



The Mentoring Resource Pool

Register Community Interest Company

2009 SUMMER PROGRAMME

Types of Activities

- First Look - Career Event
- Creative Events
- Enterprise Scheme Events
- Fundraisers
- Sporting Events
- Volunteering events
- Fun Trips
- Up skilling & Inspirational Events

2009 Summer Events Calendar

July

No of Events Per week	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
2 event	Jun, 29 CAREER Law Internship, 6 people attended and completed event successfully	June, 30 CAREER Law Internship, 6 people attended and completed event successfully	1 CAREER Law Internship	2 Mentees Meeting 7 - 8pm @ St Josephs. CAREER Law Internship	3 CAREER Law Internship, UPSKILLING Applemac workshop	4 UPSKILLING Applemac workshop	5 UPSKILLING Applemac workshop
2 events	6 UPSKILLING Applemac workshop	7 UPSKILLING Applemac workshop	8 UPSKILLING Applemac workshop	9 UPSKILLING Applemac workshop	10 UPSKILLING Applemac workshop	11 FUNRAISER Ladywell Park event - Make your Mark for a Jenner Enterprise activity (smoothie making)	12 UPSKILLING Applemac workshop
1 event	13 UPSKILLING Applemac workshop	14 UPSKILLING Applemac workshop	15 UPSKILLING Applemac workshop	16 UPSKILLING Applemac workshop	17 UPSKILLING Applemac workshop	18 UPSKILLING Applemac workshop	19 2nd Annual Fundraiser, Digress 7 - till late
2 events	20 VOLUNTEERING Work with Old People, UPSKILLING Applemac workshop	21 VOLUNTEERING Work with Old People, UPSKILLING Applemac workshop	22 VOLUNTEERING Work with Old People, SPORTS Met-Tracks athletics 4.30 - 6.00 UPSKILLING Applemac workshop	23 VOLUNTEERING Work with Old People, UPSKILLING Applemac workshop	24 VOLUNTEERING Work with Old People, UPSKILLING Applemac workshop	25 VOLUNTEERING Work with Old People, UPSKILLING Applemac workshop	26 VOLUNTEERING Work with Old People, UPSKILLING Applemac workshop
1 event	27 VOLUNTEERING Work with Old People, UPSKILLING Applemac workshop	28 VOLUNTEERING Work with Old People, UPSKILLING Applemac workshop	29 VOLUNTEERING Work with Old People, SPORTS Met-Tracks athletics 4.30 - 6.00, UPSKILLING Applemac workshop	30 VOLUNTEERING Work with Old People, UPSKILLING Applemac workshop	31 VOLUNTEERING Work with Old People, UPSKILLING Applemac workshop		

August

No of Events Per week	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
						1 VOLUNTEERING Work with Old People, UPSKILLING Applemac workshop	2 VOLUNTEERING Work with Old People, UPSKILLING Applemac workshop
3 events	3 (BANK HOLIDAY?) VOLUNTEERING Work with Old People, SPORTS WHOY - Rowing, UPSKILLING Applemac workshop	4 VOLUNTEERING Work with Old People, UPSKILLING Applemac workshop	5 VOLUNTEERING Work with Old People, SPORTS Met-Tracks athletics 4.30 - 6.00, UPSKILLING Applemac workshop	6 VOLUNTEERING Work with Old People, UPSKILLING Applemac workshop	7 VOLUNTEERING Work with Old People	8 VOLUNTEERING Work with Old People	9 VOLUNTEERING Work with Old People, FUN RDT Space Summer Camp 2009 (residential stay)
3 events	10 VOLUNTEERING Work with Old People, UPSKILLING Goal setting, FUN RDT Space Summer Camp 2009 (residential stay)	11 VOLUNTEERING Work with Old People, FUN RDT Space Summer Camp 2009 (residential stay)	12 VOLUNTEERING Work with Old People, SPORTS Met-Tracks athletics 4.30 - 6.00, FUN RDT Space Summer Camp 2009 (residential stay)	13 VOLUNTEERING Work with Old People, FUN RDT Space Summer Camp 2009 (residential stay)	14 VOLUNTEERING Work with Old People	15 VOLUNTEERING Work with Old People	16 VOLUNTEERING Work with Old People
3 events	17 VOLUNTEERING Work with Old People	18 VOLUNTEERING Work with Old People	19 VOLUNTEERING Work with Old People, SPORTS Met-Tracks athletics 4.30, CREATIVE T-shirt design	20 VOLUNTEERING Work with Old People, CREATIVE T-shirt design	21 VOLUNTEERING Work with Old People, INSPIRATIONAL Liverpool slavery residential (YHA residential trip 9-5), CREATIVE T-shirt design	22 VOLUNTEERING Work with Old People, INSPIRATIONAL Liverpool slavery residential (YHA residential trip 9-5)	23 VOLUNTEERING Work with Old People, INSPIRATIONAL Liverpool slavery residential (YHA residential trip 9-5)
3 events	24 VOLUNTEERING Work with Old People, SPORTS Millwall Football Club Foundation	25 VOLUNTEERING Work with Old People, SPORTS Millwall Football Club Foundation	26 VOLUNTEERING Work with Old People, SPORTS Met-Tracks athletics 4.30 - 6.00, SPORTS Millwall Football Club Foundation	27 VOLUNTEERING Work with Old People, SPORTS Millwall Football Club Foundation	28 VOLUNTEERING Work with Old People, SPORTS Millwall Football Club Foundation	29 VOLUNTEERING Work with Old People	30 VOLUNTEERING Work with Old People
	31 BANK HOLIDAY?						



