



Global exclusives! News! Etc!

New Support Forum

In case you've somehow missed being roped in to joining it – There's a new forum!

More and more of our support is moving online, and we are starting to get online volunteers too! The forum is the place where this can be brought together.

So instead of checking boring old facebook all the time why not sign up? There's some fun stuff but more importantly there's an online community just waiting for you to help build 😊 - Access it via www18u.org.uk



New Website Too!

To go with our new forum we have updated (note – are updating) our website too.

In fact we may well be looking for some volunteers to come in and pose as volunteers for pictures for the website.

Any takers?

Youngest Volunteer Gets To Work

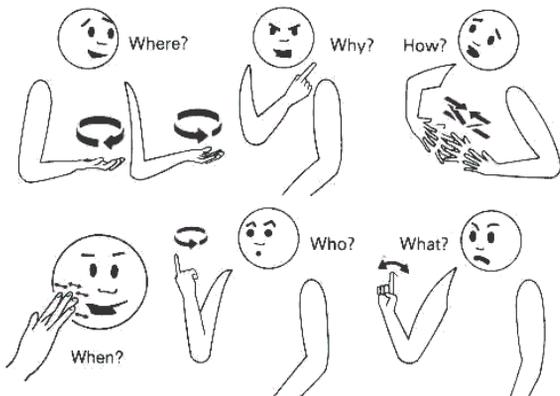
Our newest and youngest volunteer Poppy has been popping in plenty (to the office that is)

Never one to hang about she is getting stuck in and getting to know everyone.

Her skills include long distance pooping which may be useful at some conferences



BSL level 1 started Again – Ended again



The level 1 BSL group was recently restarted but sadly didn't last long...

It started as BSL often does, with a huge number of bright eyed rosy cheeked students and Laurie.

Sadly a few weeks down the line and we were left with the usual suspects (who are already halfway through level 1 but agreed to step back to let others join in).

Still! With new volunteers always coming in we are hopeful that we will get another bunch started on the journey to being sign proficient.

NEW HOODIES

New hoodies? NEW hoodies?! HOODIES!? YES.

That's right folks! New hoodies are in development and the most important question you could possibly ask yourself (or us) is - how! How do I get my hoodie????

The answer? Volunteer fool! (sorry)

Hoodies will be given out based mainly on quantity but also somewhat on the quality (or effort) that each individual puts in.

In summary – get involved ☺

First partner school Peer led prevention

We recently piloted a brand new (to us) method of violence prevention in schools

A couple of months ago 18U was asked to deliver VIP to an entire year group in a high school. The problem was (and is) that we don't have enough people trained in VIP delivery to cover such a large number of young people!

Not being the types to quit and lose an opportunity to boost young people's safety we came up with a new way of doing things.

Rather than have a trained 18U minion work with each class we asked for volunteers from the classes and delivered training to all 15 of those that stepped up.

They then delivered VIP to their peers.

Simple!

And effective ☺

*(This is
The picture
That came on
Google when
We typed peer)*



Shadow management is happening and happening

Shadow management is once again on the go.

The group is meeting monthly (ish) to discuss a range of relevant topics and inform the 18U service. Well done chums!

First support and first prevention Action groups meetings complete

Why do you volunteers? What's the point in volunteering?

On an individual advantage level there can be lots of reasons why a person would volunteer – to meet new friends, boost confidence, learn skills improve CV etc etc.

But we think one thing that is virtually universal, the desire to help others and make a change.

We reckon something that's been missing for a number of years is a focussing of the passion that our volunteers have.

Doing things like leaning sign language and playing games and going camping is amazing, but in terms of volunteering there's so much more that can be done! (whilst still going camping ha ha! 😊)



*Jo being a super fly guy
at the 2015 camp*

So what are these action groups all about?

Both are pretty much as named on the metaphorical tin.

The support action group (SAG) is for those that want to get involved in all aspects of the support service for 18U (and the other charities to some degree).

The SAG is responsible for promoting developing and delivering support. This includes covering the phones, designing posters, taking part in awareness raising events and much more of course.

The PAG (prevention, duh) is for people that want to prevent violence and abuse.

Much like the SAG volunteers PAG peeps need to develop (well, innovate at least) as well as deliver prevention work.

Our prevention programme (VIP) is normally delivered in nurseries primary and secondary schools as well as sheltered housing complexes for elderly. Maybe you could think of another group of people who could benefit?

It's super easy to get involved, just talk to Keiran.



Helping young people affected by mental health



18U with Huntercombe staff

All y'all may recall a fundraiser at the end of last year for young people affected by mental health and in hospital because of this.

We did in January manage to deliver the comfort items that we bough and they were hugely appreciated. So much so in fact that we think we may be doing an annual fundraiser AND Daisy has been asked to provide some training to staff and have a chat with the young people. Great outcome!



18U with Dundee YPU staff

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

New opening hours Get your say on when!

Times they are a changing. So times they are a changing!

What do you normally do on Saturday? How about Sunday? How about making volunteering a regular part of your weekend?

There's plenty advantage to opening up at the weekend we think. There's more opportunity for people to access support and there's more that volunteers can do including a hella lotta out with the office! Sound like a good plan?

Maybe someone could even get the woodcraft kids group going again

If you think so then get involved in making it happen! Pop onto the FB page or text Keiran to have a say on the opening times.

As with all things at 18U it will only happen with the support of volunteers so don't be shy!

VIP is Kenya bound

How will it be received in Kenyan schools?



Yep it true! In July this year one of our most excellent volunteers – Merida (or Caitis Mc D for those that don't know her well) will be shipping (flying really) off to Kenya!

Whilst there she will be delivering VIP to some of the kids there in Kenya.

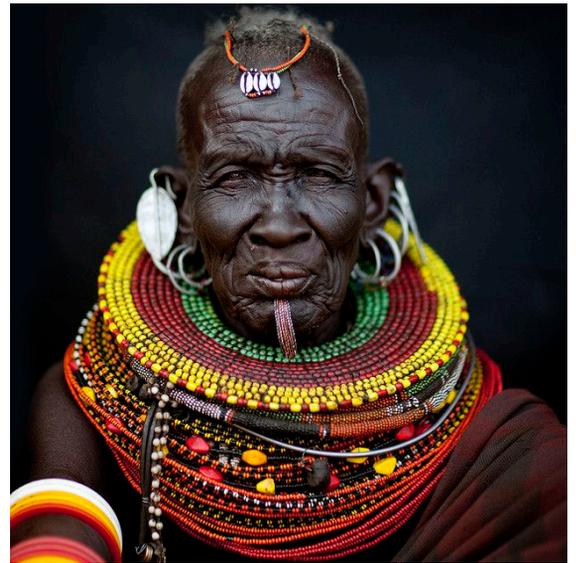
There no funding for this so we are holding a fundraiser to help pay for the flights.

On Friday the 3rd of June we are holding a Kenyan style dinner in the office.

Some of you may recall that a while back we held 3 commonwealth dinners at the office and the feedback for these was fantastic – in particular for the Kenyan food!

So here it is, ANOTHER chance to sample some fine cuisine from the comfort of the blue room 😊

It's a ticketed sorta event and the tickets are very limited! So if you're interested you need to get in touch asap to secure a seat at the table.





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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