

Youth First

INSPIRING A GENERATION

SUMMER
SPECIAL

SPOTLIGHTING YOUTH-OWNED ORGANISATIONS



Stolen Dreams

Stolen Dreams UK was founded in 2017 by Ishaan Shah with the mission of engaging with young people and government ministers internationally to fight against modern slavery.

17-year-old Ishaan has a passion for campaigning against modern slavery and puts himself forward on various policy-influencing platforms, both locally and internationally. He represents his local community in Barnet and London Youth Assemblies, and as a United Nations Youth Delegate and Y7 (G7) Ambassador, he represents the UK in meetings with some of the world's biggest leaders.

"I work with and spend considerable amounts of my time with organisations, survivors, policymakers, academics and writers, learning about modern slavery from the best minds in the world. I have travelled deep into the anti-slavery movement, always learning at speed. I am not a leading expert by any means, and I do get schooled weekly – but I am an award-winning activist who has a deep enough understanding of the issue. Most importantly, I am trying to get people to understand a reality; that slavery and exploitative practices are deeply embedded into the socio-economic fabrics of our societies and global systems. Today, there are over 45 million people in slavery globally.

"In the UK, there are estimated to be over 100,000 victims and the pandemic has led to an increase in vulnerable people open to exploitation. However, we can play a part in tackling modern slavery by educating ourselves about the issue, raising awareness, knowing how to spot the signs, consuming consciously and supporting anti-slavery organisations."

To learn more about how you can support Ishaan on his mission to end modern slavery, visit stolendreams.co.uk or you can follow/message him on Instagram and Twitter @ [@ishaanshah](https://www.instagram.com/ishaanshah)



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THIS ISSUE: ACTIVISM
AND ENTREPRENEURSHIP



BEYOND BLACKK.

Beyond Blackk is an organisation founded by sisters, 17-year-old Tani and 22-year-old Tosin Ilemobola, providing free virtual mentoring sessions to empower young African and Caribbean residents in Barnet.

So far, they have matched 25 children, in years 5 and 6, with mentors and every student receives weekly Maths or English tuition, as well as 1-2-1 mentoring with a focus on character-building and goal-setting.

Beyond Blackk has teamed up with local schools and received sponsorship from Barnet & Culture for Youth, a partnership programme run by Arts Depot, and Nigerian wholesaler, Olu Olu Foods, which has helped to support the development of their mentoring schemes.

Given the impact of the pandemic on children's mental health, they have been hosting fun virtual activities such as art sessions and Afrobeats dance classes on the weekends, to help promote their students' wellbeing and to help prevent children from experiencing feelings of loneliness and isolation.

"The feedback from children, parents, and mentors has been excellent. We have seen children go up by a grade in under six weeks and children have told us that this programme is the best thing they have taken part in this year. We hope to continue to do more work in Barnet and create long-lasting change."



Beyond Blackk will take in new students from a range of year groups in the 2021/2022 academic year.

Get in touch:

Website: beyondblackk.co.uk

Email: info@beyondblackk.co.uk

Twitter: [@beyondblackk](https://twitter.com/beyondblackk)

Instagram: [@beyondblackk](https://www.instagram.com/beyondblackk)

TANI ON THE IMPORTANCE OF BLACK BRITISH HISTORY

"Growing up as a young Black British female, I never learnt anything about my own history from school which led me to educate myself."

"Learning about Black British history should be mandatory. A lot of people are unaware that Black people have been present in Britain since Roman times, contributing to, building and shaping the foundation of our society."

"The education of Black history is so important as this is a key instrument in disarming racism and ignorance."

"There are so many amazing people and historical facts and events to learn about such as Onesimus, an African slave who introduced the idea of a smallpox vaccine in Boston Massachusetts in the 1700s; during World War II, Black universities and colleges saved the lives of

50 Jews by offering a place of refuge when they were seeking asylum from Nazi Germany; Dame Elizabeth Anionwu, a British nurse who helped set up a sickle-cell and thalassemia screening and counselling centre.

"The Education in England Annual Report 2020 found that in primary schools there was a three-month attainment gap for pupils from Black backgrounds and a 4.4-month gap for Black Caribbean pupils, and this has likely increased as a result of the pandemic."

