

INSPIRE

An **OnSide** Youth Zone

INSPIRE YOUTH ZONE IS A COMMUNITY CHARITY THAT PROMISES TO OFFER OVER 20 ACTION-PACKED ACTIVITIES EVERY EVENING, 7 DAYS A WEEK FOR ALL YOUNG PEOPLE!



TAKE A LOOK AT ALL THE AMAZING THINGS WE DO!

WHY BECOME A MEMBER?

There is always someone to talk to, something to aim for and somewhere to go at Inspire Youth Zone. It's a safe-space where you can:



- Make friends
- Learn new skills and hobbies
- Build relationships
- Have fun
- Be involved in something amazing
- Pursue a dream
- Gain qualifications

We're home to facilities that you can't find anywhere else in one place locally, from a climbing wall to an underground football pitch, boxing ring, gym and pottery studio!



It's available from just 50p per session!

Our doors are open to 8-19 year olds – young people with additional needs can join us up to the age of 25. Our **Junior Zone** starts at aged 8 to 12 and **Senior Zone** is aged 12 to 19.



“

I enjoy coming to the youth zone because there's plenty of opportunities & activities to get involved with. You can gain a lot of confidence, independence and skills. I wouldn't know what I would be doing if it wasn't for Inspire Youth Zone.

ALFIE, 17. Senior Member

”

SPORT



FOOTBALL

Want a place to practice your skills come rain or shine? We have an underground football pitch, perfect for a 5-a-side! Join our **Inspire football team**, or find a group and make your own?!



GYM

Get fit like an athlete in our **fully equipped fitness suite**, available to all members for personal training and open gym sessions.

BOXING

We have a **deluxe boxing ring**, punch-bags and dedicated boxing trainers from Jennings Gym.

CLIMBING WALL

We have a state-of-the-art 7.5m indoor climbing wall! With auto belay devices so you can go up and down as many times as you like! **Come and learn the ropes!**

BASKET BALL

Think you can shoot hoops like Michael Jordan? We have 2 basketball courts for some incredibly heated basketball games!



ARCHERY

Legolas, Robin Hood and Princess Merida are all excellent marksmen with a bow. We have amazing Archery sessions, **can you hit the target?**



ROLLERSKATING

As well as being immensely fun, rollerskating is a full body workout and we have enough rollerskates for you and your mates! **Come and have a spin.**



OUR
STAFF
VS MEMBERS
GAMES MAY
GET HEATED!

TRAMPOLINING

Have you been to a Trampoline park and have a **thing for the spring**? We have an enormous trampoline to flip-out on!



GYMNASTICS

With our Gymnastics crash mats and Air-Track you can **roll, flip and flick** your way to Olympic Gold before you know it!



PLUS SO MUCH MORE SPORT!

TENNIS - BADMINTON - NETBALL - FUTSAL - CRICKET - RUGBY - BENCHBALL
TABLE TENNIS - HOCKEY - DODGEBALL - CHEERLEADING - AND ASSAULT COURSES!

ARTS

We are growing skills, knowledge and experiences for young people to help them flourish in their creativity. We develop the skills that fuels the next generation of talent in UK's creative industries. Our Arts department covers a huge area of our youth zone, from the Art Studio (aka Be Creative) to a Dance Studio (Be Dramatic) and Music (Be Loud.)

BE CREATIVE

In Art, we have all the resources for you to let your creativity run wild, including a full pottery studio! So come on in and **draw, paint, craft and create!**

Thanks to an incredible project led by world-renowned ceramicist Kate Malone we have a full pottery studio with a kiln and pottery wheels!

**THERE'S SO MUCH YOU CAN DO
IN BE CREATIVE INCLUDING:**

*Painting, sculpting, drawing,
colouring, anime/manga, charcoal,
fashion/textiles and sewing.*



BE DRAMATIC

Come dance the night away! Our Dance studio (Be Dramatic) is a great opportunity to try a new hobby or practice a current skill. We cater for every type of dance from K-Pop; Morris Dancing and Street Dance. Whether you're a total beginner or an experienced toe-tapper, we will have the session for you! Our Dance studio doubles up as a great performance space for future performers to join our **Drama Club!**



BE LOUD

We have a music room filled with instruments where young people can get their creative juices flowing, offering music lessons and the chance to record and **perform their very own music!**

Our Be Loud room is your opportunity to make as much noise as you like! With band-practice, writing, rapping, mixing and music production sessions and workshops, it's a great space to express yourself.



PLUS SO MUCH MORE!

**FILMMAKING - PHOTOGRAPHY - GAMING - SOUND DESIGN
RADIO - SINGING - PERCUSSION - ARTS AWARD**

SKILLS

BE TASTY

Let's cook up a storm! Be Tasty is our fully equipped kitchen for you to practice your culinary skills. Learn how to cook simple, delicious and healthy meals from scratch. In this room you can often find the future Mary Berry's baking up a batch of delicious cookies!

BE TRANSFORMED

Our spectacular salon-like room enables our members to '**Be Transformed**' and get pampered! You can have your nails and make-up done or come for a natter whilst having your hair done. In addition to our spa-like treatments, you can join focused groups like 'Be Yourself' which is a group for our LGBTQIA+ members to feel comfortable and supported. We also have plenty of **mindfulness** sessions for young people to take a moment from their busy lives.

