

# Lighthouse Project Newsletter



Summer/ Autumn 2018 Issue 1

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## Newsletter Launch

We would like to welcome you to our new termly newsletter which will be available in two formats in hard copy and online at [www.afcinfo.org.uk](http://www.afcinfo.org.uk). Look out for those to see what we've been doing and what is planned for the term ahead.

Our aim is to ensure young people and parents alike are able to have a better idea of what goes on at The Lighthouse Project and to also enable us to celebrate the achievements of the young people who call into the Lighthouse each week.

We will release the new issue of the newsletter at the start of each term to provide you with a review of some of the stuff that's been making a difference for our amazing members and to showcase why it is they want to come back again and again!

There will also be a handy calendar of events for the coming term to help us all plan ahead and avoid any unnecessary anxieties and stresses that may prove a barrier to participation.

We want the **Lighthouse Heroes** (page 2) to have as much input into the newsletter as possible and we will encourage them to get involved at every stage from design to writing articles.

Finally, we really want to ensure we celebrate the achievements of our **Lighthouse Starlights** (page 3) including what they are achieving outside of the project. So, please let us know what amazing things they are getting up to out of the glare of the Lighthouse.

We hope you enjoy our first issue.

The Lighthouse Team.

## Announcing New Opening Times 6.30-8.30pm

We want to give you the time to prepare for any changes that need to take place - *another good reason for having a termly newsletter!*

Following, a successful trial period during the summer term, and as from our return after the summer break on 13 September 2018 we will be operating at a new time 6.30-8.30pm.

We hope this will not inconvenience you too greatly and we thank you in advance for your support.

# The Lighthouse Project - News in Brief

## Introducing the Lighthouse Heroes

Each year the Lighthouse welcomes many new members and as a way to help everyone get to know each other, the Lighthouse members decided to characterise themselves through a piece of individual artwork which embodied the things that make them so unique.

Ladies and Gentleman, please be upstanding to welcome the **Lighthouse Heroes**, the new name for our amazing members.

You can find our Lighthouse Heroes pride of place on our very own noticeboard outside the main office at Ham Youth Centre.

Please keep an eye out for news and updates as we aim to keep it fresh with our Lighthouse Starlights achievements over each term.

If you haven't seen it yet, here's a sneak peek!



## Lighthouse Expansion

Here at the Lighthouse, we like to think of ourselves as a truly inclusive project. As such we are about to embark on a new phase by welcoming new young people from ADHD Richmond.

They will be joining us over the summer with a view to fully integrating into the Lighthouse in the autumn and hopefully beyond. Please take the time to say hello and welcome them to the Lighthouse!

### ~~This Time in History~~ – April to July

Term

- **14 April 1983**  
The first ever telephone without a lead goes on sale heralding the birth of 'cordless' technology.
- **30 May 1536**  
King Henry VIII marries Jane Seymour only eleven days after beheading his previous wife Anne Boleyn.
- **29 June 1613**  
London's Globe now known as 'Shakespeare's Globe' was destroyed by fire during a performance of the play 'Henry V'.
- **21 July 1969**  
The USA wins the race to land on the moon and astronaut Neil Armstrong becomes the first man in history to walk on its surface.

## LAOP – Lighthouse Against Ocean Plastics

Fundraiser and Awareness Event: **15 November 2018**



The amount of plastic waste that makes its way into our oceans has been gradually building since the 1950s. Now it is at epidemic levels and is harming ocean wildlife across the globe.

**The Lighthouse Heroes** are joining the fight to raise awareness and change behaviour around single use bottles and other plastic waste. They are planning to outreach at a sole location (yet to be decided) to hand out information and encourage people to donate to Greenpeace to support their campaign to remove plastic bags from supermarkets altogether. They are also building a plastic bottle lighthouse!

Parents, if you want to join us and support your child please let us know.

# The Lighthouse Project – Summer Highlights



## SUMMER HOLIDAY FUN

We are open throughout the summer at our usual time & venue: Ham Youth Centre, 6.30-8.30pm

Movie Night  
2 August




We'll have two TVs so grab your favourite DVD and we'll supply the popcorn!

PG or 15 cert only




Picnic-in-the-park  
9 August



Time to get out of the centre on the green just outside, play a few games chat and enjoy the sun.

Bring-a-snack.

Dramatize Workshops



16, 23 and 30 August

Summer Drama Workshops

Express yourself in a piece of drama on a theme of your choosing!

