



THE CENTRE NEWS



www.18u.org.uk

THE WORLD'S FAVOURITE CHARITY

- Since 1994

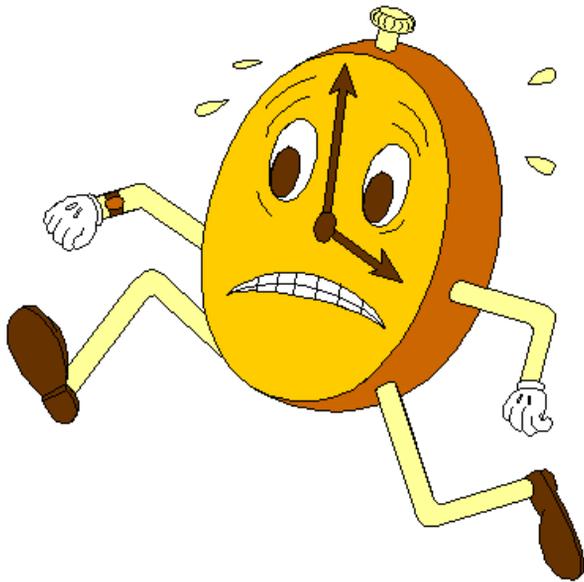
2017 xmas new year and onwards

Welcome back! **To our notorious newsletter**

Welcome all to 2017 ☺

Here's what's up where it's at ;)

Eventually



Inside This Issue -

2nd Annual YP in PH Fundraiser



Blue Room to be awesomed



A cat



Baby news



Is this real???



Bandit

The Perthshire Moggy



Please allow me to introduce myself I'm a man of wealth and taste, I live here with my Humans whom I picked quite some time ago, and after 11 years they are coming along nicely.

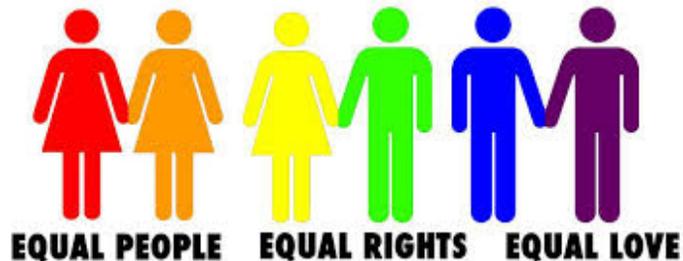
I had a column in the Centre Matters quite some time ago telling of my exploits and adventures of a Moggy who lived in the Forfar area but now, having spent a few years trying to get my humans to move, and after some persuasion, we bought a nice little cat home in Perthshire where I am more than happy to live out my retirement.

Due to my age, I cant sit here typing for long as I now have arthritis in both my front elbows and it causes me some pain so please be patient with me and let my introduction give you a taste of things to come.

Gone are my days of wandering round the office and pouncing on volunteers in the corridors and passageways of the centre. I will reminisce of some of the good times when I was able to come into the office and will post some nice photographs of things I like bearing in mind that Christmas is almost upon us. I hope you will come to worship me as my owners have and I look forward to writing articles in the future for your entertainment.

Bandit. AKA PEN1 - OG

New Project Coming This Year!



New project to put emphasis on equality and rights for LGBT young people

So what does this mean for you??

Well there wont be any big changes. But at least one evening a week will have focus on LGBT related things.

We are also hoping that young LGBT people will feel more enabled and included within 18U. Awesome!

So a big boost for equality and a big boost for us as people to grow.

The Babies!!!

A cheeky youngest volunteers update



Alfie! Alfie, the dapper young chap, has learned to say the word “mum”! He’s also AMAZING on the karaoke 😊

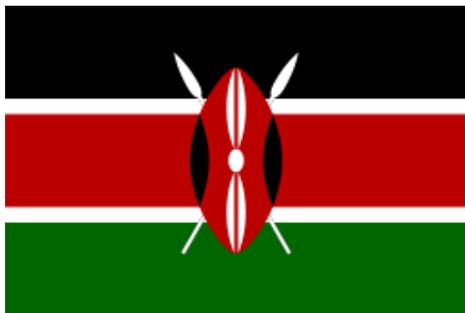
Nora! Nora has mastered the ancient art of bum shuffling. How awesome is that?! She’s also up on all 4s but happy shuffling for now 😊



Poppy! Poppy is now crawling, ohoh! She’s also pulling herself up on things so is always bruised and bumpy 😊

Kenya Fundraiser

Family bereavment
jeopardises education



Education is not free in Kenya, not really

We recently learned of a tragic and untimely death in the Lumbasi family. Joseph's cousin died in Kenya as a result of violence leaving behind a wife and 7 children.

All of the children are currently in education. There is no benefit system in Kenya and publicly funded education is only available for young children and is of poor quality.

We want to help. So a team of volunteers, young people and workers are giving up sugar (or an alternative – Martha is giving up make up!) for February and seeking sponsorship to support the family – specifically by helping with the cost of education.

Please help us by taking part, or sharing the fundraising link, or sponsoring us. Thank you

Blue Room

Crazy cool revamp coming

The blue room is set to be done right up with a budget secured for upgrading

Laurie has pulled an absolute cracker! We now have a budget to do up the blue room. It's long overdue and could really change the feel of the place.

