



What's On? at

INSPIRE

An **OnSide** Youth Zone



We have heaps of fun planned, you can make new friends, try new things, develop interests and have someone to talk to. Our charity membership fee is only £5, paid once per year and then only 50p every time you come after that! With over 20 activities per night 52 weeks of the year, there's guaranteed to be something for you to get stuck into! Inspire Youth Zone welcomes all young people regardless of their background, needs or abilities.

Juniors

Attending a new club can be daunting as an 8 year-old, but don't worry we will have a welcoming, friendly and supportive team in place to help you settle in! With up to twenty activities on Tuesdays, Thursdays and Saturdays, there's no end to the fun you could have! Junior membership starts aged 8 to 11.

Seniors

Available to 12 -19 year-olds (and 25-year-olds who have additional needs) Senior Zone is the best place to hang out! It's your choice how to make our place your own – from trying out our sports and music spaces to chilling in our rec area.

SEND/Inclusion

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 much more...



OPENING TIMES

We are committed to young people and we are open everyday for just 50p per session!

MONDAY	Skills & Aspirations 10am – 2pm	EPIC Session 4pm – 5:30pm	Senior Session 6pm – 9pm
TUESDAY	Skills & Aspirations 10am – 2pm	EPIC Session 3:30pm – 5pm	Junior Session 5:30pm – 8pm
WEDNESDAY	Skills & Aspirations 10am – 2pm	EPIC Session 4pm – 5:30pm	Senior Session 6pm – 9pm
THURSDAY	Skills & Aspirations 10am – 2pm	EPIC Session 3:30pm – 5pm	Junior Session 5:30pm – 8pm
FRIDAY	Skills & Aspirations 10am – 2pm	EPIC Session 4pm – 5:30pm	Senior Session 6pm – 9pm
SATURDAY	Junior session 11am – 2pm	Inbetweeners 3pm – 5pm	Senior Session 6pm – 9pm
SUNDAY	FAMILY DAY 11am – 2pm	SEND/INCLUSION 2:30pm – 5:30pm	



SKILLS & ASPIRATIONS

A primarily daytime programme that incorporates;

- Be Inspired Programme (bought in services for schools delivered either in school or where we support young people on a 1:1 or small group basis at Inspire)
- Employability – we help support young people aged 16-24 move into learning, work & employment.
- Daytime school experiences & centre hire where schools can use our amazing centre for trips & lots of fun!

For more details, please email ryan.powell@inspireyouthzone.org

EPIC SESSIONS

Targeted sessions includes our EPIC Sessions which is our *Engagement, Project and Intervention Curriculum*.

- Engagement – these will run prior to Open session and help us to better engage/evaluate and introduce new members to Inspire and those that need extra support.
- Projects are our specific and targeted youth work opportunities, such as Netball, Hard Hitters, HIMpact, EmpowHER and many more!
- Intervention will provide a 1:1/small group support for those struggling to manage and are disruptive during Open sessions.

- To learn more about our Sport Projects email tamara.howarth@inspireyouthzone.org
- To learn more about our Arts Projects email aimee.smith@inspireyouthzone.org
- To learn more about our Skills & Aspirations projects email bethany.henry@inspireyouthzone.org
- To learn more about our Health & Wellbeing projects email jennifer.mcgillivray@inspireyouthzone.org

For more details, please email ryan.whittaker@inspireyouthzone.org for senior members and caitlin.blythe@inspireyouthzone.org for Juniors.

UNIVERSAL (OPEN) SESSIONS

Universal/Open sessions is our core programme of activities where young people have the freedom to get involved in anything and EVERYTHING they like. With as many as 20 activities in any night, combined with the expertise, passion and skill of our youth workers – there's no limit to what young people can achieve.

For more details, please email michael.wilkinson@inspireyouthzone.org for senior members and ilona.ramm@inspireyouthzone.org for Juniors.