Apple mac Summer Camp

1st June – 6 August

This Summer at Apple Camp your kids will discover their hidden talents and learn how to do cool stuff on a Mac

Only at selected Apple Retail Store, each free workshop lasts three hours.

* Parents/Mentors sign up your kid on-line today and get ready for an adventure.

You could make a movie, create a photo slideshow, write and record a song, put on a show for everyone.



Movie Workshop: Lights. Camera. Action.



Music Workshop: Ready to rock?



Presentation Workshop: Take the stage.



Photo Workshop: Point. Shoot. Share.

How do we get on this event You need to go on-line and fill out an application form; ask you parents to help or let your Mentor know 😊



The Mentoring Resource Pool

Met-trax and Kicks activities

from 6th July – 30 August

Sponsored by



Athletics at Ladywell Tracks
15 places available

Line up, line up ...

- Every Wednesday
- start time 4.30 pm sharp...
- finishes at 6pm
- Don't forget your kit ;)

How do you join ...

- Just let your Mentor know and we'll arrange it



The Mentoring Resource Pool



Volunteering 100hrs



From 20th July – 30th August



Get an Urban Synergy Recognition Award...



Event

Locations

- Car Wash Work
- Supermarket volunteering work
- Work with Old People

- US Mentors
- LEWISHAM Tescos
- ANERLEY Pineapple Luncheon Club

How do we get on this event You need to let your Mentor know 😊



The Mentoring Resource Pool

Make Your Mark For A Tenner Enterprise



**Make profits with a Tenner!
Urban Synergy will provide the £10
So what's stopping you?**

Awards will be given out for.....

- **Biggest social impact**
- **Best profit**
- **Judges awards**
- **Scheme Lasts 4 weeks**

How do I get onto this scheme...

- **Speak to your mentor and go on line**

2008 South East London Winner



Millbrook Technology Campus create a hub of enterprise and innovation



MTC and its partners have transformed what was once a redundant space into a successful hub of enterprise and innovation serving the whole community.

- Join in go to http://www.makeyourmark.org.uk/get_involved/join_the_make_your_mark_community



Goal Setting Workshop

from 10th August,
20 spaces available

2008 Event



Sonia Palmer will help you ...

The aim of this workshop is as follows:

- To equip you with tools that will enable you to make better life choices.

Objectives:

- You will be more confident and able to explore what is truly important to you.
- You will be able to create goals and have a step-by-step process to be able to work towards those goals.

Fundraising Event

Sunday 19 July 2009,
11 - 7pm



Ladywell Arena
Catford, SE6 4QX

Saint Lucia celebrates its 30th year of independence from Great Britain and what better way to celebrate than with family and friends. Hosted by the High Commissioner of Saint Lucia everyone is welcome to this event.

Smoothie Making

US Aims to help you be...

- Creative
- Organised
- Want you to be Helpful
- Teaches you about profit and loss
- The money you raise will go to a charity of your choice

How do I get onto this event...

- Speak to your mentor

US want you to join us at the event
Enjoy yourself
And be happy!



The Mentoring Resource Pool



Fundraising Event

Calling all Mums, Dads, Aunties & Uncles

- An evening of outstanding live performances, eye-watering comedy and the hottest tracks on the dance floor... All for a worthy fundraising cause!

