

Monsell Echo

Issue 2—Autumn 2018

Welcome to the 2nd Edition of the Monsell Echo, the local newsletter for the people of Eyres Monsell. This newsletter has been written and produced by young people, volunteers and staff at the Eyres Monsell Club for Young People. We aim to produce 4 a year so if you have any articles or ideas you would like to contribute please get in touch!!

KEEP SAFE CAMPAIGN

Anti-Social behaviour is something that we are deeply concerned about and are looking at positive ways in dealing with this. We've been out and about with a team from Housing and with Duncan your local PC knocking on doors and listening to any concerns that people may have and making sure that the right information is given to keep our community safe.

Not Sure? Don't Open the Door!

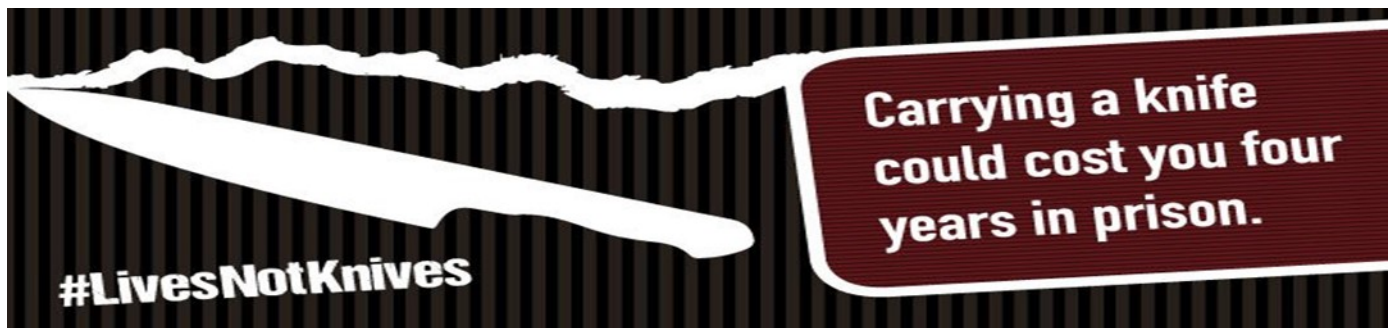
- **LOCK** – Always keep your windows and doors locked, even if you are just popping out.
- **KEEP THE LIGHT ON** – Don't leave the house in the dark!
- **STOP** – Make sure that the backdoor is locked before

opening the front door so that nobody can access your house while you are distracted.

- **CHAIN** – If you do decide to answer the door put the door bar chain on first.
- **CHECK** – No ID, No Entry!

We will be holding an event at the Eyres Monsell Community Centre some time in November where you will be able to meet various teams from Public Health, Community Police, Youth Service, Housing and various advisory services. Your Ward Councillors will be there too, to listen and to be your voice.

If you do have any concerns, then please do not hesitate to contact us... your Ward Cllr's Elaine Pantling and Virginia Cleaver.



What is Leicestershire Police doing to tackle knife crime?

One knife crime incident is one too many. We've launched our knife crime campaign to drive home the message of the devastating consequences knife crime can have and what could happen if you are caught carrying a weapon.

The campaign aims to raise awareness of this and is being launched locally at the same time as a national

campaign on the same subject. The campaign will also involve a knife amnesty with a series of amnesty bins being placed in six police stations for people to dispose of bladed weapons anonymously.

We are committed to working with our partners to tackle knife crime.

If you want the Monsell Echo via email, please get in touch with us at

louise.kaufman@youngeicestershire.org.uk

What's Going On



STREETVIBE
YOUNG PEOPLES SERVICE

LOOKING FOR SOMETHING TO DO ?

Eyres Monsell Youth Bus Sessions

Opposite the Magpie Youthclub
6pm-8pm
Ages 13-19

October
19th, 26th
November
2nd, 9th, 23rd, 30th
December
7th, 14th

X Box - Laptops - I pads - Games - Music

PINK LIZARD

LADIES GET FIT - STAY FIT

LIONESSES PROJECT

Ladies Come Join Our Get-Fit Stay-Fit Sessions

Supporting Women In To Good Health And Physical Fitness

Pink Lizard Coaches Will Deliver A (10 X Week) Keep Fit Community Sports Engagement Project

The Activities Will Be Delivered In The Eyres Monsell Estate

Using Local Park Gyms

Sessions starting 5th November 2018

Eyres Monsell Recreation Park

Hillsborough Road

(Time Table)

Mondays 1.00pm -2.00pm

Thursdays 1.00pm -2.00pm

For Information call Ady Hinds (07940360397)



What is the Bounceback Fitness Project ?

The Bounceback fitness project is aimed at young people aged 12+ with mental health issues who wish to change their lives through physical activity and exercise. Young people with mental health issues will be able to attend the group, at least once a week with group or one to one sessions dependent on their individual needs.

We aim to encourage young people with mental health illnesses such as anxiety, depression or low mood, to use the project and to take part in physical activity and exercise in our wellbeing performance Centre.

The project will potentially be available for 6-12 weeks for young people dependent on their needs. We hope that they will carry on using the wellbeing Centre after the project has finished and become peer mentors/talk buddies to other young people that are completing the project.

"Hello, my name is Megan, before doing the bounce back project I suffered with anxiety, anger retention, and with opening to people especially my family. When I first started bounce back I pushed myself as hard as I could to use the exercise to my advantage to help release my anger in a more productive way, Zak taught me how to use meditation to release the bad and take in the good things within my life, it taught me that exercise helped contribute to many things in your life including sleep, well-being, and how I generally feel on a daily basis, alongside of the bounce back project I was receiving weekly counselling which has also contributed to my knew found happiness, being able to find a healthy release through exploring how you feel and bashing it out on a punch bag with Zak truly lifts my mood, learning about how foods in my diet can affect my moods. I've been able to open myself up to new things and new people including a relationship, and I am truly happy! Bounce back has changed my life for the better!"

For more information email BBFP@eyresmonsellcyp.co.uk or call/text 07736308883.

Eyres Monsell Club For Young People
EMCYP
•Building A Brighter Future•



• Rebuild • Rethink • Rejuvenate •

If you want the Monsell Echo via email, please get in touch with us at louise.kaufman@youngeicestershire.org.uk