developed his CV and cover letter and started applying

for local jobs that suited his skill set. Initially, he was successful in gaining part-time employment with Farmfoods. As a result of his dedication, punctuality and teamwork, he has now

been offered a full-time role at the organisation. Well done, Wes!



“ I just wanted to say a big thank you to Aaron and ACN for helping me with my CV, my job skills and helping me gain employment! ”

Paul (16) and Luke (17), come from an estate in the heart of East Manchester. Like their friends, they wanted to achieve a long-term ambition of employment in the armed forces but needed to improve their confidence and communication.

Building on the relationships we have with them, we have used online platforms over the past 2 months to develop their skills linked to employment, such as teamwork, communication, CV and presentation skills to assist the application process.

We are delighted that both have now passed their initial interviews and will continue their enrolment process in the army and navy over the next month, which we continue to support.

“ From the support and motivation from ACN over the past few months, I am now more determined to get stuff done. I probably wouldn't have bothered with my CV and there wasn't a chance I would have applied for any jobs. However, since lockdown, ACN have helped me to become a better person as they have helped me to apply for positions and I now have an interview for the Royal Navy. I am excited for the future! ”

WHAT NEXT?

As the direction of travel from government moves towards a return to work, we will be looking at how we transition face-to-face services back into the community. Balancing risk, safety and quality will bring their own challenges, but it's something we are committed to doing and doing well.

Another challenge will be ensuring we don't lose the learning and good practices we have developed during this period and we will be looking

at how we can weave this work within into our longer-term approach.

One thing that's been at the forefront of the countries learning is the importance of young people and communities as the solution, not the issues.

To build on this, we will be working alongside partners and funders to further develop children, young people and adults as assets within their communities across Greater Manchester.

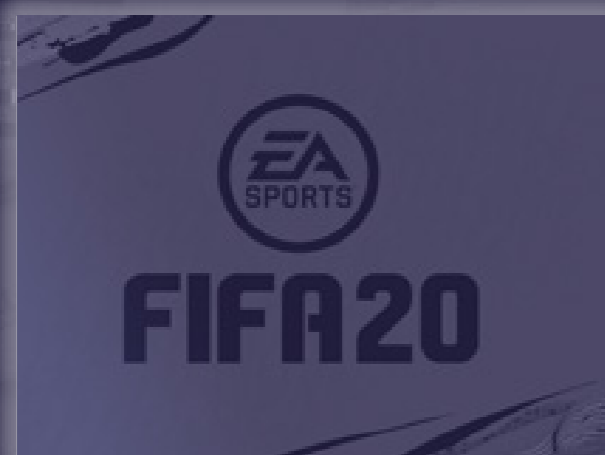
Thus, by giving them ownership of programming and activity, and giving them the skills and opportunities to help them communicate and connect, this will contribute to a more active, resilient and cohesive community.

MONDAY

1.30-2.30pm
**PATHWAY TO
PROGRESS**
Support with
CV writing
Job opportunities
Ages 16+

3.00-5.00pm
#stayconnected
Coach catch-up
Ages 8-24

5.00-7:00pm
E-SPORTS FIFA
Live online via PS4
Ages 13-19



TUESDAY

1.30-2.30pm
**PATHWAY TO
PROGRESS**
Support with
CV writing
Job opportunities
Ages 16+

5.30-6:30pm
BOXING
Live online via ZOOM
Ages 13-19

WEDNESDAY

1.30-2.30pm
**PATHWAY TO
PROGRESS**
Support with CV writing
Job opportunities
Ages 16+

3.00-5.00pm
#stayconnected
Coach catch-up
Ages 8-24

6:00-8:00pm
E-SPORTS NBA 2K
Live online via PS4
Ages 13-19

6:15-7PM
JUNIOR MOVERS
Live online physical activity
via ZOOM
Ages 8-12

7.15-8:30PM
DANCE
Live online via ZOOM
Ages 13-19

THURSDAY

10:30-12:00pm
DANCE
Live online via ZOOM
Ages 13-19

1:30-2:30pm
**PATHWAY
TO PROGRESS**
Support with CV writing
Job opportunities
Ages 16+

FRIDAY

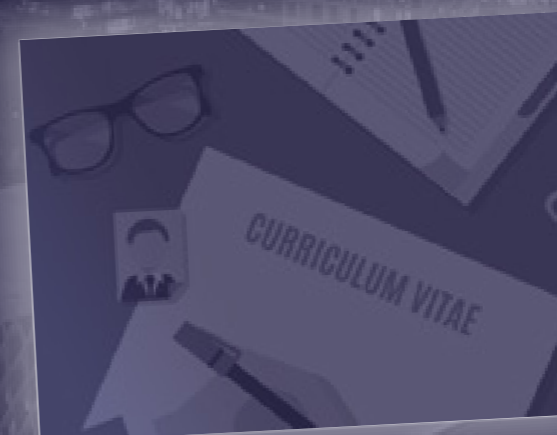
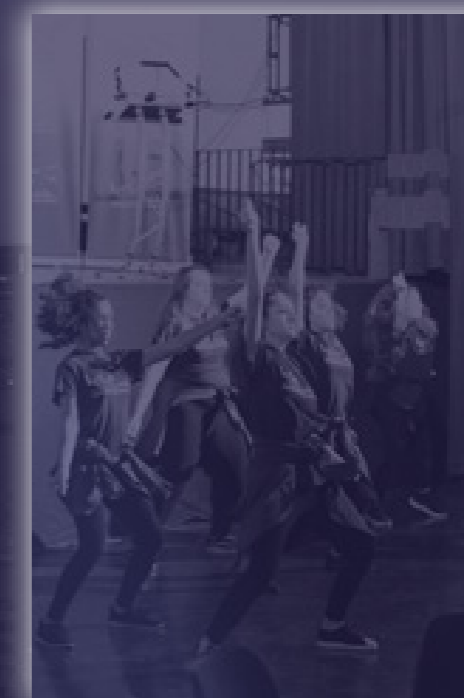
1.30-2:30pm
**PATHWAY
TO PROGRESS**
Support with CV writing
Job opportunities
Ages 16+

3.00-5.00pm
#stayconnected
Coach catch-up
Ages 8-24

8:00-10:00pm
E-SPORTS FIFA
Live online via PS4
Ages 13-19

SATURDAY

2:15-3:30pm
DANCE
Live online via ZOOM
Ages 13-19





PARTNERS

A huge thank you to our partners and funders. Without your support and flexibility, none of this would have been achievable.



GREATERSPORT



We're part of Manchester's

- Creative
- Engagement
- Partnership for Young People

Creative and collaborative solutions to backing youth and play during and after COVID-19.

Visit hub.youngmanchester.org for more.

