

# YMCA ESSEX

CHELMSFORD / COLCHESTER

## The Friday Club

Let's stay together, whilst staying at home.

**When:** Every Friday at 1.00pm

**From:** Friday 24 April

**How:** Stay connected with us and your youth club friends via 'Zoom', a face-to-face video app.

An online youth club for existing youth club members

- An opportunity to see your youth club friends
- A chance to show off your creativity and skills
- A place to seek support from our team
- Set new challenges for the week ahead!



*Be Kind. Be honest. Be respectful.*



YMCA enables people to develop their full potential in mind, body and spirit. Inspired by, and faithful to, our Christian values, we create supportive, inclusive and energising communities, where young people can truly belong, contribute and thrive.

SUPPORT & ADVICE

ACCOMMODATION

FAMILY WORK

HEALTH & WELLBEING

TRAINING & EDUCATION



# The Friday Club Guidelines and How to's

YMCA Essex offers a safe place to stay together, whilst staying home.

Before we begin, it is important that you read, understand and follow the guidelines set below. This helps us to keep the group safe and allows us to continue to run it through these times. Here is a chart to outline each stage.

## Stage 1: Text received



**Stage 2: Text back with your email address, if you'd like to be part of 'The Friday Club'**



**Stage 3: Zoom invitation, password and guidelines will be sent to you**

**Zoom** is an app which you can download on a device, or access through the internet (<https://zoom.us/>). All you need is an email address and you can begin. Click onto 'join a meeting', enter the meeting ID and password. Once connected everyone will appear on your screen and you may see your face too! Make sure that your microphone is on (there will be a microphone button to click) to ensure your friends can hear you. Once everyone that we expect has joined, we will lock the meeting. Then we begin.

## How to make sure the session is safe and fun.

1. Register yourself by saying 'hi, your name and group you normally attend' in the 'chat box' - For example: 'Hi, Sarah D, Galleywood Youth Club'.
2. The Host will always be 2 youth workers from YMCA Essex. We will control the screen to safeguard the session, however you can also help us to ensure the safety of everyone involved by muting audio and video if someone in your household that hasn't signed up to the session walks into the room.
3. We would like to encourage you not to join any Zoom session from bedrooms but if this cannot be avoided it would be best to leave to door fully open. It is useful to know that 'Virtual Backgrounds' are available on Zoom and act as a very good safeguarding device for all parties – we particularly like this.
4. Respecting the other users is key to giving all parties a pleasant experience so it's important for us to think about the following:
  - Use 'Chat Box' responsibly and for registration only
  - Please dress appropriately, as you would normally to attend a youth club
5. As exciting as it can be, to share what your doing with family members, we ask kindly that only the youth club member is on the screen and gives their full attention whilst with us.

We must continue, as always, to follow our main youth club rules:

**Be kind, Be honest, Be respectful—Anyone who doesn't follow these rules will be taken off the session by the host and not sent further invitations.**

## Q & A's

### **1. Who will I see at 'The Friday Club' Zoom session?**

You will see two youth workers from YMCA Essex, in their uniform for you to easily identify. You may see young people from your youth club, and you may also see new people from different youth clubs. We currently run 9 groups across Essex, so it is a great way for you to meet new people.

### **2. How old will the young people be in the Zoom session?**

The young people will be between 7 – 17 years old.

### **3. How long will the session last?**

We aim for the sessions to be 30 – 40 minutes. At this moment we cannot hold a session for longer due to Zoom restrictions.

### **4. What if someone is unkind to me during the session?**

We will not tolerate any behaviour that puts someone else at risk of harm. Those participants will be taken off of the session and will not be invited back.

### **5. My brother would like to join, is that ok?**

Unfortunately we can only offer this to existing members. However there may be some games that you can use in your home after the session.

### **6. When can I go to a real youth club again?**

YMCA Essex are following Government guidance at the moment and will only resume when we are advised to and when it is safe to do so.

### **7. What will we do in the sessions?**

The sessions will be a mixture of discussions, activities and challenges. We will do our best to have something for everybody. At the moment we have several things lined up; supermarket sweep, bingo, art sessions, dance offs, discussions etc.

If you have any further questions, please contact:  
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