

Now in Alton

We're excited to be opening our doors in Alton and whilst we may be new to the town, we're not new to Youth Work. Our centre in Petersfield has been running for 19 years and is a vibrant, lively place where young people enjoy themselves in a safe environment, tackling their challenges and becoming the best they can be. We have the same aims for our centre in Alton.

Starting from 7th May 2019 for 10 weeks (not including half-term), we will be running 3 programmes – Anxiety, Self-esteem and Values & Identity. If you are a young person who is struggling with any of these issues and would like to join our programme or know of someone who might, please do contact our Service Manager for Alton, Lisa Hillan to register your interest or make a referral, at:

Lisa@thekingsarms.org.uk



What is KA?

The King's Arms Youth Centre (KA) is a charity that works to support the emotional, physical, mental and spiritual wellbeing of young people. We run a range of different clubs and have loads of cool things to do including arts and crafts, games consoles, cooking or just having space to chill!

We want every young person in our community to reach their full potential and know their true worth.



Check out the full range of groups and sessions on our website:

www.thekingsarms.org.uk

Alton:

Room 4, Alton Community Centre
Amery Street
Alton GU34 1HN

Petersfield:

The King's Arms Youth Centre
The Courtyard Building, Heath Road
Petersfield, GU31 4DX

@ info@thekingsarms.org.uk

☎ 01730 231292

🌐 www.thekingsarms.org.uk

📘 The Kings Arms Youth Centre

The Kings Arms Registered Charity No. 1087176
Company No. 04107491



Managing Anxiety
Values & Identity
Self-esteem

thekingsarms.org.uk

Sign up now to book
your place

Managing Anxiety

with Larisa

Stress and worry seem to be a huge part of young people's lives these days and The King's Arms wants to do something about that. These issues can make a huge difference to a young person's mental wellbeing and given that one in ten young people suffers from a mental health disorder it is worth dealing with stuff like this now. If you feel like you want help in learning how to manage these issues then this course is for you.

Through **activities** we will look at some of the causes of too much worry, how our thoughts affect us and how to challenge our thinking. Through **games** we will find ways to relax, lighten up and enjoy our time together. Through **discussion** we will share how certain 'tools' can help us cope with stress and anxiety.

Some young people do instinctively know how to manage emotions but for others, **cop**ing with overwhelming emotions is a challenge. To learn some strategies and be equipped in this way is a very necessary life skill.

Tuesdays at 3.15-4.45pm
Room 4 Alton Community Centre

Values and Identity

with Annemarie

This is a course if you want to think about the bigger questions of life. We will create an environment where it is safe to explore and ask hard questions. With the pressure of social media constantly bringing new ideas and opinions it is a challenge to discern what we want to fill our heads with. As teenagers some fundamental questions to explore are:

“Who am I?”

“What makes me, me?”

“How do I decide what is right and wrong?”

“How do I form my own opinion?”

There are many appealing personalities to look to as role models and it can be tricky to decide whether they are helpful or not. We will use games and activities to build confidence in interacting with each other and then use them to go on to provoke thoughts and questions. We will have fun with different media to inspire thinking. We are not promising any answers but it is good to start asking.

Wednesdays at 3.15-4.45pm
Room 4 Alton Community Centre

Self-esteem

with Ben

Feeling good about yourself can be a bit of a struggle when everybody else seems to be so sorted. On our **S~TEAM** course we will help you discover why it is that you can feel good about yourself and increase your self-esteem. We will do this mainly through fun activities and games. There are some crazy team challenges where you will collaborate with others to achieve a result. The interaction with your peer group in such a positive way is uplifting and inspiring. There are also totally original games that you won't have played before that will get you thinking and hopefully laughing! Then there is time for reflection and discussion too, which makes the time together meaningful. It enables you to **think differently** about others and crucially, **about yourself**. We will help you identify strengths and recognise the positives of your personality. At the end of the course there is always much to celebrate and we hope that is the outlook you can take away.

Thursdays at 3.15-4.45pm
Room 4 Alton Community Centre

S~TEAM