"My goal is to help tackle this attainment gap with our mentoring scheme. I am excited to have the opportunity to work with schools across Barnet to ensure we are teaching Black history in a way that enlightens young people and promotes the positivity and achievements within our culture."

“

THE EDUCATION OF BLACK HISTORY IS SO IMPORTANT AS THIS IS A KEY INSTRUMENT IN DISARMING RACISM AND IGNORANCE.

”

Frith Manor Primary School are... Winning!

Frith Manor, a primary school based in Woodside Park Barnet, are showing that you're never too young to achieve big! The school is home to some of London's (and even the world's) most extraordinary little talents.

Magical, musical fingers

7-year-old wows judges in international comp!

Elizabeth Guo, a year 3 pupil at Frith Manor Primary School, has achieved second place in the Henle International Piano Competition with an outstanding performance of the First Movement of Sonata in D, Hoboken XVI:19.

The competition was open to children aged 6-11 and entries were submitted via YouTube video.

Young pianists were tasked to play one movement from Joseph Haydn's Complete Piano Sonatas Vol. I, for the chance to win sheet music or a cash prize.

When the winners were announced in May, Elizabeth was over the moon.

Henle is a world-renowned German Music Publishing House and among the judges were some of the most prestigious professors and musicians in the classical music scene.

The competition attracted a total of 426 young players from 35 countries, which makes Elizabeth's success even more impressive!

You can check out Elizabeth's performance on YouTube by searching "Elizabeth Guo Henle Piano Competition".



When I knew that I'd won second place I was ecstatic; I felt really proud. I worked really hard practising and I love music. I put all my passion and effort into it. I play every day. It's my favourite thing to do.



#ROYALTY

Pupils of Cherry Class celebrate African culture

Pupils of Frith Manor Primary School demonstrate artistic excellence yet again, this time in a collaborative project created during last year's Black History Month.

The children of Cherry Class paid homage to the cultural roots of the Kente print, a Ghanaian textile which has become popular in the Western fashion world.

They worked together to produce a traditional African formal outfit for women, top and floor-length skirt, and named the final piece 'Kente Cloth Garment'.

The fashion piece has been accepted by the Royal Academy of Arts to be featured in their 'Young Artists' Summer Show 2021 and will also be displayed in their online exhibition. There were 33,000 entries and only 260 works were chosen, so the pupils are extremely proud of themselves.

The exhibition at the Royal Academy will take place from 13 July - 8 August. You can book to visit the exhibition by visiting royalacademy.org.uk/exhibition/young-artists-summer-show-2021 and to find out more about the Young Artists' Summer Show 2021, visit youngartists.royalacademy.org.uk/



Go Further with Barnet and Southgate College

Barnet and Southgate College has over 13,000 students, delivering more than 20 subjects across three campuses in High Barnet, Colindale and Southgate.

The diverse environment offers an excellent opportunity to meet a broader range of people, and a larger college brings with it bigger and better facilities with state-of-the-art campuses.

They offer a broad range of full and part-time courses in A Levels, foundation degrees, technical and professional qualifications, vocational training, work skills training, apprenticeships plus education and employment pathways for people with learning difficulties and disabilities.

Employability is at the core of everything they do; work placements and industry experience are integral to most courses and it's this experience that gives their students the competitive edge when looking for a job or securing a place at university.

The future economy needs a vocational and technically skilled workforce; at Barnet and Southgate College we'll expand your horizons and help you align your skills with the jobs that are out there, plus you'll be joining a friendly, supportive and successful college.

Discover the right course for you at:
barnetsouthgate.ac.uk



Enrol today: Traineeships in various industries for ages 16-24

North London Garages have expanded their traineeship offer to support careers not only in the automotive industry, but also in catering, hospitality, customer service, retail, business administration and other industries.

Their Group Training Association (GTA) traineeships work in line with the government's agenda, to ensure each applicant receives practical work experience in their chosen career field. There may be instances where applicants have more than one desired career and where possible, they will be given work experience in both areas. The aim is for at the end of the programme, each trainee is able to secure and sustain employment, start an apprenticeship or begin a Level 3 course at college.

