



Xmas and New Year Special

Merry Xmas All!

So Xmas has been and gone and new year is either around the corner or also passed depending upon when you read this.



But Not For Everyone ...

We always and sincerely wish for everyone to have a good time at Xmas but we know that actually this time of year can be extra tough for people, in particular disadvantaged young people and survivors.

This year 18U has once again distributed hundreds of gifts. Throughout the year we receive Disney toys and numerous donations and in the run up to Xmas we also receive items from Cash For Kids.

Most of the toys and donations are distributed directly by us to families and young people who need it most. We also link up with other people in the community to ensure young people and children that are not involved with any services will receive a little something extra and we hope that this brings happiness and reduces stress. (Massive thanks to the xmas wrapping team btw!!)

The gifts are actually not the most important thing that we provide over Xmas time though, the best thing that we do is provide support to isolated young people.

Our message board was manned, messages were checked, calls were returned and texts were answered throughout the festive period.

Sadly the best gift on offer for many young people this year was simply someone to listen and show a little care, and we think that's worth thinking about.

Thank you to all of our support workers and volunteers in particular. You are the best.

LATE NEWSLETTER CONFUSES VOLUNTEERS

There's a newsletter???

There is, but it's a bit sporadic!

We had hoped to be delivering it monthly but it's starting look to more like a quarterly thing! So sorry for the delay. Maybe we will aim for fortnightly and that way it may be delivered bi monthly instead?

If anyone would like to contribute articles or maybe even come on board as an editor or reporter or photographer get in touch!

BTL Delivers First Full Package to School



BetweenTheLines delivers a full package of self-harm based work to a school

The BetweenTheLines project was set up to support young people affected by self-harm and increase awareness.

We recently delivered a full package of care to a specialist school for looked after young women.

The full package essentially means that we delivered training to every staff member and ran sessions with the young people in an effort to reduce self-harming and improve the staffs response to self-harm.

Daisy Stewart, warrior princess and BTL volunteer said “This is a massive step for the BTL project, self-harm is often misunderstood or not recognised so the staff training was invaluable.

“self-harm is often a subject that is not frankly discussed with young people and I hope this work helps to keep these young people a bit safer.”

“I need to pee now.”

Well done BTL and we look forward to a bright future with you 😊

BSL Group To Move Up A Level! New Group On The Way

The Tuesday Level 1 BSL Group is about to become 18U's first level 2 group!

Well done to our 3 champions who have worked hard and stuck at the BSL level 1 course as they are now very almost ready to move up to level 2 and we are super impressed.

The really exciting thing about this is it creates the opportunity for a new level 1 course!

One of our top volunteers – Joe – is willing to give some extra time out of his busy schedule to teach anyone who is keen to learn

SO! If you're keen to learn, talk to Keiran Joe or Jenna and we will try to arrange something :)

We didn't get the chance to speak to Joe but if we did we reckon he would have said – “I'm totally flabbergasted. Star Wars rules”

Exciting New Posters In Development

We are in the process of revamping our support posters.

One of the things that drives us crazy is when we come across young people that have long been looking for support and learn that they have never heard of us!

It happens more often than you may think.

The new posters are one teensy weensy bit of an over all strategy to make 18U available to more young people. Check out the new action groups article for more on this and how you can help ...

Shadow Management to Make Comeback?

We know that many of our current volunteers and young people have no idea what 'Shadow Management' means. This is a disaster!

Well disaster may be a little over dramatic, but it is kinda a big deal!

You see prior to a couple of years back 18U has always operated with 2 main sources of guidance and governance – management, and shadow management.

Our management has now legally changed titles to directors but it's much the same thing, these are the people in charge of 18U on an organisational level.

The problem we have is that they can be a bit fuddy duddy.

So to combat this and to make sure 18U is a youth led organisation we like to have a shadow management made up of the young people between 12 and 25 that are actually involved in what we do on a more personal, day to day level.

