

# YouMatter News

Our year so far; before and during lockdown!



## What we're up to...

### Primary School sessions have officially launched in 9 schools

Since September Kirsten has thoroughly enjoyed kicking off our Primary School pilot year and getting to know years 5 and 6 at 9 of the island's Primary schools.

Understandably, we're really disappointed that our current curriculum of sessions have been cut short and that we're not able to go into school to see the children at the moment. However, because we're all in lockdown, Kirsten has been making some educational videos with accompanying activities which are being shared with the children by their teachers. The hope is that they won't forget her or the positive messages being delivered in the workshops.

Currently, we have a number of videos available including an explanation of what Coronavirus is, a recap on the importance of Internet Safety and advice on staying Healthy at Home.

### Secondary School sessions have a new twist

We have been working hard to support our school and community groups while in lockdown by offering video workshops. So far, we have created a video with some activity ideas during lockdown along with a 30-minute workshop addressing Emotional Wellbeing during these unprecedented times. We are also taking the opportunity to update our workshops and generally get lots of our admin work done.



### Online Sessions

Emily and Kirsten have both put together some YouTube videos. Check them out!



### Congratulations Sarah & Family

Sarah has been on maternity leave after welcoming her daughter early in February!



### Thank you!

We were due to be a sponsored charity for this years Swimarathon, which was sadly cancelled, but we are grateful to be sponsored in the 2021 event!

## Find us on Social Media

We're all relying on different modes of connecting at the moment, which comes with its own challenges!

To help bring some positivity, education and support through this challenging time, we have been populating our 4 social media channels; Facebook, Twitter, Instagram and YouTube with articles, infographics, videos and advice relevant to the current health crisis, lockdown and home schooling.

This includes a new self care tip every day on Instagram.



[youmatter.je](http://youmatter.je)



## An update from the team!

### EMILY

Emily has been enjoying spending time at home with her daughter and her crazy dog, especially going for runs and planting edible things in the garden. She is also learning to use lots of new technology to make videos!

She has found juggling homeschool, working and supporting wider family a challenge, but with lots of laughing and fulfilment along the way.

Emily is really looking forward to giving her friends and family a massive hug and having a BBQ all together! Emily is also quite looking forward to being allowed to touch her face.

### KIRSTEN

Kirsten has been enjoying the opportunity lockdown has brought to enjoy 2 hours of fresh air and exercise with her family every day and is hugely thankful for the beautiful weather we've been having which allows this.

She has found juggling work with home schooling 2 children and a toddler challenging but continues to look for the positives in the situation we've found ourselves in.

Kirsten is looking forward to giving her Nan a hug and buying a real Jersey ice cream when the restrictions are lifted.

### ZOE

Zoe has been enjoying getting lots of jobs around the house finished up, mostly looking forward to fixing up her Kayak ready to get it in the water one of these days. She has loved the sunshine and warm weather, being outside in the garden as much as possible.

She has found studying for college online a challenge, and misses seeing her family.

Zoe is looking forward to visiting with friends and family, meeting her best-friends newborn son and going on adventures around the island again.

**WHAT HAVE YOU BEEN DOING? WHAT ARE YOU LOOKING FORWARD TO DOING? WE'D LOVE TO HEAR YOUR STORIES**

Connect with us on social media or send us an email and let us know what you've been doing to pass the time.

# Ways to support us

**YouMatter needs your help!**

**Just like most other charities, since the school closures and island-wide lockdown we have had to change the way our service is provided.**

Our workshops in schools are no longer able to happen in the traditional sense, so we've been getting creative with how to support not only the students but teachers and parents as well in this challenging time.

We have also seen understandable drop in our donations. We firmly believe that every little helps and since we are 100% donation reliant to maintain the work we do... we need your help!

This is a fun opportunity to get creative as you come up with ways to raise money while in lockdown, here are a few thoughts our team came up with.

**A few ideas how you can help support us from home:**

**2.6 CHALLENGE**

**A SPONSORED  
PHYSICAL  
ACTIVITY**

**DONATE WHAT  
YOU WOULD  
NORMALLY SPEND  
ON PARKING IN  
TOWN**

**DONATE THE  
PRICE OF YOUR  
REGULAR COFFEE  
/ TEA PURCHASE**

**CHECK OUT OUR  
AMAZON WISHLIST  
TO SEND US  
SOMETHING WE  
NEED  
[\[CLICK HERE\]](#)**

**DIG BEHIND THE  
SOFA FOR SOME  
COINS!**

**Thank you to everyone who has been able to donate so far, and for the continued support and words of encouragement we've received.**

**TO DONATE  
[CLICK HERE](#)**

If you prefer to send a cheque, please note our address:  
PO Box 465 | St Helier | Jersey | JE4 5RZ