

CATCH UP!

Let's check out what MoveForward young people have been doing!



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Welcome to issue 3 of 'Catch up'.



Thank you for to sharing things with each other in the newsletter.

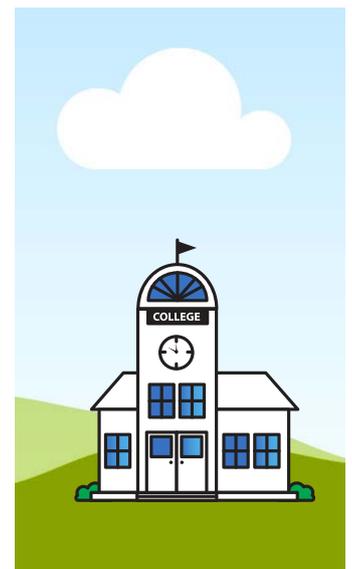


In this issue you will see top tips about transitions to college and what young people have been 'Learning in Lockdown'

It's your voice that counts and we want to hear it!



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MOVERS & SHAKERS

This issue the spotlight is on Husen and Ashli from MoveForward London - who sent their response to the coach challenge for **Confidence** - 'MoveForward Music Maker by sharing their Top 10 Favourite songs! Great to hear that some of you find music calming and that it helps you to focus.



Ashli:

- Justin Bieber – Love Yourself
- Mark Ronson ft. Bruno Mars – Uptown Funk
- Gnarlz Barkley – Crazy
- Lukas Graham – 7 Years
- Jason Derulo – Want to Want Me
- Bruno Mar – Grenade
- Justin Timberlake ft. Timbaland – SexyBack
- Daniel Beddingfield – Gotta Get Thru This
- Charlie Puth ft. Meghan Trainor – Marvin Gaye
- Ceelo Green – Forget you



Husen:



This challenge was really hard for me because I love music and I have a big passion for it! Music brings happiness and helps me to unwind and ease the tension of these scary times. I found it hard to choose my top ten!

1. Mother people by Frank Zappa - legendary singer from 1970s I honestly recommend him.



MOVERS & SHAKERS

2. Easy now/sea child by Hot Tuna

3. Let's go together - Jefferson Starship.

Jefferson airplane (they are a band from San Francisco in the 1960's) – an interesting fact about Jefferson, did you know that band members Jorma and Jack formed their own band called Hot Tuna in 1969 after leaving Jefferson I'm proud to be fan of them!

4. Happiness is a warm gun/come together/let it be/here comes the sun/hey Jude/hello goodbye – all by The beetles, I'm a big fan of them.

5. Rattle the lock/Wish you here/Comfortably numb

- these songs by lead singer of Pink Floyds David Gilmour but rattle the lock was a by him as a solo I think. But I love Pink Floyd so much.

6. Rocket Man – Elton John. I love this song, what a classic!

7. All along the watch tower - Bob Dylan (love this – he's a very good singer!)

8. VooDoo Child – Jimi Hendrix

9. I fought the law – The Clash

10. A child is coming – Jefferson Starship. Fact, they played at famous concert called Woodstock which is in New York City.



Erika has shared her idea's on creating a 'vision board'.

 She says:

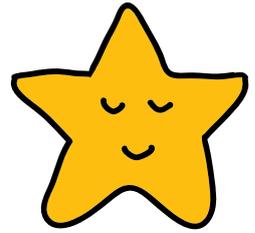


- I made this **vision board** with Aaliyah (ex ThinkForward colleague) in the youth club before lockdown.
- It is inspiration for what I want in the future.
 - A vision board can be a collage of pictures that inspires you and help with your motivation.
 - Its purpose is to bring emerging ideas into life like goals.
 - You can make one by cutting out pictures of what motivates you and can decorate it however you like – you can also write!

