



# All-round training for every volunteer youth leader.



AUTUMN 2020 — LUTON & PRESTON

“

Our local church puts on evenings for us from the local estate. We're noisy and a bit *crazy* but it's cool. I like the people.

”

**Lots of churches are wondering how they can do more with young people, but they depend on people like you to make it happen.**

**Young people growing up in church need a safe space to grow in their faith.** They're living in a world where being a Christian makes them the odd one out and which is often critical and even hostile towards that faith. Youth work in churches can make all the difference and helps them find the confidence and support they need at the point where it would be easy to walk away.

**Beyond the church, young people in our communities are growing up in a world where there is hardly any opportunity to explore the big questions of life or get help with some of the pressures of being a teenager.** A hundred years ago, nearly 80% of teenagers were connected with a church where some of that could happen. Now it's less than 3%. Lots of churches are thinking about how they could do more, but they don't know where to start. The kinds of groups and activities that many of us grew up with in church no longer seem relevant, so what will work instead?

Whatever churches do to help young people, it's likely they'll depend on volunteers to make it happen. But helping run any kind of youth work can be pretty

intimidating. What kind of groups work? How do you help teenagers deal with some of the issues they're facing and answer the questions they have? What kind of person is suitable to be a volunteer? What age do you have to be and what experience might you need?

**The good news is that the church needs people just like you. There's no age limit, and there's no particular type of experience. Above all, young people want to meet adults who listen and care.**

Training and support are important for every volunteer, whatever your role. That's why we've created Youthscape Essentials. It's a free 10-week course for everyone who is helping with young people at their church. It's also a perfect starting point for those thinking about getting involved.

Over 10 evenings, you'll discover more about young people's lives and experiences, learn new skills and deepen your own faith. It's for those who've been helping with the youth work for years, and for those of us just starting out. It makes no assumptions about your age, your background, your experience or your confidence. Youthscape Essentials is a safe and rewarding way to be able to do more for young people. Join us this summer as we learn together.

# Luton 2020

## TUESDAY EVENINGS AT BUTE MILLS

📍 74 Bute Street, Luton, LU1 2EY

**6.15** — JOIN US FOR DINNER

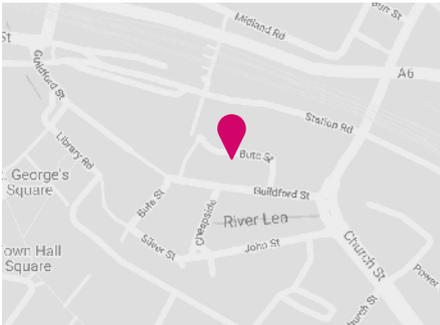
**6.45** — COFFEE & TEA

**7.00** — PRESENTATION BEGINS

Oct 6th	Nov 3rd	Dec 1st
Oct 13th	Nov 10th	Dec 8th
Oct 20th	Nov 17th	
Oct 27th	Nov 24th	

### **P** TRAVEL AND PARKING

**Free parking** in the Bute Street Shoppers Car Park right opposite Bute Mills.



MAP DATA ©2020

# Preston 2020

## MONDAY EVENINGS AT PRESTON MINSTER

📍 Church Street, Preston, PR1 3BT

**6.15** — JOIN US FOR DINNER

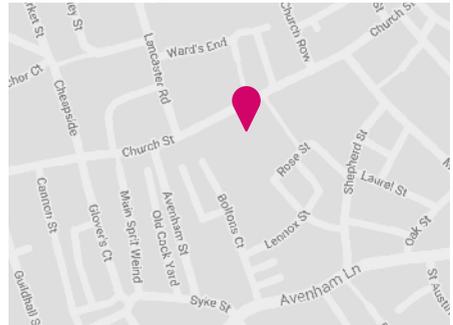
**6.45** — COFFEE & TEA

**7.00** — PRESENTATION BEGINS

Oct 5th	Nov 2nd	Dec 7th
Oct 12th	Nov 9th	Dec 14th
Oct 26th	Nov 16th	
	Nov 23rd	
	Nov 30th	

