

the BARNABAS beat

Issue 6 - December 2023



Christmas - a time for joy and reflection

Christmas can be such a joy - spending time with loved ones, having fun with friends, enjoying all the hustle and bustle that the festive season brings. A time to cosy up in front of the fire, with twinkling lights and Christmas movies. It really is a time to be thankful for everything we have.

Everything we have. Let's ponder on that for just a moment, because what we have reaches far beyond the material stuff we covet each year, whether this be the latest gadget, designer bag or impressive holiday to a far flung land. What we have, and what really matters most, is of course, our most basic human necessities. Our home. Our family. Warm food. Clean clothes. Feeling loved and valued.

Unfortunately, not everyone has these things. At Barnabas, we see young people experiencing homelessness for many reasons. Often young people feel safer sleeping rough, than staying at home, with increased numbers experiencing domestic, financial or emotional abuse. We give them a safe place to stay and help them to access the right services and essential welfare. We will be their touchstone when they feel alone, confused and scared.

For the most part, we are a nation of caring people - we are lucky that we have a fantastic food bank network, and warm spaces where people can spend time, access hot food, and interact with others. This Christmas, we give thanks to the voluntary and non-profit sector in Northumberland who work so tirelessly to help those in need.

We are hopeful for social change in 2024. For brighter days, where children and young people's services benefit from further investment, after many years of funding being slashed or withdrawn. We do hope you will continue to follow our journey into the New Year.

Best wishes to all for the festive season.
The Barnabas Team



DONATE

Barnabas Safe & Sound are a registered charity (no 1094570). If you would like to support our work within Northumberland, simply scan the QR code provided to donate via the "wonderful" fundraising platform. Every penny counts.

Young creatives showcase their skills in a weekend of festive Elf Workshops



As part of our new Creative project, we have been working with a tremendous group of young people. Our Youth Workers Josh and Dave teamed up with Nicky from Thinky Dinky Do to deliver something a little bit different! An opportunity for young people to let their creativity and imaginations roam free!

The project was very much led by the young people and they decided very early on in the project that it would be good to showcase what was learned, at Christmas-time, and to share this with the community in some way. Youth worker, Josh - believe it or not - is a highly skilled professional elf called Slushypop and is also studying acting at university. With this in mind, the gang devised a festive workshop for children to enjoy. The "Be Your Best Elf" event began to take shape. Now this all sounds like a lot of fun, but the young people worked so hard, and in the 12 weeks prior to the event they learned:

- planning skills
- set design and staging
- script writing
- acting skills and vocal coaching

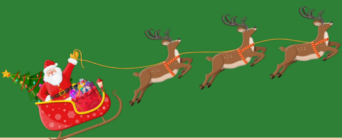
More importantly, they learned to work together as a team and support one another. They gave their time to offer a fun activity for children within the community, and as a result their confidence has blossomed.



32 children aged 5-9 years old enjoyed a host of activities. They were all given their own Elf names and made Christmas baubles. They learned all about sorting Santa's mail, and how to wrap presents by making a small gift for their parents and lastly they all got to meet Randolph, our fantastic reindeer (Sshh! He's really a puppet hand crafted by the young people with Nicky's help!). Randolph gave his approval in the making of magic reindeer food.

We would like to thank our volunteer "Elf Helpers" who supported the young people over the workshop weekend. Your support was invaluable. It was a super weekend with lots of positive feedback.





Annual Christmas Coffee Morning

On Monday 4th December, we hosted our annual coffee morning in “The Garage”, with help from our lovely volunteer Marie, who served barista style coffee and made the most delicious lemon drizzle! It’s always a nice opportunity to chat, and catch up with members, supporters and fellow professionals prior to the festive madness. It is our way of saying thanks for your support during the year and pausing for breath as the New Year approaches.



Kind donations were made for refreshments, totalling £73.00



Staff Changes at Barnabas



We wish we could freeze time when it comes to saying goodbye to valued members of our Staff Team. Alas, we cannot.

After working with the Barnabas Youth Work team for a number of years, Kelly Watson, and Helen Fox are moving on to pastures new.

We would like to wish them both the very best of luck in their new endeavors. We know they will be a valued asset in their new roles and shall be greatly missed at Barnabas.



Always here for young people

We will continue to offer support to young people over the festive season, through our Advice and Supported Housing projects. Watch this space for news about youth work projects in the New Year - whatever will we do next? When it comes to young people, we believe there are no limits.



Visit our website

For more information visit our website by scanning the QR code provided, or call us anytime to find out more.

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