# The Lighthouse Project – Regular Feature

## The Lighthouse *STARLIGHTS*

We want to continually celebrate the achievements of our Lighthouse Heroes, inside and outside of the Lighthouse.

So this article will become a regular feature of our newsletter and we encourage all parents/ guardians to keep us up to date with what's going on outside the Lighthouse.

SUMMER 2018  
BRIGHTEST STARLIGHT

Sorry...I'm only available for parents to see!

1  
For managing the stress of his GCSE's

1  
For his many contributions in group chat

2  
For their continued commitment and great skill in sports

We will ask our Lighthouse Heroes to nominate who they feel was the nicest and most helpful hero over the term. The Lighthouse Hero who receives the most nominations will become our **BRIGHTEST STARLIGHT**

1  
For progress with building his confidence in social situations

1  
For his talent & commitment in performing arts

1  
For her strength & tenacity

1  
For sharing his magic skills during group chat

1  
For bringing her warmth and happiness to the club

2  
For their engagement in group chat

1  
For his valuable & creative contributions to LAOP

1  
For being a good friend to many

1  
For progressing successfully into the world of work

Congratulations to all of our STARLIGHTS...

...we look forward to learning about all the new and fantastic things you achieve next term!

# The Lighthouse Project – Autumn Activities



**HALLOWEEN BALL**  
 1 November  
 Dress to scare!!!!  
 Spooky fun & games and music too-Ooo!

**Christmas Party**  
**13 December**

Come along and join in with some festive fun 'n' nibbles



**Virtual Firework/ Diwali Night**  
**8 November**

Guy Fawkes Competition  
 History & Significance  
 On screen Fireworks  
 Toasted Marshmallows  
 Jacket Spuds

We would like to extend the invitation to parents, so please let us know if you're going to join us!



**Festive Cards and Decorations Activity.**  
 6 December



**Autumn Workshops:**

**13 September: Music Taster session**  
 The first of possibly a regular slot in the studio

**27 September: Relationships and Peer Pressure**  
 Shani will be back for a talk on making good choices in friendships and relationships.

**20 September and 4 and 18 October: LAOP – Preparatory workshops for 15 Nov**  
 Artwork for banners/ leaflets and finish building our plastic bottle Lighthouse!

**Autumn Birthdays at the Lighthouse**



**September**  
 ❖ 1

**October**  
 ❖ 2

**November**  
 ❖ 1

**December**  
 ❖ 2

Sorry... names only available for parents to see!

**Lighthouse Project: Meet the Team**



**Greg Cheetham**  
Lead Youth Worker



**Jamie Cottington**  
Leader In Charge



**Steve Slavin**  
Youth Worker



**Melleze Craig**  
Youth Worker

All staff and guest facilitators are DBS checked. If you have any questions please either get in touch or approach one of us at one of the Lighthouse sessions; we're always happy to help!

# The Lighthouse Project – Regular Feature

THE

## LIGHTHOUSE

In Focus  
INTERVIEW...

Our Lighthouse Heroes wanted to know more about the Lighthouse staff team. In response we put together this feature which will have a regular slot and will place a new person as chosen by our Lighthouse Heroes *in focus* each term.

We start our *Lighthouse In Focus* interview with our very own Jamie Cottington.

Jamie has been the sessional Leader In Charge at the Lighthouse for the last two years and is for many the first person that young people and parents meet.

We are extremely fortunate to have Jamie with us at the Lighthouse. Jamie comes to us with a wealth of experience working with young people and their families through his full-time role in the borough of Merton.



- **How old are you?**

38-years-young!

- **Why did you choose this career?**

Due to my own experiences as a young person, including those with my local youth service which were positive. I then studied sociology and cultural studies at University, knew I wanted to get into work that supported young people and saw a vacancy for Richmond Youth Service, the rest is history.

- **Why did you want to work here?**

It was by chance I was offered a role at the Lighthouse, and I have really enjoyed my time there thus far.

- **What has been your best moment at the Lighthouse?**

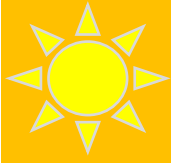
Coincidentally they both involve food actually, the BBQ we had together last summer and our Christmas dinner in the hall.

- **What do you do in your spare-time?**


Spend time with my children, go to the gym & swim.

Next term's *In Focus* interviewee is with another of our long standing sessional staff – Steve Slavin!