Sound a bit like you perhaps? Read on-



Shadow management, or shadow directors as we will here on more hippy refer to them, have several important responsibilities.

They are first and foremost a group of people that can represent other young people and that workers and other directors can go to for information and guidance.

Imagine it like this – you're old. You're also very good at supporting young people and running a charity, what is one of you're biggest problems?

Communication! Communication moves very quickly for older people, from whatsapp to snapchat to messenger and so on it's hard to keep up. It's also hard to know what current issues young people may have.

So you have a group of young people, aware of all of the current issues and communication trends, that know the organisation well and can guide you. And they form a group, that equals perfect!

That's just one example where shadow directors can come in and help to direct 18U so that we are all together making it the best possible service.

Other responsibilities include carrying out job interviews, making decisions about the office generally (like décor/what we should buy etc), what funding we should go for, training and basically being a voice for all of the young people that are involved with 18U as well as those that aren't.

They can also put things before the other directors for discussion, attend planning meetings, write policies and help to decide the general direction that 18U is heading in.

Pretty neat really huh??

It's super easy to get involved, just talk to Keiran Laurie Marley Jerri Joseph or Jenna

Halloween Dazzles!

18U's Halloween party a spooooky success



Keiran allegedly smashing a window

18 And Under's Kid's Halloween party on the 31st October, 2015 went really well, and was enjoyed by everyone. Maybe Keiran enjoyed it a wee bit too much..... (R.I.P Glass door </3).

The office looked exceptionally scary, complete with deadly decorations – Shout out to the dedicated team that created them and made the office look so good. There were fun and games (Thanks to everyone who organised them and who took part), food (Thank you to head Chef Caitlin Davidson) and a terrifically terrifying haunted hallway – which scared everyone – especially Laurie who could be heard screaming from miles away. (Thank you to all the Zombies, story tellers and tour guides that made the hallway a success!)

Action Groups!

A New Way To Get involved

As it's about to be (or already is) a new year and we think it's the perfect time to announce an exciting new opportunity! **Action groups.**

We at 18U are always looking for the best way to support young people and stop abuse, and we thought maybe some readers would like to get more involved with this.

So starting in January we are inviting everyone to get involved with one (or both) of our new action groups.

One group will be working to support survivors. The other will be working to prevent abuse from happening.

Find out about it all at the volunteers weekly meeting, every Wednesday at 630PM

Helping Young People Affected by Mental Illness

We recently held a fundraiser for young people in psychiatric hospitals.

Staff volunteers and young people got together to carry each other across the Tay road bridge and back.

Over £400 was raised and the money will be used to buy much needed comfort items for the young people including books, games, mindfulness colouring books, cosy socks and loads more.

The items are all boxed up and will be delivered soon so look out for a wee write up in the next newsletter.

We are hugely impressed with everyone's effort in making this a success. As well as making 18U proud, warm and fuzzy the effort of everyone involved will bring a little light and love to some of the people who need it most.

Thank you.

Zoe Morrison

Child, young person, volunteer, worker, legend!

I first joined the community of 18&under when I was a young, carefree and innocent child – back in (around) 2003. I was about six. I came to the centre with a bunch of friends. Every Wednesday, my gang and I (known as the “Kool Kids Klub”) would invade the office and demand game after game of old favourites such as “Truth Dare Scare”. Being a child in the office was fun. I got to go on trips to Scottish Parliament, terrorise some members of the Royal Family and even have a cameo role in the making of some of the centre’s DVDs.

When I got a bit older, I came back to the office as a volunteer. Volunteering was great. I got to sit back while staff members made me cups of tea. I also got to go on really enjoyable trips away – such as a camping trip and an Easter retreat. Fundraisers such as the Elie chainwalk were always good, and as well as having fun, through being a volunteer I gained great skills that I may otherwise have not learned. I got the opportunity to go into schools to deliver the VIP programme. I really liked doing this with Keiran and it helped improve my confidence.