BE SUCCESSFUL

Do you want to **become the next Alan Sugar** or next big entrepreneur? The Be Successful sessions are very business-minded to help young people develop essential skills in teamwork, communication and critical thinking.

BE INVOLVED

Be Involved gives our members the opportunity to use their voice and make significant changes to their youth zone and the wider community. We run projects such as **Youth Voice** which engages young people in making decisions about their own lives, their environment, and their communities.

RECREATION ZONE

At the heart of Inspire Youth Zone is our Rec area which is jam-packed with fun and themed activities! We have pool tables, dart boards and a huge projector!

Simply, it's an opportunity to just **relaaaaaax!** We often host big events here like raves, dances and sporting events like the World Cup!

We have a new theme every week and you will rarely find the same activity twice, our talented Rec youth workers are always thinking of new exciting games and activities.



PROJECT ZONE

PROJECT ZONE IS OUR EXCITING PROGRAMME WHERE YOU CAN GAIN SKILLS, DEVELOP AND GAIN QUALIFICATIONS. DURING OUR INNOVATIVE PROJECTS YOU CAN EXPECT TO HAVE A MORE STRUCTURED AND TAILORED EXPERIENCE.

We have some incredible projects running that includes; Arts Award, NICAS Climbing Award, Football Teams, Drama Club, Archery Club and SO MUCH MORE!

We are dedicated to delivering enriching learning experiences through a range of projects that inspires and educates.



Project Zone runs 4pm - 5pm Monday to Friday

Please note some projects will run at different times, see website for list of Projects.



Project Zone does come at an additional cost (paid in advance) as many of these projects can run for up to 12 weeks with a qualification at the end.

**FIND OUT MORE ON
OUR WEBSITE!**

TARGETED PROGRAMMES

At Inspire, we have many targeted programmes that aim to build resilience, confidence and self-esteem in young people whilst exploring day-to-day struggles. Our youth workers aim to build a relationship before adapting our scheme of work to their interests to benefit engagement, focus and wellbeing in their educational setting.

EMPOWHER

EmpowHER is a social action programme aimed at 8 - 18 year olds which was established to increase self-esteem, build confidence and wellbeing in young women and girls and ultimately inspire them to lead change in their communities through inclusive and meaningful social action opportunities.

The programme addresses the worryingly low levels of wellbeing amongst young women and girls in the UK and supports them to have a voice, be heard and give back to their local communities.



HIMPACT

HIMPact is an exciting new programme for young men and boys aged 12+. This project will involve boys and young men working together to improve their own health and well-being, as well as improving social cohesion between boys and young men in their communities.



Youth Worker Support

Youth Worker support is based in school for support to young people; this can include delivery of programmes, 1-to-1 work, small group work and drop-in sessions (also includes availability for lunchtime sessions.) This is a bespoke service that is tailored to the individual needs of the school and the individual young person. Topics can include; friendships, mental health, confidence, self-esteem and coping strategies.

Health and Wellbeing

Inspire offers a 6, 12 and 24 week health and wellbeing programme. The programme consists of fun targeted 1 hour sessions. The programme is aimed at young people in year 6 - 10 and encourages young people to take an active role in improving their health and wellbeing. All sessions are delivered in school.

S.E.N.D/INCLUSION SUNDAYS

We offer all young people up to the age of 25, regardless of ability the opportunity to access a range of activities for example boxing, trampolining, karaoke, arts and crafts, cooking, gaming and more.

Sessions are adapted for young people with additional needs to enable anyone to access them; including young people with a variety of different needs from mild learning difficulties to more complex needs such as visual impairment and physical disabilities.



OPPORTUNITIES AT INSPIRE

In addition to the amazing activities you can do, we have some wonderful opportunities too! We regularly have exciting trips, excursions, courses and programmes. Here's just a selection of some of the amazing opportunities...

Snow-Camp is a programme to participate in snowsports which acts as the tool to effectively engage young people and maintain a positive involvement with them. We work with Snow-Camp regularly and help put members through their varying programmes. Alongside the skiing and snowboarding they provide life-skills training and mental health support, while enabling them to gain qualifications and employment in the snowsports industry and beyond.



The prestigious OnSide Awards are presented to young people who have made a real difference in their community, have breakthrough talent, or have overcome the most challenging of circumstances. Last time some lucky members met **Prince Harry** and performed on stage in front of thousands!



Hartz Scottish Explorers is an expedition programme that takes young people on a 12 day journey through the Scottish Highlands. Based around Adventure, Knowledge and Personal Development, this amazing expedition is challenging and rewarding.



In the heart of Cumbria's beautiful Eden Valley lies Ormside Mill, a residential centre and activity centre where we've organised some amazing adventures and activities that includes, mountain biking and abseiling.



Yorkshire Sculpture Park is an exceptional place, with world-class sculpture, historic landscape and exciting wildlife. Our creative members had the opportunity to visit, meet and work alongside world-renowned artists.