Skills & Aspirations

Monday – Friday
10am – 2pm

EPIC Sessions

Monday,
Wednesday,
Friday
4pm – 5:30pm

Tuesday,
Thursday
3:30pm – 5pm

Open Sessions

Seniors Monday,
Wednesday,
Friday,
Saturday.
6pm – 9pm

Juniors Tuesday,
Thursday,
Saturday
5:30pm – 8pm
Sat 11am – 2pm

Sunday
Family Day 11am – 2pm
SEND/Inclusion 2:30pm – 5:30pm



SPECIAL EDUCATIONAL NEEDS / INCLUSION

Sundays 2:30pm – 5:30pm

At Inspire Youth Zone we believe that #everyyoungpersoncan.

That's why our inclusion team are dedicated to providing support for young people aged 8 and up to the age of 25 with a disability. The team make sure that each and every young person who attends the youth zone can get involved in the activities they want to, regardless of their abilities.

We understand that some young people will have more specific needs to enable them to be able to access the same opportunities as others.

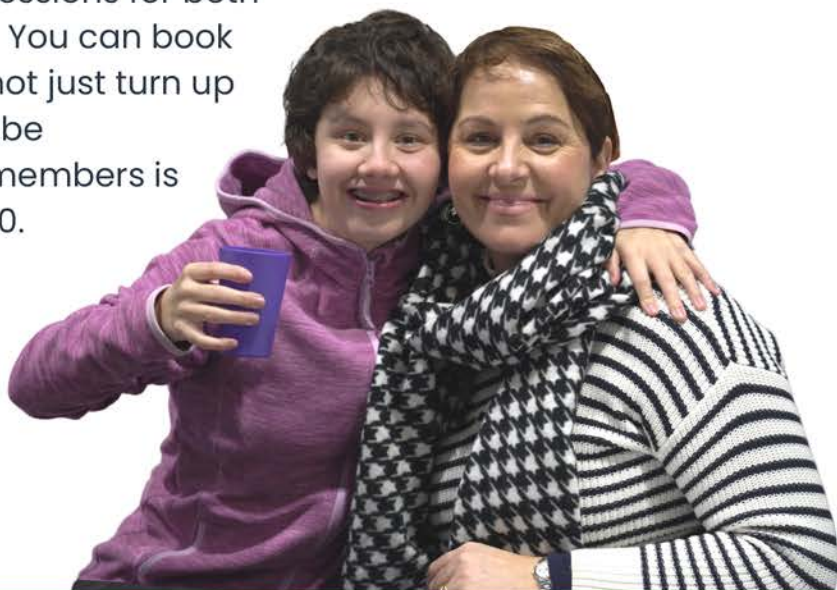
Before booking any sessions at Inspire, please arrange an '**All About Me**' with a staff member so we can best understand your young person.



Breaktime

We are a Break Time provider, Break Time (formerly Lancashire Break Time) are short break activities provide a range of activities and groups for children and young people with special educational needs and/or disabilities who meet the criteria to attend and who do not receive short breaks following a social care assessment of need.

We have been offering our Sunday SEND sessions for both Break Time and non-Breaktime members. You can book these sessions on our [website](#). Please do not just turn up on the day expecting a place as you may be disappointed. The charge for Break Time members is £3.00 and non-Breaktime will now be £6.00.



For more information, please email our Inclusion Coordinator at bethany.henry@inspireyouthzone.org



Inspire Youth Zone, Chapel Street, PR7 1BS



01257 228888



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FAMILY DAY

Sundays 11am – 2pm

Family Day is exactly what it says on the tin – a day for families.

Every Sunday we open our doors to allow parents, grandparents, toddlers and carers to all come together and enjoy all the wonderful activities we have together! Think you can climb faster than your young person on the climbing wall? Or win a game of adults vs kids football tournament? Family Day is a fantastic opportunity to play, engage and have some fun leisure time.



Cafe open 11am – 1:30pm

Family Day is FREE FOR ALL
Free Mini-memberships for
young people aged 4 – 7



Coming soon...

B&bby Zone

Free baby/toddler and parents
play and development sessions
for ages 0 – 36 months.

We couldn't run Family Day without the wonderful support from [Cadent Gas](#). Thanks to their inspiring support we can open Family Day for FREE.