### **P** TRAVEL AND PARKING

**Free parking** behind The Minster, via Stoneygate.



MAP DATA ©2020

### **🍴** DINNER

The best part about Youthscape Essentials is meeting and getting to know other volunteers. That's why our evening starts with hot dinner together and a chance to chat with each other. Food is served from **6.15pm** so it also helps if you need to come straight from a busy day and won't have had a chance to eat. There's no charge and we can cater for any food allergies or preferences (please give 24 hours notice of any dietary requirements).

### **🗣️** SESSIONS

Our sessions run from **7.00pm to 9.00pm** with lots of variety and a break for hot drinks. It's informal and you won't be expected to know anything in advance. There'll be talks from youth workers, opportunities to hear what other churches are doing and practical help. You can learn at your own pace and enjoy the experience of meeting others from different churches.

# What's the course about?

## 1. INSIGHTS INTO YOUTH CULTURE

Key signposts into how today's young people think, act and spend time.

## 2. SKILLS FOR YOUTH WORK

The practical basics of working with young people.

## 3. DEVELOPING YOURSELF

A chance to reflect on and explore your own life and faith.

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### INSIGHTS IN YOUTH CULTURE

- **Adolescent development** – How do young people grow and change as teenagers?
- **Growing Up Gen-Z** – What different beliefs and values will young people encounter?
- **Social Life** – What do young people watch, do and listen to?
- **Family life** – What are the experiences of young people at home?
- **Christian discipleship** – How do young people develop and grow in faith?
- **Sexuality & gender** – How do young people view and explore sexuality and gender?
- **Friendships & relationships** – How do young people relate to each other
- **School life** – What are the experiences of young people in education?
- **Mental & emotional health** – How do we understand and support young people's wellbeing?
- **Mission & exploring faith** – How do young people investigate and understand Christian faith?

### SKILLS

- **Building rapport with young people** – How do I develop positive relationships with young people?

- **Facilitating a session with young people** – How do I prepare and lead a youth group activity?
- **Exploring new approaches to youth work** – How do I plan youth work that meets changing needs and culture?
- **Safeguarding and safety in youth work** – How can I act responsibly and safely with young people?
- **Managing behaviour** – How do I deal with disruption and other challenges?
- **Working with others as a team** – How do I work with others in youth work?
- **Empowering young people to participate** – How can I involve young people in the life of the church?
- **Storytelling that engages young people** – How do I tell stories that might capture interest and spark curiosity?
- **Accommodating young people's different needs** – How do I ensure we are open and accessible to all young people?
- **Knowing you're making a difference** – How do I ensure the work I'm doing is making an impact?

### DEVELOPING YOURSELF

- **Loving** – What does it look like to really love a community of young people?
- **Humble** – What does it look like to learn from my mistakes, young people and others around me?
- **Open** – How do I stay open to innovation when facing the ever-changing needs of young people?
- **Disciplined** – What boundaries do I need to keep for my own sake and the sake of the young people I work with?
- **Forgiving** – How can I demonstrate forgiveness to the young people in my community?
- **Authentic** – How can I show integrity in youth ministry?
- **Committed** – How can I keep going when I face challenges?
- **Faith-filled** – What does it look like to believe God is and can work in this ministry?
- **Hopeful** – How do I dream big and act out of hope?
- **Courage** – How can I act out of courage instead

# How will the evenings work?

6.15

HOT DINNER



6.45

COFFEE & TEA



7.00

**Insights into young people's lives**

Each evening we'll hear from young people and an experienced youth worker. They'll help us learn more about the ups and downs of being a teenager from the impact of social media to life at school. You'll learn about different cultures and communities, and what changes for young people as they grow up.

