

## The Chatterbox Project is a youth action project run by young people with disabilities aged 11-25 years old.

The project's main aim is to **raise awareness of disabilities, empower young people** and create a **community which is equal for all** whilst being surrounded by **friendship and laughter**.



Focusing on **transitions** and building **skills for the future**, a peer-to-peer support model is used throughout the project where **experiences are shared**, worries or concerns are aired and support and solutions are found together.

Within sessions, activities include filmmaking, magazine design, cookery, youth-led workshops, arts and crafts, and much more.



Raising awareness of topics they are passionate about, Chatterbox members also design **quarterly magazines** and organise regular **community events**.

We also provide **AQA Unit Awards** for young people who access the project, enabling their achievements to be formally recognised.

## SESSION TIMETABLE

We offer a range of weekly youth action sessions for young people with disabilities. Within school holidays we also offer a variety of youth-led activity options.

MONDAY	TUESDAY	WEDNESDAY
This session is for young people living in Dorset (not Bournemouth or Poole). <b>£1 cost per session</b>	This session is for young people living in Bournemouth, Poole and Dorset.	This session is for young people living in Bournemouth, Poole and Dorset.
AGE RANGE	AGE RANGE	AGE RANGE
15- 18 years	11- 18 years	18- 25 years
TIME OF SESSION	TIME OF SESSION	TIME OF SESSION
5-7pm	6-8pm	6-8pm
VENUE	VENUE	VENUE
St Johns Church Office, 71 Leigh Rd, Wimborne BH21 1AE	Townsend Youth Centre, Jewell Rd, Bournemouth BH8 0LT	Pokesdown Youth Centre, 108 Stourvale Rd, Bournemouth BH6 5JB

Want to get in touch to find out more?

thechatterboxes@ymcabournemouth.org.uk  
www.ymcabournemouth.org.uk  
01202 084982

Youth Office, Townsend Youth Centre, Jewell Road,  
Bournemouth BH8 0LT

## YMCA Bournemouth

Would like to thank the following for their support:



THE CHATTERBOXES

PART OF YMCA BOURNEMOUTH



Empowering  
young disabled  
people to make a  
difference in their  
community



Chatterboxes



@Chat\_boxes



The\_chatterboxes



Chatter Box

YMCA

## WORKSHOPS FOR YOUNG PEOPLE

Chatterbox members offer free workshops around a number of key topics that they are particularly passionate about.

These topics are listed below, however workshops can be tailored to meet the specific needs of young people.

**Disability Awareness:** gives up-to-date information about disabilities, dispels existing myths and demonstrates how many people have disabilities, including well-known celebrities.

**Equality and Diversity:** provides an opportunity to learn about the meaning of equality and diversity (in an accessible format), as well as the Equality Act 2010 and those who are protected by it. We can also provide information about hate crime.

**Anti-Bullying:** discusses what bullying is, the long-term effects of bullying and what to do if you or someone else is bullied. The workshop also looks at ways to tackle bullying in a school or college setting as well as various case studies.

**Individuality/Self-Esteem:** focuses on young people's perception of themselves, celebrates difference and looks at ways to help young people value their uniqueness.

Feedback from teachers includes:

**"The engagement between speakers and young people was brilliant"**

**"They really challenged our pupils' perception of disabilities in a warm and funny way"**

## TRAINING FOR PROFESSIONALS

We offer a variety of unique training opportunities for staff to learn about disabilities, directly from young people who have first-hand experience of living with a disability. Bespoke training can cover important topics such as current legislation, ways to make reasonable adjustments and general advice about disabilities, in an interactive and accessible format.

Feedback examples from training we have provided:

**"10/10! Amazing and inspirational!  
Thought-provoking and tear-jerking"**

**"The speakers were just amazing. So  
confident and engaging!"**



### Peer mentoring training for young people:

We are an approved provider of training through the 'Peer Mentoring and Befriending Foundation'. We use this experience to train young people as peer mentors to support younger members within our project, as well as in college and school settings. The peer mentoring training usually takes at least three sessions which are two hours each in total. They focus on a variety of topics including communication skills, understanding differences and confidentiality.

## DESIGNING

We have a wealth of experience **designing easy-to-read, disability and youth-friendly materials** such as leaflets, posters, website content and layouts for various organisations.



## CONSULTATION

Passionate about creating a world which is equal for all, Chatterbox members can **provide experiences and expertise** to ensure services, buildings or publications meet the needs of disabled young people.

## WANT TO SUPPORT OUR PROJECT BUT NOT SURE HOW?



There is a range of ways you can support our project from:

- Sharing your skills and experience through volunteering. From directly supporting young people, to helping out at our community events or fundraising.
- **Donating funds** or items which can support areas of our project such as activity trips, food for sessions, equipment and much more.