

# the BARNABAS beat

Issue 11 - November 2024



OK, be honest - who's ready for the darker days? Well, here at Barnabas we're trying to embrace them. A new season brings with it, new opportunities to develop and grow, and learn from previous experiences. We've planned our Christmas events, and hope to welcome as many of our supporters as possible, whether it be to our annual Christmas Coffee Morning, or our first ever Cosy Night Market. As you receive this, we're in the throes of Youth Work Week - this year's theme "A right to youth work for all" - more on this later. One thing is for sure as we enter the festive season - we wish you all a marvellous Christmas, and a happy and peaceful New Year. Thank you so much for your ongoing support.

## Recent Fundraising Success

### Great North Run 2024



On Sunday 8th September, 8 brave runners took part in the Great North Run on behalf of Barnabas Safe & Sound. The weather on the day was a bit miserable, but at least it kept everybody cool as they ran the course. Our very own Youth Worker, Josh, completed the course in 1 hour 31 minutes which is a tremendous effort! A total of £2,555 has been raised to date. Thanks to all our runners, and to all who donated to our fundraising pot.

### Annual Curry Night



On 21st October, we hosted our annual Curry Night at the Manzil in Morpeth. We were joined by 36 supporters and met some new faces too, which is always lovely. Everyone took part in our lucky number draw and quiz, which is very competitive ;-). Much curry and fun was had by all. A total of £502 was raised which contributes to our community engagement pot - this is unrestricted and supports our day to day operational costs.

# A Spotlight on Youth Work



As we usher in the winter months, we'd like to shine a light on our brilliant Youth Work project. We're excited to welcome Ashley Brown to the Barnabas Youth Work team. Ashley will be our Youth Development and Training Lead.

On his appointment, Ashley said "I am delighted to have been given the opportunity to work for Barnabas Safe and Sound as Youth Development and Training Lead. I have over 25 years' experience working with young people. This has seen me work in a variety of places and settings, including Manchester, Jersey and Normandy, France. For the past twenty years I have worked for the Northumberland County Council's Youth Service. During that time I have been able to witness first hand the fantastic potential of young people across this beautiful county. That is not to say that young people do not continue to face considerable challenges today, as they move from adolescence to adulthood. These include the use of social media, the perception of them by others and the continuing effects of coming out of lockdown. This has, in many cases impacted communication skills, anxiety levels and resilience. During my time in this role, I will continue to champion young people and hope to give them many opportunities to develop skills, find positive role models and most importantly have fun during their time with Barnabas Safe and Sound.



Having Ashley on board is perfect timing, as this week (4th-10th November) is Youth Work Week. Perhaps you have seen some of our posts on social media? This year, the theme is "A right to Youth Work for all" - focusing on the importance of youth work spaces, the amazing youth work professionals, and the benefits to mental and physical health through recent surveys. To further celebrate this theme, we want to shine a light on a new Youth Work Network in Northumberland. Bringing together voluntary sector organisations across the County to build a stronger future for our young people through youth work. The network will quantify and demonstrate the value of the sector to service users and commissioners, and will better position the sector to receive statutory funding or commissioned work. It will also improve opportunities for training and workforce development. Barnabas Safe & Sound are proud to be part of this amazing new Network.



# Young Creatives Hard at Work



Our Tuesday evening Creative Group have been working really hard over the last few months, preparing for their very own stall at our Cosy Night Market on 28th November. You can expect a range of handmade Christmas decorations, cards and nik-naks all made from the imaginations of this great group of young people. We hope you can make it to the market!

## Christmas with Barnabas

Lastly, we'd like to talk about our Christmas events. As we're now in to November, no doubt your social calendars will be starting to fill up - as you plan all the lovely things that makes Christmas special to you and your family.

We have a range of activities taking place to help you celebrate the festive season. Whether you come along to our very first Cosy Night Market on 28th November, or fancy joining us for our Annual Coffee Morning on 2nd December.

There's storytelling with Slushypops the Elf and his Elf Helpers (our Creative group!), or perhaps the young people in your lives would like to have a go at making their very own indoor Garland?

We have attached a full outline of our activities below. Please do consider supporting us this Christmas, and feel free to share our events far and wide with family, friends and colleagues. Merry Christmas to all, and thank you for your support.

If you have any queries about our work in the community, we'd love to hear from you.

Give us a call on 01670 517721

Drop us an email [admin@barnabasne.org.uk](mailto:admin@barnabasne.org.uk)

Check out our website [www.barnabas-northumberland.org.uk](http://www.barnabas-northumberland.org.uk)

Of course, you can always find us on our social media too!



[barnabassafeandsound](https://www.facebook.com/barnabassafeandsound)

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Registered Charity Number: 1094570