

the BARNABAS beat

Issue 12 - January 2025



Happy New Year! It seems a little strange to be saying that at the January mid-point, but we do wish all the very best to all the young people we work with, to our supporters, volunteers and donors. As we usher in 2025, and muddle our way through the year's longest month (feels like!), we can take time to reflect on the year just passed, with its many highs and lows, while looking forward to new opportunities and happy times ahead.

The full moon this month was named the Wolf Moon. So called because wolves don't hibernate and legend has it that they can be heard howling at the winter moon. We like this kind of attitude - always on the go, making the most of the season, and being heard even on darker days. Be more wolf, we say!

Meet Samantha Social Work Student Supporting our Team



Hi, I'm Samantha! I'm a social work student at Northumbria University, and I'm excited to be on placement with Barnabas for the next eight months. During my time here, I'm hoping to gain hands-on experience working with young people, building my confidence and developing the skills I need to support them in achieving their goals. I'm really looking forward to learning more about how the team at Barnabas operates as a charity and how they work with other services to provide the best support possible.

I'm especially eager to work on my communication and relationship-building skills, tackle challenges professionally, and grow as a social worker by reflecting on what's working well and where I can improve. I'm excited to make a positive difference, connect with the young people and the team, and push myself out of my comfort zone to take on new challenges. Meeting young people from diverse backgrounds and learning how to adapt my approach to meet their individual needs is something I'm really passionate about, and I'm looking forward to seeing how this placement helps me grow both personally and professionally.

Christmas with Barnabas

Christmas began on 28th November, with a cosy Night Market - a night to remember! We had 7 stall holders in total, plus Kasey - a young person fundraising for a forthcoming trip to Cambodia where she will support a charity to provide facilities, and deliver education services. Our Ambitious Youth group served a selection of hot drinks and treats. This was followed by our annual Coffee Morning on 2nd December. The two events together raised £350 for the charity, through donations and a raffle.

On 5th December, we offered a Garland Making workshop with The Crafty Sisters for young people aged 11-16yrs. Similarly, we provided a Make Your Own Board Games workshop on 3rd January for young people aged 9-14yrs. We certainly work with some talented young people, whose imaginations never fail to amaze us.

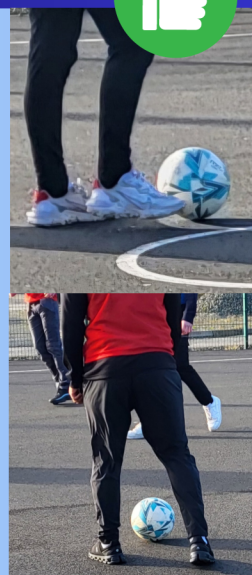
On 23rd December, the team prepared a very tasty Christmas dinner for the young people within our Supported Accommodation project, with the help of our Youth Work Volunteer, Iris, and Social Work student, Sam. There was not a pig in a blanket to be found anywhere by the end of the day!



Northumberland College Football Tournament



On Monday 25th November, we joined the Yr1 Travel & Tourism students at Northumberland College for a special Charity Football Tournament. Our Youth Worker, Josh, acted as referee for the event. It was a very windy day, but that didn't put off the 30 young lads who turned up to show their support, plus lots of spectators cheering them on. The group plan to support Barnabas as much as possible during the college year.



Winter Warmer in the Garage Cafe



Our Ambitious Youth project is going from strength to strength after receiving funding from Karbon Homes Winter Wellbeing Fund and Morpeth Town Council - to provide a warm space hub for those seeking respite during the colder months. The group are keen to have this project continue into the warmer weather too, providing a welcoming space for those living alone, or facing loneliness, or without somewhere to go on an evening.

Our cosy Garage Cafe is very welcoming with comfy seats and friendly volunteers
First session: 22nd January 2025 then every Wednesday thereafter

10.30am to 2.00pm

5.00pm to 8.00pm

This resource is free to use, and no purchase is necessary.

We will also be providing warming refreshments.

Our Repair Shed Project



Thursday
1.00pm to 3.00pm

To the rear of Wellwood House, NE61 1SU

Everyone welcome!

Do you have a small household appliance that needs fixed?

Would you like to upcycle an item?

Do you like to meet like-minded people?

Would you enjoy a cuppa and a chat?

Our session is very friendly and informal

FREE TRAINING AVAILABLE



Barnabas Safe & Sound, in conjunction with their Ambitious Youth training project, are pleased to offer a series of free training to anyone interested in expanding their skillset.

Course	Date	Time
Introduction to Youth Work (6hrs) Lunch required	Saturday 8th February	10am - 4pm
Safeguarding Young People	Wednesday 5th March	6pm - 9pm
Introduction to Alcohol Awareness	Wednesday 12th March	6pm - 9pm
Effective Communication & De-escalation skills	Wednesday 19th March	6pm - 9pm
Introduction of Drug Awareness	Wednesday 2nd April	6pm - 9pm

- Suitable for beginners
- No experience is necessary
- Refreshments are provided
- Trainees will receive an in-house qualification
- Friendly and welcoming environment
- There are opportunities for other recognised qualifications in the future



For more information, contact us on 01670 517721.
Or to book your place, simply scan the QR code provided or head to:
www.barnabas-northumberland.org.uk/whats-on/

Open *Mic night*

All performers welcome



*6th of February
4.30pm - 7.30pm*

*Food and Drink
available*



*The Garage,
Barnabas Safe and Sound,
Wellwood house, Morpeth,
NE61 1SU*

*Any questions, email:
hayley.brown@barnabasne.org.uk*





CHARITY QUIZ NIGHT



**TUESDAY 28TH JANUARY 2025
FROM 8PM**

The Old Ash Dene, Ashington

Do you have what it takes to be a quiz champion?

Join us on 28th January at the Old Ash Dene for one of their well established quiz nights. It only costs £1 per person and its a whole lot of fun.

TREAT YOURSELF TO SOME
TASTY FOOD BEFOREHAND?

ENTER OUR LUCKY NUMBER DRAW.
YOU COULD WIN A CASH PRIZE

NO NEED TO BOOK. JUST COME ALONG ON THE NIGHT!

If you have any queries about our work in the community, we'd love to hear from you.

Give us a call on 01670 517721

Drop us an email admin@barnabasne.org.uk

Check out our website www.barnabas-northumberland.org.uk

Of course, you can always find us on our social media too!



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Wellwood House, Dark Lane, Morpeth, Northumberland, NE61 1SU

Registered Charity Number: 1094570