# The Lighthouse Project – Games ‘n’ Puzzles



## SUMMER WORDSEARCH

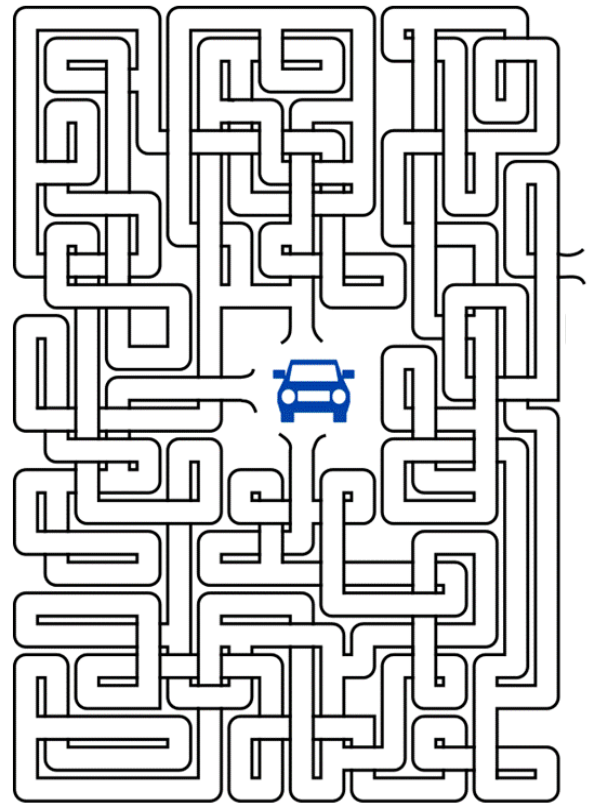


S	J	C	A	M	P	M	C
W	G	L	A	M	C	H	M
I	J	M	M	P	Y	Y	Z
M	V	K	B	E	A	C	H
S	U	M	M	E	R	M	S
M	H	O	T	E	B	H	U
K	O	I	G	U	F	U	N
W	A	T	E	R	Q	U	E

SUMMER	BEACH	HOT	FUN
WATER	SWIM	SUN	CAMP



## LIGHTHOUSE RIDDLES...

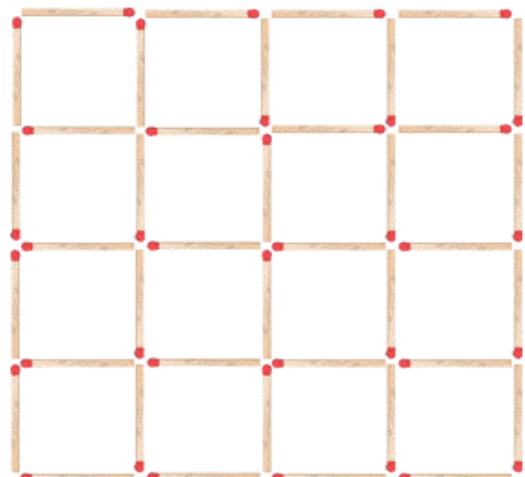
...can you solve them?

- 1) What can you hold without using your hands?**
- 2) You cannot keep this until you have given this – what am I?**
- 3) What can you catch but never hold?**
- 4) If you drop me I’m sure to crack, but give me a smile and I’ll always smile back – what am I?**

Answers:  
1) Your Breath. 2) A Promise. 3) A Cold. 4) A Mirror.

Just a few puzzles to past the time while you’re waiting for dinner or during a long boring journey!!!

Remove 9 matchsticks leaving no square of any size.



# Autumn Term Calendar



## September

Mon	Tue	Wed	Thu	Fri	Sat	Sun
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	5	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

## October

Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

## November

Mon	Tue	Wed	Thu	Fri	Sat	Sun
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

## December

Mon	Tue	Wed	Thu	Fri	Sat	Sun
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31			3 Jan			
			10 Jan			

**What's On... at a Glance!**

**September**

- 6 Closed
- 13 TMEs and Music Sesh
- 20 LAOP Prep
- 27 Relationships and Peer Pressure

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**October**

- 4 LAOP Prep
- 11 Newsletter Editorial
- 18 LAOP Prep
- 25 Half-Term Fun

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**November**

- 1 Halloween Ball - Boo!
- 8 Virtual Fireworks
- 15 LAOP Fundraiser
- 22 Newsletter Editorial
- 29 TMEs and Freetime

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**December**

- 6 Festive Decs and Cards
- 13 Christmas Party

**20 Dec 18 - 10 Jan 19**  
**\*\*\*\*\*CLOSED\*\*\*\*\***

☺ Open again ☺  
**17 January 2019 and Spring Newsletter Release**

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