



Global exclusives! News! Etc!

Welcome Back

The news!

Gosh it's been a while! Sorry folks :-0

So erm, let me think now what's new

The children's worker! She's new! Shauni is cool read more inside.

Office opening hours have changed a bit. More inside.

Jerri left. Ages ago. She did write a beautiful piece for us all. Inside.

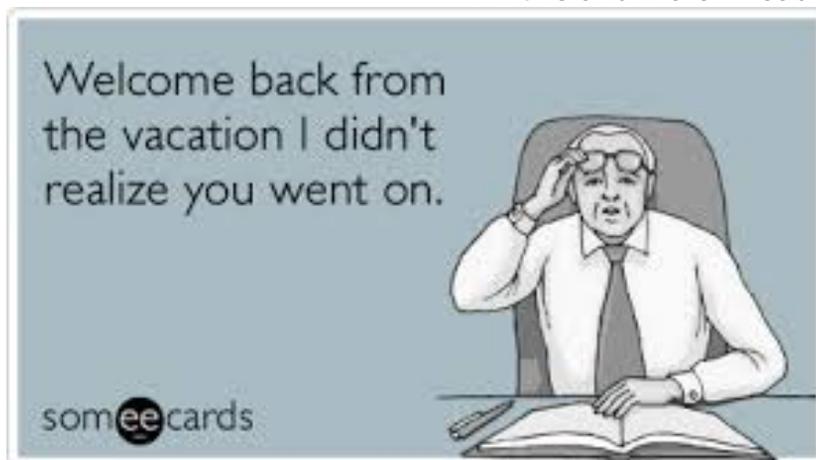
There's a new BSL practice group which has been bringing lots of new faces in. Guess where to read more :P

We have an event coming up at Scotmid. Shauni and Kayleigh did well representing. Read more in here.

The forum still exists!

There's a cool new upcoming events section too.

All this and more – read on!



New opening hours!!!!

Our hours have changed. We are now regularly open at the following times –

Monday 11-3

Tuesday 10-4

Wednesday 10-7

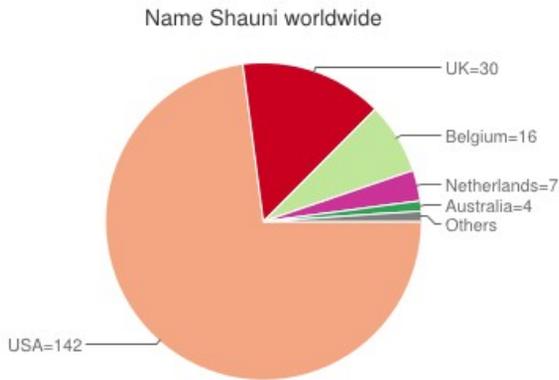
Thursday 10-7

Friday 10-4

Saturday 12-3



New worker – Meet the Shauni



New children's worker starts working at work etc

We have a new worker! Shauni can be found somewhere buzzing around the office at a million miles an hour. Generally just follow the noise and path of clean.

Shauni is with us for a year and it's hoped that more young mums and dads and carers will be able to get involved at the centre as a result.

NEW HOODIES?

Or Tshirts? Something!

YES.

Scotmid have chosen 18U to compete with 2 other charities to win funding.

We plan to do more outreach work with our share so top of my list – branded clothing for volunteers!

I know it's been a long time coming. I'm sorry for the delay. But we are getting close now :)

New hours. New Activities?

What to do with our evening hours?

So now that our hours are set once more. What would you like to see more of?

There's a lot of choices.

We could bring back movie or games night. Run more BSL. Have an active volunteering night. All sorts!

Something new perhaps? An outreach night?

We will pop up something in the centre volunteers group on facebook where people (you!) can put forward ideas



Sneak peek!

A new LGBT focus or friendly group?

Exciting stuff. More to come ☺

Goodbye Jerri – a bit late

An end of an era

Having been a worker for 9 years, and more importantly a volunteer for 23 years, it's a strange feeling knowing that I'm leaving. Of course I'm not gone completely, but so much will change.