MOVERS & SHAKERS



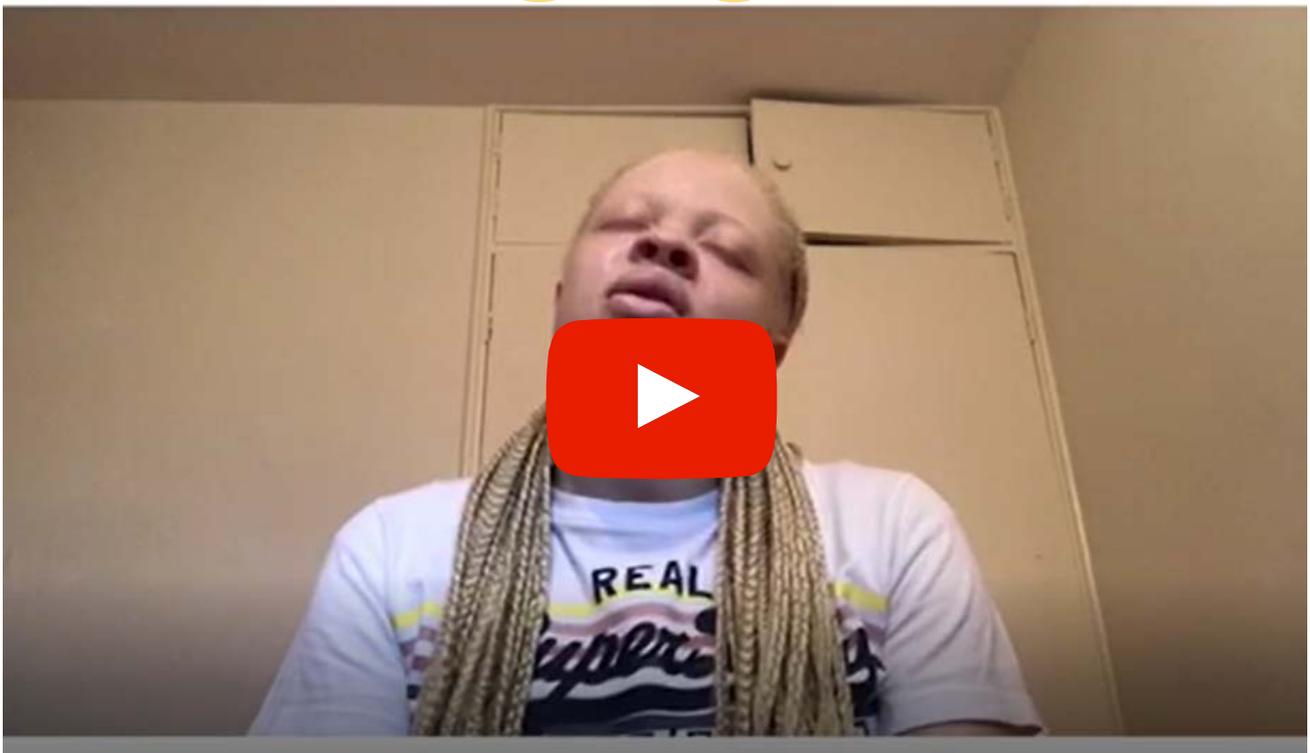
As a response to MoveForward coach challenge for **Confidence** - 'Do one thing a day that makes you smile', young person Jade from London filmed herself singing **'Almost is Never Enough by Ariana Grande Ft Nathan Sykes** and sent it to her coach Vinny.



What a phenomenal voice Jade and such an uplifting video! Does anyone have any hidden talents they'd like to share?



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MOVERS & SHAKERS

Josh Toon has a talent for creative media and enjoys creating and producing YouTube videos. Josh 'would have to say his top two favourites are: The Dino King and Godzilla: Battle of the Kings.'

Here's Josh tells us how he produced them. 



For The Dino King, what I do is take a take a screenshot of an image from the film. Then what I do is draw the scenery down and then add the characters into that moment depending who and what's in it.

As for Godzilla: Battle of the Kings, I take screenshots of settings from My little pony friendship is magic ponies and dinosaurs and add them into that scene depending the event and emotion. For the Godzillas, I use my two NECA Godzilla figures. I take pictures of them and add them into the scene when they are needed. All this is done on my phone gallery.



Thanks Josh! Incredible work!

Josh Toon

MoveForward – The West Midlands

HEALTH & WELLBEING

Thinking about going to College in September? Check out ...



1. Think about what you would like to do before looking at courses

2. Find out dates for open events. These could be on their website, signs in the street or on public transport

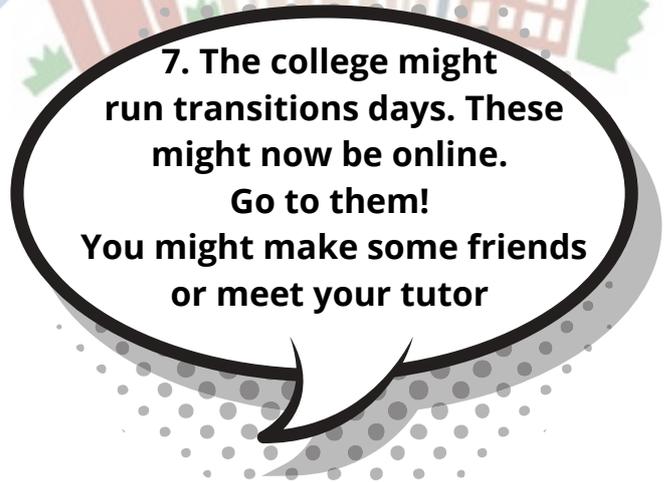
3. Go to the open event. Have a clear idea about which courses you want to find out about.

4. Apply for the course that you decide you want to start in September

Practice questions to ask the tutors

5. You will now need to wait until the college contacts you for an interview

6. Due to Covid-19 your interview might be over the phone. The college will take your contact details from your application form



8. The college will tell you the date and time you need to enrol on the course. Check if you need to take anything with you like exam certificates

The college might give you a timetable to follow for the first 2 weeks and then replace it with a permanent one

9. Make sure you leave enough time to get to college on time on your first day and take everything you need. The college might give you a Lanyard

10. The college might have a freshers fair in the first 2 weeks. Make sure you go! There will be activities and information about the services the college has to help you



HEALTH & WELLBEING

Husen reminds us all to stay resilient in these tough times and NEVER GIVE UP! Thanks for lifting our spirits with this great motivational video:



But as long as we're trying to stay safe and wash your hands, be with love ones that's what matters - Husen



A young person from the MoveForward London has shared his great idea for an **activity room** that he has created in his house. He has some exercise equipment to keep him moving and some drums and a keyboard too – to add some variety to his activities and learn new skills. A great chill out space!



