

PHOENIX NEWS

THE OFFICIAL NEWSLETTER OF PHOENIX UNITED COMMUNITY INTEREST COMPANY

THE Y-STOP INITIATIVE

The Y-Stop project has been created by young people for young people, and it covers tips and procedures concerning what to do if you are stopped by a police officer. The creators aim to give young people 'the skills to handle stop and search [and] interactions with the police, as well as provide tools for advice, empowerment and reporting police behaviour'.

The team have created a printable handout that covers all of their key tips, which include advice on recording key incidents to prevent abuse of authority. In an age where the attitudes of some police officers are coming under increased scrutiny for potential brutality and bias, it is vital that young people know ways to prevent and report incidents from taking place.

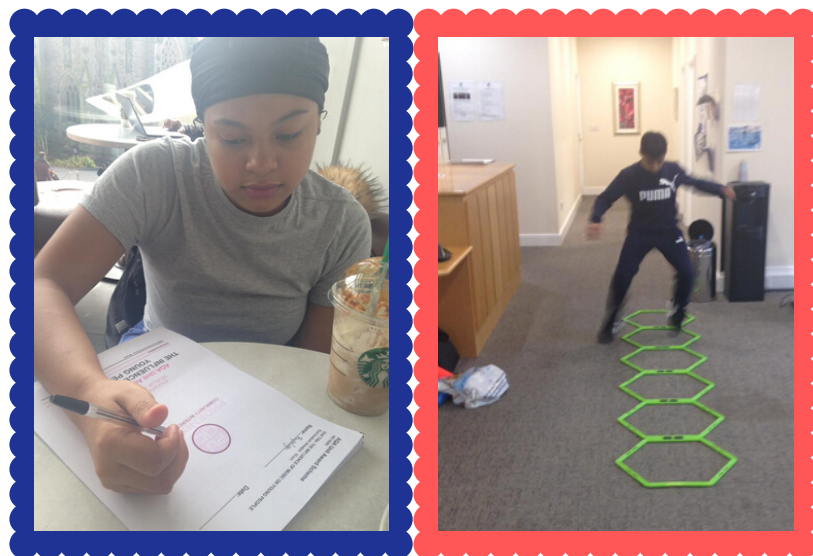
To download the handout and find out more, visit <https://www.release.org.uk/publications/y-stop-search-card>.

OCTOBER SUCCESS!

October has been a busy month for us here at Phoenix United, with the half-term week being especially important to us due to the Positive Me programme we ran for young people in Birmingham.

The programme was really successful and we would like to extend our thanks to everyone who was involved in the event- be they an organizer, a parent or a young person themselves!

We look forward to offering similar programmes in future.



DID YOU KNOW?

The development of the child brain depends on a variety of factors including proper nutrition (starting from the beginning of pregnancy), exposure to infections or toxins such as cigarette smoke, and the child's experiences with the world and others.

SPORTS LEADERSHIP

At PU CIC, we are enthusiastic about offering Sports Leadership qualifications to young people who wish to pursue an active lifestyle.

Starting at Level 1, these certified qualifications prove that a young person is able to show leadership skills and dedication, skills actively sought by their future employers. Higher levelled Sports Leadership qualifications show a more advanced approach, allowing young people to become leaders within their own sporting communities.

Qualifications are accredited by Sports Leaders UK, a nationally recognized body. As well as earning a badge and certificate, young people are guided through the development of integral skills such as self-confidence, reliability, punctuality and self-motivation.

**THE WORLD AS WE HAVE
CREATED IT IS A PROCESS OF
OUR THINKING. IT CANNOT BE
CHANGED WITHOUT CHANGING
OUR THINKING.
- EINSTEIN**



HOW TO BECOME A MENTOR

THE IDEAL MENTOR IS SOMEONE WHO CAN BE A POSITIVE ROLE MODEL, SOMEONE WHO IS EMPATHETIC AND CAN OFFER CONSTRUCTIVE ADVICE, HELPING GUIDE PEOPLE TO FIND SOLUTIONS TO THEIR PROBLEMS.

LECT ARE OFFERING A TWO-DAY, FULLY ACCREDITED LEVEL 2 MENTORING COURSE THIS DECEMBER. TO FIND OUT MORE, CONTACT ASHA HENRY BY CALLING 0121 647 1732 OR EMAILING LECTMESSENGER@GMAIL.COM.

THIS COURSE CAN BE COMPLETED ONLINE IN YOUR OWN TIME AND WILL RESULT IN A CERTIFICATE.



PHOENIX UTD
COMMUNITY INTEREST COMPANY

**MENTORING - COULD IT BE THE
SOLUTION YOU SEEK?**

**BETTER MENTAL HEALTH.
BETTER EDUCATION
PROSPECTS. BETTER SOCIAL
SKILLS.**



Mentors can help young people to rationalize their thoughts and feelings by acting as a voice of reason.

IF YOU THINK A YOUNG PERSON IN YOUR LIFE COULD BENEFIT FROM HAVING SOMEONE TO TALK TO, CONTACT US TODAY.

0121 227 8567 info@pucic.co.uk @pucic8 pucic.co.uk

WE ARE ALWAYS LOOKING FOR DEDICATED AND RELIABLE MENTORS TO VOLUNTEER WITH US! TO GET IN TOUCH, USE THE INFORMATION BELOW.