Cadent
Your Gas Network



For more information on Family Day, please email caitlin.blythe@inspireyouthzone.org



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EMPOWHER

Empowher is a 10-week programme delivered at Inspire that focuses on **empowering young females, improving their health, wellbeing and knowledge**, as well as improving social cohesion between girls in our community, ending with a social action project.

The programme covers a range of topics such as; Female role models, women in sport, body image, relationships and wellbeing and mental health. During these sessions the young women and girls look to build a range of skills such as teamwork and communication in preparation for their social action project, this is where the group take full ownership to research, plan, fundraise and deliver their very own community project that they feel is beneficial to their community.

EmpowHER runs two cohorts for Juniors (aged 8 – 11) and Seniors (Age 12 – 19, up to 25 with Additional Needs)

The current cohort runs on Thursdays 3:30pm – 5pm for Junior female members.



It teaches you something new and gives you opportunities to try something new, learn new things, meet new people and have fun whilst doing it.



For more information, please email jennifer.mcgillivray@inspireyouthzone.org



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HIMpact is a transformational project that involves 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.

Working in small groups, attending a regular weekly session for 10 weeks, the participants will cover a number of topics and have some important conversations around mental health and wellbeing, basic life skills, themselves, their role models, their relationships, sexual education and the future. Concluding with a Social Action project of their choice to make a difference in the Chorley community.



“

The best session was where we had to try and keep up the balloon with our partner because it taught me how to work within a team and to communicate.

”

**HIMpact currently runs on Wednesdays
4pm – 5:30pm for Senior male members aged
11 – 19. (up to 25 with Additional Needs)**



For more information, please email jennifer.mcgillivray@inspireyouthzone.org



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WEDNESDAYS 4PM – 6PM
For young people aged 12 – 18

Hard Hitters is a youth work initiative that looks to combine the discipline of boxing, and the education and awareness of targeted youth work. Our qualified boxing instructors and youth workers look to equip young people with the skills and discipline of a boxer whilst both formally and informally delivering education and awareness on a range of topics, such as Healthy Decisions, Accountability, Drug and Alcohol awareness, knife crime, employability and more.

Young people can get involved in the programme through a referral sent to Ryan (email below) Young people accessing the programme will also be able to get food for FREE.

Upon successful completion of the programme all participants will receive an exit plan where they can access further long term support at Inspire, such as Mentoring, Counselling or other targeted programmes that they may benefit from.



**Safer Lancashire
Neighbourhoods
Fund**



To refer young people to the programme please email Ryan.Whittaker@inspireyouthzone.org



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Youth Social Justice Fund



This exciting programme uses sport to enhance positive outcomes for vulnerable young people in the context of youth crime. Funded by Street Game, it will support our targeted work supporting children and young people who are at risk of entering the criminal justice system.

Sport is increasingly recognised as having a role in prevention and early intervention work with children at risk of, or already involved in, offending behaviour. Although sport is unlikely to stop offending by itself, it has the potential to make a positive contribution.

Sport can offer:

- Supervised, positive, fun activities
- Pro-social friendships
- Positive adult role models
- The chance for young people to achieve
- Support for protective factors.

All sessions are FREE and a hot meal is provided.

MONDAY

Climbing & Football

4pm - 6pm

TUESDAY

Netball

3:30pm - 5:30pm

WEDNESDAY

Basketball

4pm - 6pm

THURSDAY

Football & Boxing

3:30pm - 5:30pm

FRIDAY

Gym

4pm - 6pm

The programme started 23/01/2023 and runs until 31/03/2023.



For more information, please email ryan.whittaker@inspireyouthzone.org for Seniors and caitlin.blythe@inspireyouthzone.org for Juniors.



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1-TO-1 SUPPORT PROGRAMME

The Be Inspired Programme is a flexible alternative provision working on improving Social, Emotional Wellbeing whilst also giving young people aged 8 to 16 the opportunity to have respite from negative cycles they may have found themselves in.

The aim of the programme acts as a respite for pupils that are finding themselves falling into negative routines in their daily school lives. Whilst spending their time at Inspire, the young people will be supported with their school work as well as engaging in targeted sessions to build emotional wellbeing and enhancing positive mental health & wellbeing.