A great idea to support your health and well-being by keeping up with exercise and activities which help us to be ACTIVE!

Tell us your ideas for staying happy and healthy!

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JOKES SECTION



Why did the piano get locked out of its house? Because it forgot it's keys! (thanks to Bhagirathi for this joke!)

What key cannot be turned? A Monkey!

What did the Ocean do when it saw us leave? It gave a wave!

Why did Adele cross the road? To sing 'hello from the other side'

**Make us laugh! Send your jokes!
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A little bit of fun....Can you guess what films these pictures are showing...?



Think you know?



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ASK THE COACH



In this issue we asked coaches: 'What has been your favourite activity during the lockdown?'



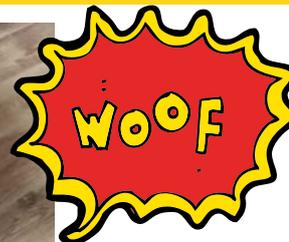
Tasha: I have **really enjoyed** using technology to see some of our *MoveForward* young people 'face to face'. I am **impressed** by how well you have **adapted** to using **different ways of communicating** with us! Getting outside has been really important to me and I have really enjoyed all the **lovely sunshine** we have had.



Zoe: Having the chance to speak with all the **Kent MoveForward students** and hear about all the things they are doing. It's lovely when you can see photos of all the **coach challenges** they have completed. Another thing is sitting in the garden in the sun doing work. Being **outdoors**, getting fresh air and sunshine **always helps with positive wellbeing!**



Vinny: Mine has been a mixture of speaking to my **lovely young people** and **parents** on the phone and seeing all the **wonderful pictures** of what you've all been up to (they always brighten my day!), **painting in the garden** and looking after our little friend **Ruby the dog**, below 😊



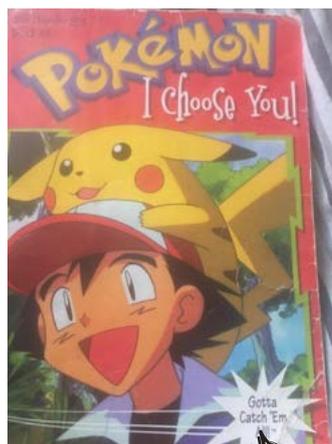
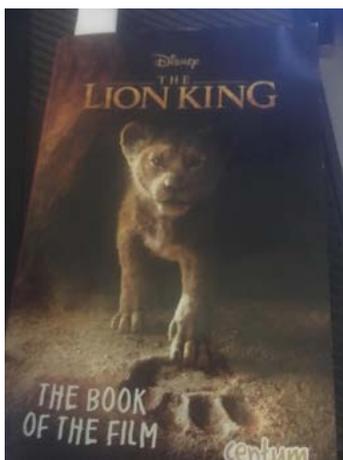


Learning in Lockdown

Mazdon has learnt some new skills whilst he has been at home. Here he has shown us his cooking and gardening skills.



Mazdon says "the best thing about learning in the lockdown is that you don't have anyone else distracting you and you have things that helps you concentrate"



Who else has read these before or seen the films/series?

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Lots of you have been telling us about how much you've been enjoying reading and continuing to learn during this time. This week Archie and Bradley share with us their books - 2 wonderful classics!



Learning in Lockdown



Taberak has also been practicing her baking and learning new skills for **independent living** – how tasty do these look! She had the idea to bake for her neighbour who is an NHS nurse, to say thank you for all her hard work.



Alex and Wyatt have given us some of their **TOP TIPS** to help you during lockdown!

Alex Says

“If you are worried about interacting with people and catching the virus you can make sure you keep a safe distance and wash your hands, especially if you touch anything outside of your home”

“Keep a safe distance and don't go near anyone if you have to go out”

Alex Says

If you're lonely you can speak to your friends, on the phone or messenger”

Wyatt Says

Wyatt Says

“I spend time on my own listening to music or talking to family if I feel lonely”





Learning in Lockdown



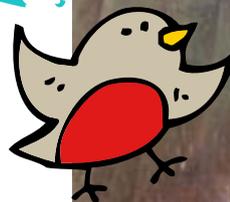
Alex and Wyatt have given us some activity ideas to keep you going through lockdown!



1. Try **video calls** with your friends if you're able to, to keep in touch.
2. **Exercise**, go for a run or take a pet out for a walk.
3. Try **gardening**
4. Drawing or painting 
5. Have a go at **cooking or baking.** 
6. Play **board games** with your family. 
7. Have a go at a **virtual quiz** with friends and family.



Alex has shared a few photos of his lockdown learning adventures!



Alex shows us his **bird feeder** he made whilst in lockdown!

Alex proudly explained he was able to buy his very own **Weather Station.** Which took him 13 years since he saw it and then was able to save money from his part time job he recently got!

Alex made **flower beds** with his Dad whilst gardening.

