



Dear All

We hope you are all well and managing with the children at home 24 hours a day, we appreciate the difficulties of trying balance the daily challenges of home schooling, working and also trying to keep things as 'normal' as we can.

As you will appreciate we had to close all our youth Activities but we are still here should you need anything, please see bottom of the page for the youth worker in your area.

We are currently looking at building a webpage just for young people to access, but as with everything this will take a little time, so please bear with us. We are also looking at future trips and activities for the young people

I am sure that by now that you have all had lots of links sent regarding things to do activities to try at home, these are a couple that have been suggested and found useful:

- [Joe Wicks Workout](#) – Weekdays –
- [BBC Bitesize](#) – **BBC Bitesize - Daily lessons** – Began on Monday 20 April, BBC Bitesize will publish daily online lessons for all ages including videos, quizzes, podcasts and articles which will be accessible on BBC Bitesize Daily via the BBC iPlayer, red button, BBC Four and BBC Sounds. The 14-week programme has been developed with teachers, experts and the government and has content and classes for every age group right up to GCSE level. The online service will feature a daily drop of videos, quizzes, podcasts and worksheets plus resources for other subjects such as history, geography and art.

- [The Maths Factor](#) – Carol Vorderman's maths tutor for children aged 4-11 – also helped me in understanding how maths is taught in school.
- [Zoom](#) – , This guide is quite useful for those that haven't attempted it yet - <https://youthworksupport.co.uk/wp-content/uploads/2020/03/YP-Practical-Guide-to-Zoom.pdf>
- [Isolation Diary](#) , just an idea to reflect on in the future, why not create your own?

For the older young people

[The National Youth Agency](#) has put together a great page with everything on that some of the older children may find useful to have a look at, including how to keep yourself safe on-line and a free sign language course for the under 18's - <https://youthworksupport.co.uk/young-people/>

Adults

I am sure everyone is keeping busy over this time but if you do have some time and wanted to enhance your own learning the [Open University](#) has lots of FREE courses that are available to access on their website.

Have a go at the quizzes that we have attached, see how you get on , answers will be published separately

Hope you are all keeping safe and enjoying the sunshine where possible! We look forward to seeing our young people as soon as is possible,

Helen.paterson883@mod.gov.uk - Akrotiri

noeljhh@gmail.com - Dhekelia / Ayia Nik

phildakin@hotmail.com-Episkopi