The programme runs Monday to Friday 10am – 2pm at £80 per pupil per day

 **Please email ryan.whittaker@inspireyouthzone.org**

SCHOOL TRIPS AT INSPIRE

Inspire Youth Zone is a purpose built, state-of-the-art youth facility, home to hundreds of activities you can't find locally in one space. Including a climbing wall, pottery studio, hair and beauty salon and underground MUGA – we have lots of amazing activities available!

If you're looking for one room or all of them – we're available for facility hire during the daytime. If you're looking to reward your students or year group, why not come and spend the day with us!?

 **To make a booking with us, please email caitlin.blythe@inspireyouthzone.org**

YOUTH WORKER IN SCHOOL

Want youth work support in your school? We believe that the informal education style of youth work can really compliment formal education and that working in partnership we can improve outcomes for young people. With this programme, you can have a bespoke youth worker support to students including, 1-1 work, small group work, drop in sessions, lunch time activities & class support. We work with the education setting to meet the needs of the young people, and can link them back into other services and community based provision.

 **To make a booking with us, please email caitlin.blythe@inspireyouthzone.org**

We can also hold assemblies, workshops, activities and support packages for young people.

Awards at Inspire



Arts Awards are unique qualifications that can be offered to any student year group and are perfect for creative young people, opening up the possibility to explore different visual art mediums, from painting to pottery. Young people can also discover their musical talents.

From our popular song writing programme, to learning instruments. Inspire Youth Zone are an Arts Awards facilitator & can help deliver these unique qualifications to young people.

 For more information, please email aimee.smith@inspireyouthzone.org



The National Indoor Climbing Award Schemes (NICAS®) are an introduction to climbing and provide a gateway to learning more and developing a love for the sport.

The key aim is to provide a safe introduction to climbing for anyone aged 7 years and up on artificial climbing structures (e.g indoor climbing walls). Those who progress through to the higher levels also start to look wider and learn more about the history, ethics and styles of both indoor and outdoor climbing.

The nationally-recognised scheme helps to standardise the teaching and coaching of climbing in a structured manner, whilst providing lots of fun too. The structure of the schemes is all about motivating a prolonged involvement and progression – building both competence and confidence – whilst developing a resilient climbing "habit".

 For more information, please email tamara.howarth@inspireyouthzone.org



Mentoring

The Inspire mentoring programme is for young people (age 11 to 19+ up to 25 with additional needs or disabilities,) and gives one to one support, from confidence building and motivation, to help with life choices and personal issues.

The programme runs for an hour a week for 6 months.

Our mentors are volunteers who meet young people for approximately one hour a week to talk, provide support and attend activities together. We support with well-being; improving confidence, building communication skills and much more.

We match on a combination of personalities, hobbies and interests. Both mentor and mentee have a lot of fun and find the programme very rewarding.

Would you like to become a Mentor or know a young person who would benefit from the Mentoring programme? Send us an email at the address below!



To refer a young person or learn more information, please email our Mentoring Coordinator at jennifer.mcgillivray@inspireyouthzone.org



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Volunteer at Inspire

We really believe in the value and power of volunteering. Our volunteers are integral to our success and truly are part of the team. They are at the heart of what we offer to young people – that's why a culture of volunteering and an enhanced volunteering programme has been embedded into Inspire since we opened in 2018.

Imagine there was a place that was purpose-built so that young people could **get involved in activities** they've never even dreamt of, **make new friends**, and be introduced to a world of **opportunity**.

Inspire Youth Zone is just that place.



We're recruiting a committed team of volunteers (aged 18+) with a wide range of different skills to help provide a world-class service to all of Chorley's young people.



As a volunteer at Inspire you will gain lots of beneficial experience in working with the young people in the community as well as the chance to make lots of new lifelong friends and give something back!

No experience is necessary, with full training provided. If you are interested in volunteering, please get in touch!



Send a message to our incredible Volunteer Coordinator at michelle.graham@inspireyouthzone.org



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