

# YMCA ESSEX

CHELMSFORD / COLCHESTER

## The Best Life Project

When: Thursday's at 2:30pm

From: 6th August 2020

How: 'Zoom'

To join - email:

[sarah.daniels@ymcachelmsford.org.uk](mailto:sarah.daniels@ymcachelmsford.org.uk)

An online youth club for 10-17 year olds,  
in response to coronavirus and in  
collaboration with Colchester United FC.

Empowering young people to live their 'best life'  
through:

- Playing games
- Learning new skills
- Being creative
- Improving confidence and self esteem
- Reducing anxieties and fears
- Making new friends



*By joining our sessions you are agreeing to the terms and conditions set out by YMCA Essex.*

*Be Kind. Be honest. Be respectful.*

East of  
England  
CCOP

EAST OF ENGLAND CO-OP  
Community  
cares



**YMCA**

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 Best Life project

## 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: Email Sarah Daniels**



**Stage 2: Copy of T&C's received and membership form sent**



**Stage 3: Once Sarah receives the completed membership form, your invitation 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, or just follow the link received in the email. Once connected everyone will appear on your screen and you will 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 and your name' in the 'chat box' - For example: 'Hi, Sarah D.'
2. The Host will always be a member of staff from YMCA Essex and from Colchester United FITC. 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 the 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 and when instructed to only
  - Please dress appropriately, as you would normally to attend a youth club
5. As exciting as it can be, to share what you're 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.**

## **1. Who will I see at 'Best Life youth club' Zoom session?**

You will see a member of staff from YMCA Essex, in their uniform for you to easily identify. You will see a member of staff from Colchester United football club. You may see young people from your school, community or family. We encourage you to tell everyone about this!

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

The young people will be between 10– 17 years old.

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

We aim for the sessions to be around 1 hour, depending on the activity for the week.

## **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?**

If a member of your household who is between 10-17 wants to join, they can sign up on a membership form and join us.

## **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, well-being discussions, sport based challenges etc.