In September, I started in the centre as a paid worker. People often ask me what the main differences between being a paid worker and being a volunteer worker are. I’ll tell you – the main difference is I used to be given cup after cup of tea; now I have to make tea for everyone else!!!

JUST KIDDING. There aren’t too many differences between being a paid worker and a volunteer because no matter if you’re a paid worker, a volunteer or a young person – everyone is made to feel like part of the team at the centre. I have always been made to feel welcome – no matter what my role has been. I am so grateful for my job here and I am excited to see what other good work we can achieve and crazy adventures we can have together.



*Zoe, she’s a little good funky, a bit chic,
and a hella lotta heartfelt*

Thoughts from Iain

One of our greatest ever office junior staff members

When I graduated from university with a computing degree, I had spent 17 years of my life in full time education but had no work experience at all. I hadn't even thought about what I would do with my life now that I had finished education and entered adulthood. While many people would think I was very highly qualified, so many jobs asked for years of experience I didn't have and honestly I was quite intimidated in much of my job searching.

The great thing about my job here at 18 & Under is that I was offered it because I had no experience. The charity gives people who don't have the qualifications or experience an opportunity to build their confidence and get work experience in such a friendly environment.

While I didn't dislike the jobcentre, it was a welcoming surprise to go from the DWP's highly bureaucratic proceedings to 18 & Under's colourful office. I felt so overdressed in my interview in a fairly simple business shirt and trousers.

Working at 18 & Under has been such a unique experience, it has to be one of the most relaxed office environments there is. I doubt any other office admins can say working in their office included playing air hockey, hide and seek or video games with the various children that come to the charity.

I've very much enjoyed working here and hope to stay in touch. Thank you all for the experience.

EDITOR: You will be greatly missed as a worker Iain, but we know you'll stick around as a brilliant volunteer, and thanks for the chocolates :)



A Blank Space What do you do with one?

Oh no!

We've ended up with a blank space here.

What on earth should we do with it? Erm, Poetry?

The newsletter had a blank space.

So we put random words in it's place

Cat, square, moon, ice cream, face

This poem is an official disgrace!

Instead have a picture of a wheelie bin race!



Yep, it's a real thing ...

The Way We Support Young People Is Changing

Laurie explores the changes in support over the last 20 years

The way we support young people has changed over the years. It used to be that young people would find their way to the Centre and sit down and talk with a worker. They would maybe come just once, come down regularly for some time or just appear when they felt the need. Now, while some of that still happens, most support happens differently now.

Now, a support worker can be anywhere, doing anything and an email or text pings onto the phone. Instantly, the worker can read about a problem a young person is having, or a young person is looking for a chat. It's the same with social media with the possibility of instant chat available. All this is wonderful as young people can get pretty instant help or someone to talk to at times to suit them, but it has its downside too.

Talking through typing can easily lead to misunderstanding. The lack of commas, full stops and other such things that can help someone make sense of meaning, can mean big misunderstandings. So too with text talk, easy to type and easier to misunderstand. Being readily available can also lead to problems when you are, for one reason or not, suddenly unavailable. A crisis can develop all too quickly for a young person, and if they are used to having someone only a text away, and that person is missing. It can feel like a real let down. I try to make sure that all the young people I talk to, know that I can't always be there and let them know what times I am more likely to be there.



Laurie, always involving young people and learning from them.

Another issue with talking this way is that I sometimes feel like the invisible person in the room. I can have a young person telling me all about the family. Whose saying and doing what to whom, and the only person who knows that I know everything, is the young person. Bit of an invasion of privacy really. I even get videos, recordings and pictures from inside people's homes. The good part of this, for the young person, is that if they are living in an abusive situation, they are able to share what is going on for them and get help.

I get the young people to teach me how to use all these new ways of communicating. Let's face it, without their help it would be impossible. I wonder what the next 20 years will bring?



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

You can contact us via: Web www.18u.org.uk

Email keir5680@aol.com

Phone 01382 206 222

Text 07707 531 976