(Show starts 7.30pm)

Urban Synergy is focused on its commitment to helping African-Caribbean young people to reach their full potential. Our volunteer mentors and role models are changing lives and we know our programmes work. Your support will help us continue to provide 1-2-1 mentor support, experiences and activities and mentor training.

On the night entertainment provided by:

Broadcaster EDDIE NESTOR & comedian SLIM will keep you laughing

DARAE PALMER, MTV and DJ Madd P (The Boogie Bunch) drop the music

Book your tickets now!

Tickets: £10 in advance or £12 on the door

Please forward this event to likeminded friends who want to make a difference...

Over 21's Only

Dress Code: Dress to impress (no hats or trainers)

Online ticket purchase: www.urbansynergyuk.com/paypal

If you can't attend but would like to make a donation, please visit www.urbansynergyuk.com to find out how you can help our youngsters say 'Yes We Can!' and pledge your support now!

TICKET SALES

North: Don, Tel: 07958 451 166 South: Owen, Tel: 07949 176 989 East / Canary Wharf : John, Tel: 07961 17

Dianne, Tel: 07813 829 478

A night not to forget ...

19 July, 2009

Digress 10 Beak

Street, London

W1F 9RA



5th column T-shirting making event

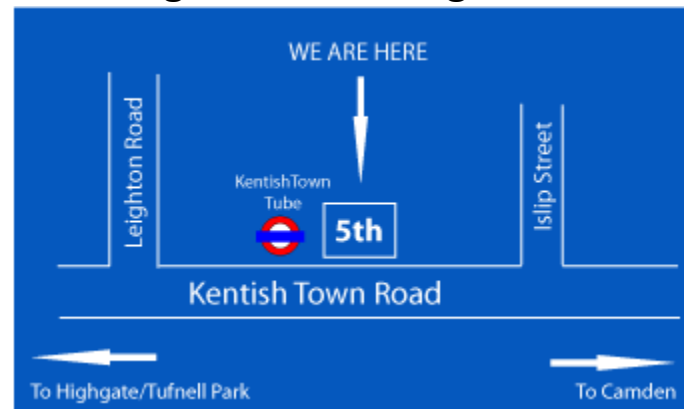
All enjoyed the 2008 Event



This years 2009 Event

Dates; 19, 20, 21st Aug – 30 spaces available

5th Column has thirty years experience in screen printing and supplying Tee shirts, printed shopping bags, hoodies and sweats for a variety of businesses, campaign groups, charities, fashion labels, merchandising and fund raising events throughout the UK.



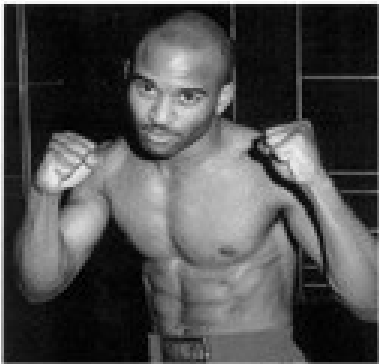
Want to go on this event let your Mentor know ☺

Kick Boxing & Self Defence Workshop

from 20 July – 30 August

This event is dependent on numbers, so let you Mentor know you want to join in ...

Jason O'Connor All round Sportsman



boxing



weight training



swimming

Practice martial arts for 20 years

- Black belt in Elite Fighting
- B.N.M.A.A. Combat Martial Arts Champion 2002
- Cage fighting
- **Qualifications**
- BSc Exercise Physiology & Nutrition
- Certificate in Education
- [Institute of Optimum Nutrition \(I.O.N.\)](#) Diploma in Nutrition Consultancy
- British Red Cross Basic First Aid
- **Affiliations**
- [B.N.M.A.A. \(British National Martial Arts Association\)](#)
- [R.E.P.S. \(Register of Exercise Professionals \[Level 3\]\)](#)
- [Fitness Professionals](#)
- Insured by B.N.M.A.A. & Fitness Professionals



Thorpe Park

from 20 July – 30 August

**Staines Road, Chertsey,
Chertsey, Surrey, KT16 8PN**

Time to have some Fun!



Its up to you ...

- Come for the ride
- Come for the company
- Lets us know when you're free
- And we'll organise this fun day out

Let your mentor know if you
want to join in



This event is dependent on volunteering/other event attendance numbers...