We're looking for views from those that use the room right now. Should we have 20 couches? A popcorn machine? A new paper shredder? A laser shooting robotic giraffe??????

Let us know ☺

Conquering Nevis III

This summer we will once again face the mountain

Nevis is addictive.

Maybe it's the scenery. Perhaps it's the comradeship. Possibly it's the overwhelming sense of accomplishment.

Whatever it is Nevis is type of challenge you want to do again and again. And in our case – again!

That's right folks! Get walking up the Hilltown and build those Glutes because this summer we shall once again become the highest people in Britain. (as in height!)



Daisy's Fundraiser

The event organized by Daisy raised around £1300 and helped 48 young people and 48 adults

Young people have hard lives. Or life's. At the best of times.

So imagine how it as at the the worst?

Having mental illness is a horrible thing. And if you need to go into hospital miles from home life can become even more unbearable.

Daisy knows how hard it can be which is why she organises the annual fundraiser to buy comfort items for young people in these circumstances.



This year we raised so much money that we were able to supply young people in Dundee, Edinburgh, and Livingston with things designed to improve mental health, kill boredom, and deliver the message that there are people who care.

Because we raised so much money we were also able to give 2 huge hampers of chocolate to patients in Carseview.

Awesome work Daisy and everyone involved



Quick Bits

We're still trying to sort volunteering during the day for people that want to volunteer during the day! Our small number of workers is making it a challenge but hopefully this year things will improve

BSL is continuing in the office. Our most recent level one short course has been completed and we are looking forward to welcoming a real teacher for baby signing sometime very soon.

Rather than just having a Xmas party this year. Our team of young volunteers took out care packages for homeless people in Dundee.

We did then have a party ...

Though with less chips than expected due to a certain awesome volunteer who happens to be a terrible KP :P



*A picture of Mira.
Probably the day she had to leave*

We recently held our first ever online support training and simultaneously our first ever live/remote/online/international training. Mira was a perfect test pilot and took part in the training from the comfort of her own home in Munich.

This particular training was of particular import as we have seen a huge rise in the number of young people seeking our support online.

LETTEERRRRRRRRRRRS!!!!

We actually received mail! Mail! Real live MAIL!

MUSIC MEMORABILIA

Does anyone in the centre, workers or volunteers, have any music memorabilia? I have a great collection of Vinyl both singles and LPs. For those who remember them you will have no problem with what I'm talking about, for those who have never experienced the joys then let me assist.

Vinyl was how we listened to music many years ago. You would hear a song on the radio, and if you liked it, go to one of the many record stores buy it, take it home and play it on a contraption called a record player. If you were not careful with it, it scratched and would jump so care had to be taken with these precious items. They came in all shapes and sizes and colours also.

No doubt you will become accustomed to these joys as Vinyl is making a comeback.

If you would like to discuss anything Vinyl or any memorabilia like signed programmes signed photographs or would like to show me photos of your record collection I could help by letting you know how much they are worth?

I would be more than happy to show my signed photos of Bowie Freddie Mercury Elton John etc to someone who would appreciate it.

From - Long Live Vinyl

Sharks don't have a single bone in their body. Their skeleton is made of cartilage. This is the same stuff which makes up the tough flexible stuff on humans ears and noses.

Sharks keep moving their entire life. This forces water over their gills taking oxygen to their bloodstream. If a shark stops moving, it suffocates and dies.

Sharks have outstanding hearing and can hear fish thrashing about up to 500 metres. So don't thrash about in the sea when you are in the ferry or the shark will think you are a group of fish. How do you swim quietly?

If a shark was put into a large swimming pool it would be able to smell a single drop of blood in the water.

Moral of the story and facts?

Don't swim in the pool if there is a shark!!!

From – avid reader of sharky shark weekly

What's grey and has 2 trunks ?
An elephant going on holiday.



What's brown and has 2 trunks?
An elephant coming back from holiday
Not a letter it's a joke.



WHO WE ARE



Eighteen And Under (18U) was established in 1994 (21 years ago!) to fill a hole in local confidential support services as it was recognised that these were lacking for young people. 'The Dundee Young Women's Project' is where it started before gaining charity status as 'The Dundee Young Women's Centre' and from here it grew to the charity it is today, Eighteen And Under,

18U is a charity that provides free confidential support and information to males and females aged eighteen and under who have experienced any form of abuse ranging from bullying to sexual abuse. This is the charity's main aim however we also have other projects too— BetweenTheLines, Learn 2 Listen and the V.I.P. project.



WHAT WE CAN DO FOR DO



At 18U we offer both emotional and practical support to survivors of abuse. Emotional support is in place for us to listen to you and discuss anything you would like us to. Practical support can involve us helping you with the police/courts or just helping you move house or apply for jobs. Or more often simply provide a safe place for you to go and access help and information in a highly confidential way.



VOLUNTEERING WITH US



Volunteering at 18U does not only benefit others but also yourself. You can do many things as a volunteer; you don't have to offer support if it is not something you feel comfortable with or just don't want to do. If it is something you want to do then training will be given, the same as if you were to work on the V.I.P. project in schools etc. In return you will gain valuable experience, boost your CV, meet lots of new people and take part in numerous exciting projects. We can often reimburse travel fares too!

inset enthusiastic statement

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