I've been a part of the Centre for most of my life and it's only natural that many, many memories have been made in that time and as it's my last week, it's got me thinking about them. I remember the office opening, in a tiny back room, to the excitement of our first premises and then coming and seeing this new maze of an office a few years later. My mates and I immediately loved it and had a lot of great games of hide and seek in the early days...these quickly stopped however when I thought it would be clever to hide in a chest freezer!

Through the office, I made some of the best friends I've ever had...all of them in fact were met through the Centre. I've also met some amazing people, some who've moved on and some who have sadly passed. But all of that has left great memories.

I've also never come across another place like it, where coming into work could mean holding someone's baby, carrying hundreds of boxes up 3 flights of stairs, emptying buckets of rainwater or hunting for chinchillas. But who likes a normal day?

I've also had opportunities that I couldn't have dreamed of: I've learned so many life skills, been to award ceremonies (most of which we've won, amazing as we are), had trips to London, hilariously disastrous trips to Norwich and Lincoln, a conference at Tulliallan as a teen and even a week to Dundee's twin city in Germany...oh and who can forget to the top of Ben Nevis!

I've been part of creating tools to prevent violence and abuse, helped and starred in DVD's, trained workers on support and have supported countless people through the years.

My role with the Centre will now change, hopefully forever, but I believe the things I've learned, people I've met and experiences I've had will help me in my next era and that I will continue to help people however I can.

So I guess to sum it up, thank you for it all.

Jerri



Forum ticking away We could use more help!



So you all should know there is an 18U forum. You wont yet know however that there is also an 18PLUS forum and about to be an Izzy's/new RANs forum.

It's one of the most popular ways for service users to access support now. But we are struggling to get volunteers online!

What would help? Specific group times? More information? ROTA?

Let us know 😊



Scotmid Community Connect 18U shortlisted

18U has been chosen to compete with 2 other charities for the chance at some funding.

As mentioned in the hoodies bit a couple of pages back, 18U is in line for some monies!

We have a chance to win 5, 10 or 15k.

The money will be used to fund outreach work. Once we have it we plan to get our butts out on to the streets of the city and neighboring towns to make sure as many young people as possible know about us.

More to come 😊

Upcoming fundraiser



Time once more for our annual YP in PH fundraiser!

Sorry to say it but – Xmas aint far away now!

The good news? – that means it's fundraiser event time!

Our annual fundraiser to buy comfort items for young people in psychiatric hospitals has been a great success in the last couple of years. And there's no reason why this year can't also be awesome.

But what to do? What challenge shall we face?

Upcoming events!

16/17 Sept Dundee doors open day
Loads of places to visit free! Many need booked.
Check out – Dudhope castle, DC thompson,
The Transport Museum, and loads more.

September 20th How to be a citizen scientist
Head along to the botanical gardens to find out
how to be an actual scientist!
Botanical Gardens

29 September Amy!
Free film and talk about the pioneering British
female pilot Amy Johnson
D of A art uni

8th October The Grannies Who To The Moon
Interactive dance and play for people aged 2-16
and their families
Mcmanus

Haiku!

Lily:
out of the water
out of itself
- Nick Virgilio

O snail
Climb Mount Fuji,
But slowly, slowly!

Huh?
This isn't Haiku
This is confusion.

BSL Practice Group

Going well and being awesome

You enter the room.

The first thing you notice is the silence. 12 people are sitting there. But though they are silent the air vibrates with the movement of their hands.

No this isn't a silent rave party. It's our BSL practice group!

Held every second Thursday and suitable for those with level 1 or above BSL skills it's tons of fun.

We're really pleased to have so many people coming to the group. It's a brilliant mix of men and women from the hearing, deaf, and hard of hearing communities.

Long may it continue!

Décor Décor Décor

Sandra and Sharon have struck again!

The support room, blue room, and hall are looking pure doss.

But the blue room is no longer blue!

We need a name people.



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



UPDATE FOLOWING VOLS MEET!

Halloween party confirmed.

Sunday 29th. Party committee to be formed.

Keyleigh and Shauni to kick off LGBT focus.

First meeting – Saturday 14 Oct. Time TBC