The Mentoring Resource Pool

The AHOY Center – Rowing Event

3rd August 2009 10am – 4pm

A Charity Changing People's Lives Through Sailing



Located in Greenwich...

10 mins walk from Greenwich Station & Cutty Sark DLR

- Sailing & Boating For Young People
- youngsters, gain new skills and nationally recognised qualifications

How do you get onto this trip....

- Speak to your Mentor



The Mentoring Resource Pool

...Only 30 spaces available...

RDT Space Summer Camp 2009

9 – 13 August, 2009

The camp's main objective is to give 100 young people the opportunity to gain skills, confidence and ideas to become young equality leaders in their own schools and communities



Where is it....

- YMCA campsite in the Lake District

How do you get there ...

- Designated pick up points will be confirmed and communicated to all selected participants

Who will be there...

- The space team will include some of the YMCA's experienced and fully qualified instructors

How do we get on this trip You need to go on-line and fill out an application form; ask you parents to help or let your Mentor know ☺

Liverpool slavery residential trip

21 - 23 Aug, museum opening hours 9 - 5

Museum visit

INTERNATIONAL
SLAVERY
MUSEUM



Learn about the history of Slavery

1 trip 5 boys and 5 girls

- Supervised trip
- With 2 Accompanying adults of each sex
- Stay at YHA Hostel in Liverpool based in city centre just opposite The Albert Dock, which is one of the biggest attraction in Liverpool.

How do I get on this trip

- Speak to your Mentor and we'll get you on the list



Millwall Football Club Foundation

24th – 28th August, 2009

Millwall Community Scheme's Coach Education Programme aims are....



- Improve personal skills, confidence and self esteem
- Improve the quality of football activities available for young people.
- Increase the number of FA qualified football coaches and medical staff working in local football clubs
- To provide training and employment opportunities for individuals from local football clubs.
- Improve participants employment opportunities.
- Encourage the participation through being flexible by having no set 'entry' criteria.
- Offering the opportunity for members of the community to build friendships and relationships with other individuals and groups through the shared interest in football and other sports.
- Offer potential employment.



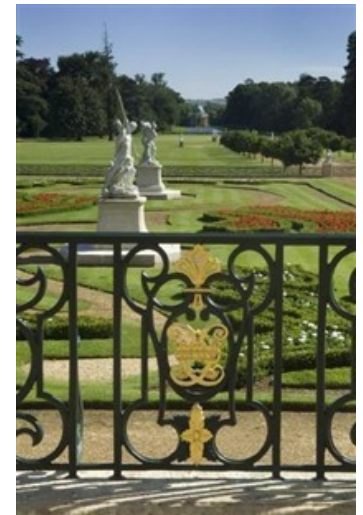
30 spaces available ... Speak to your Mentor to get onto this event ...



Country Walk

Bedfordshire

from 20 July – 30 August



- An enjoyable family trek that can be adapted to suit individual needs.
- The plant and animal life (rabbits mostly) are one of the additional attractions of the site along with a range of excellent views across the Beds countryside.
- Country Walk in Barton located in Bedfordshire
- The area includes several hills about 200 feet high, minimum, several dirt/grass trails over a chalk base. The hills are VERY steep in places;

This event is dependent on numbers... so let you Mentor know you want to go

4 hour Cooking Workshop

from 20 July – 30 August



Volunteering at its best!

- Come and see our very own Mentor in action!
- You will gain skills and pick up cooking tips!
- Hhhmmm anyone for seconds 😊

Function rooms @ AHOY
in Greenwich



15 places available

This event is dependent on numbers... so let you Mentor know you want to go



First Aid workshop



from 20 Jul – 30 Aug
15 places available

Learn a new skill

Emergency life support

- Attend a training course a new range of first aid courses designed to meet the needs of home or leisure activities. Just three hours is all it takes to learn how to save a life
- Our emergency life support course takes just **three hours** to complete and will give you the essential skills to save a life - including CPR. It is available in three formats:
 - **Children and infants;**
 - **Adults;**
 - **All ages** (four hour course).

LEWISHAM - Tescos

209 LEWISHAM ROAD,
LONDON,
SE13 7PY



Other Suggested Activities

- Fashion show/enterprise
- Difficult situation management workshop
- Poetry Workshop
- Image workshop
- Gospel music workshops
- Fun day – wheel barrow race

We need your feedback, let us know if you would like to attend any of these events