We regularly visit other youth zones for trips and events! These opportunities are great experiences for young people to make new friends and see other towns and participate in activities across the country! We often have competitions where members can compete against other youth zones.



EMPLOYABILITY HUB

Our Youth Employment Hub is based at Inspire Youth Zone and provides 1-to-1 support for local young people between the ages of 16 and 24 in preparing for the world of work and employment.

The Youth Hub team is made up of youth employment coaches, youth workers and health and wellbeing professionals who are there to help young people overcome barriers to education, employment or training.

Our Employment Hub team will help you:

- Understand how to achieve your goals
- Build your CV
- Approach Employers and secure work experience
- Build confidence to go for an interview
- Identify any health or other issues you feel stops you getting a job or progressing in work or further skills development
- Support with any training needs you may have to prepare you for work.



PARENTS – HELP US TRANSFORM YOUNG LIVES!

Across our community, people like **YOU** are helping us to transform young lives.

In 2021 it will cost us £1.1million to support thousands of monthly visits from local children and young people - providing awesome activities, 21st century youth work and a safe space to raise aspirations and ambition!

With over a third of Chorley's children and young people regularly attending Inspire, and with no statutory funding we need your help today, to keep our doors open and continue transforming local young lives.

HOW YOU CAN HELP

DONATE NOW

Every penny really does count! From a one-off donation to a monthly direct debit, join the Inspire family and help us to provide vital support to thousands of local children and young people. Visit <https://www.justgiving.com/campaign/SupportInspire> to make a secure donation today or scan the QR code on the next page!



FUNDRAISE

From baking tasty treats, chucking on your trainers or releasing your inner dare devil – become a fundraiser for Inspire Youth Zone and help us to support Chorley's next generation! From balloons to buckets (and so much more!) our experienced fundraising team are on hand to help you make your fundraising a success. For more information email fundraising@inspireyouthzone.org



BECOME AN OFFICIAL SUPPORTER

Our Business Supporter programme unites our charity with local businesses to create meaningful partnerships. Through affordable monthly donations starting from just £100 this powerful network are collaborating to help us make the differences today that will help shape the community of Chorley for many years to come. To find out more about how your business or workplace can get involved get in touch with our Fundraising team.



SEEING IS BELIEVING

Curious to find out more about Inspire Youth Zone and how your support can help transform thousands of local young people?

Book a behind the scenes 'Seeing is Believing' tour with our Fundraising Team today!

GET IN TOUCH! Fundraising@inspireyouthzone.org / 01257 228888

49% REDUCATION IN YOUTH ANTI-SOCIAL BEHAVIOUR SINCE THE YOUTH ZONE OPENED

97% THOUGHT THEIR AREA WAS BETTER SINCE THEIR YOUTH ZONE OPENED

EMOTIONAL HEALTH AND WELLBEING

73% feel happier about their lives as a result of attending the Youth Zone (89% for those eligible for Free School Meals)

EMOTIONAL SELF CARE

74% of children aged 14 and over said they understand more about the dangers of smoking drugs and alcohol.

CONFIDENCE

- 77% of members are more self-confident
- 100% of stakeholders said their Youth Zone improved young people's confidence.

PHYSICAL HEALTH

70% of members believe that they are more healthy physically.

*independant research commisioned by the Onside network has helped us to capture our transformative impact.



“Inspire’s brilliant facilities and activities, supported by experienced youth workers, is making a phenomenal difference to so many children and their families. I hope my involvement will encourage the amazing community of Chorley to rally around and show their support to this fantastic cause.”

Mr.Motivator AKA Derrick Evans MBE,
Inspire Celebrity Ambassador

DONATE HERE!
Scan this QR code



OPENING TIMES

MONDAY SENIORS	4PM – 5PM PROJECT ZONE	5PM – 9PM
TUESDAY JUNIORS	4PM – 5PM PROJECT ZONE	5PM – 7:45PM
WEDNESDAY SENIORS	4PM – 5PM PROJECT ZONE	5PM – 9PM
THURSDAY JUNIORS	4PM – 5PM PROJECT ZONE	5PM – 7:45PM
FRIDAY SENIORS	4PM – 5PM PROJECT ZONE	5PM – 10PM
SATURDAY JUNIORS/SENIORS	INBETWEENERS 4PM – 6PM	11AM – 2:45PM 6PM – 10PM
SUNDAY FAMILY DAY S.E.N.D SESSION	11AM – 2PM 2:30PM – 5:30PM	

JUNIORS AGED 8 – 12 / SENIORS AGED 12 – 19

As we know it can be quite daunting for young people moving from Juniors to Seniors here at Inspire. We have an *Inbetweeners session 4pm - 6pm on Saturdays* for 12 year olds to make an easy transition where they can meet the senior staff & try all the new activities and programmes.

**SO MUCH MORE THAN A
YOUTH ZONE!**

SO WHAT ARE YOU WAITING FOR?

BECOME A MEMBER NOW!

**COMPLETE YOUR MEMBERSHIP
FORM ONLINE OR ASK AT RECEPTION
FOR A PRINTED VERSION!**



Telephone: 01257 228888

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@inspireyouthzone