7.40

**Skills for youth work**

The first half of the evening finishes with an introduction to practical skills that will come in handy for working with young people. That's everything from leading a discussion to managing high spirits and behaviour.

7.50

HOT DRINKS & CHAT



8.00

**Skills in practice**

We'll spend some time together putting new skills into practice. We promise you'll have fun as you learn new ways to support and work with young people in lots of different kinds of youth work.

8.30

**Reflection**

Our evening finishes with space to think about how your faith can grow as you help young people. We'll worship and pray together, and create space to listen to God.

9.00

**CLOSE – FINISHED AND OFF BACK HOME!**

# Who's Youthscape Essentials for?

If you...

- help out on Sunday mornings when young people meet during the service.
- run a confirmation or baptism class
- help organise a youth group for young people in the church or local community.
- lead the work or help out occasionally.
- tend to run sessions up front or provide support in the background.
- are thinking about starting work with young people or becoming a volunteer.
- just want to know more about how to help young people.

**then Youthscape Essentials is for you.**

## Q. DO I HAVE TO COME FOR DINNER?

A. No, it's an optional extra, but we hope a popular and helpful one. It makes it easy if you're coming straight from work and it's also a great way to meet others taking part.

## Q. DO I NEED TO COME TO EVERY SESSION?

A. We definitely recommend it because you'll get the benefit of the whole course, but don't worry if you end up having to miss one or two.

## Q. IS THERE A CERTIFICATE OR AWARD FOR COMPLETING THE COURSE?

A. Yes, everyone who completes 7 sessions or more will receive a Youthscape Essentials certificate and free copy of The Game Plan, a special resource created for volunteers.

# Meet some volunteers



**Hi, I'm Sasha** and I run a youth group at my church. I really enjoy working alongside young people, seeing their potential and journeying with them as

they come into their own. I get to see what God is doing in their lives. As a youth leader I have a completely unique role. I have opportunities to serve them that their parents and teachers don't have. Young people don't care how old you are or what you know, they just want someone to really listen to them and walk alongside them. I would say to anyone thinking about volunteering with young people to just get involved. You won't regret it.



**Hello, I'm Elisabeth** and I cook with young people who are really struggling at school. Many of them have never learned to cook and never sit down with

their family to eat. I started with the vision of providing these things for young people, and I now host a group for a day each term at my house, where we cook a two course meal, set the table and share a meal together. It's amazing to see the transformation in those taking part. I also regularly cook for young people at Youthscape's building. I believe that the most important thing that adults can do is to prepare the next generation appropriately and well for the rest of their lives. These young people don't need anything complicated; they just need role models to nurture them and give them attention, love and discipline.

# What next?

Tell us you're coming and if you want dinner (but you're always welcome to come along at short notice).

## Luton

Sign up at:

[youthscape.co.uk/YSessentials](https://youthscape.co.uk/YSessentials)

or for more information email Lucy Greenland at: [lucy.greenland@youthscape.co.uk](mailto:lucy.greenland@youthscape.co.uk)  
or tel. 01582 748950

## Preston

Sign up at:

[youthscape.co.uk/YSessentials](https://youthscape.co.uk/YSessentials)

or for more information email Rachel Gardner at: [rachel.gardner@youthscape.co.uk](mailto:rachel.gardner@youthscape.co.uk)



Youthscape Essentials is being developed as a new resource for the church. This programme is part of the pilot and development and the final programme will be launched in November 2020. Youthscape Essentials is a project developed with funding from a Methodist Connexional Grant to support the development of youth work in the Methodist Church and beyond.

Cover & inner cover photos: Priscilla Du Preez on Unsplash.

“

Growing up our church put on a weekly evening round someone's house for us.

It wasn't fancy but we knew we were cared for and respected.

I put my faith as an adult down to those evenings and the time our youth leaders gave us.

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**YOUTHSCAPE**  
74 BUTE STREET  
LUTON  
LU1 2EY