Work experience details:

- In most cases will be located 30 minutes from your home
- Lasts between six weeks to six months
- A training officer will support you on along the way
- Travel and lunch expenses provided

The GTA Traineeship starts on **1 August 2021**.
Apply now at gtatraineeships.co.uk

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THURSDAY
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@ 18:00

ebsopenevening.com/sixthform

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The Totteridge Academy Sixth Form

Enrolment Days
Thursday 12th August – Friday 13th August

Entry Criteria:

- ✓ 5+ EN/MA
- ✓ 6+ in chosen A-level subjects and/or
- ✓ 7+ in Biology, Chemistry, Physics, Maths
- ✓ 8+ in Further Maths

Find us online -

-  www.thetotteridgeacademy.org.uk/sixthform
-  sixthform@tta.org.uk
-  @totteridgeacad

Whitefield students give the streets of Brent Cross a facelift

GCSE and A-Level students at Whitefield School, Brent Cross, are designing a mural that will run along the hoardings near Brent Cross Shopping Centre.

Barnet Council is collaborating with Whitefield School and Brent Cross Shopping Centre to facilitate a 'large community mural' focusing on three themes: celebration, the local community through a young person's eyes, and forests.

The forest theme relates to the exact location of where the mural is set to be installed – on the site of Christmas tree store, Pines and Needles. The mural will improve the look of the area and prevent people from graffitiing.

Students submitted paintings and photographs in response to a competition the school ran - they could either create a brand-new artwork or choose an existing artwork which they felt related to the themes. The artworks have been digitally merged to create a colourful, mixed-media collage of the students' creations.

"Originally, students were hoping to paint directly onto the space as the wall was vast, but our Head of the Art and Design Ms Hodgson thought of creating a digital mural using images of the students' artworks to revamp the area, connect them to the local community as well as showcase their talent."

"Students have not only submitted pieces of art but they have also been directly involved by feeding into how the composition works as an overall digital mural, and they've expressed their excitement to be showcasing their art in such a central location."

The mural is being installed in July and the contributing students will feature in a short-film produced by Pictures For The People, a production agency that trains and works with unemployed young people from Job Centre Plus and the Prince's Trust.

We'll be documenting this fantastic community project on our @BarnetYouth_ Instagram page, so stay tuned..!



Tina Harris
Deputy
Headteacher



Georgina Hodgson
Director of Learning
Art and Design



Inst@youth, we want to hear from you!

Since launching our @BarnetYouth_ Instagram page last summer, we've grown a following of over 700 and posted video messages from a range of young people across the borough.

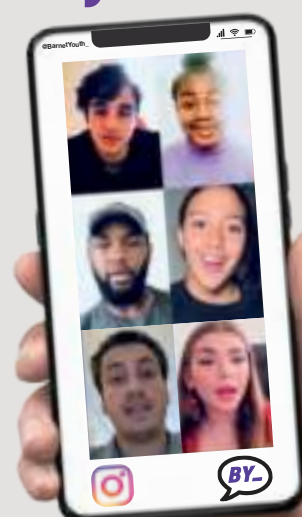
Some of our contributors include Barnet's youth panels (Youth Board, Youth Parliament and Youth Assembly), young adult care leavers from charity Live Unlimited, local athletes such as Olympic swimmer Gaurika Singh and members of Saracens Rugby Club, PLUS many other young local residents doing great things in their everyday lives, whether they're educating their peers on the negative consequences of catching COVID-19, or showcasing their singing and dancing skills to entertain the masses!

Check out our page NOW and don't forget to give us a follow!

@BarnetYouth_ is all about our teenagers and young adults having one place to access engaging and up-to-date content that's relevant to them. Not only do we include inspiring video messages from young people, but we also provide info on youth activities and events, and employment and volunteering opportunities for ages 16+.

If you'd like to feature on @BarnetYouth_, please email Danielle.gopie@barnet.gov.uk

#SeeyaOnTheGram



Are you a drinker aged 18+?

Has your drinking crept up? DrinkCoach can help with that



DrinkCoach is a confidential online coaching service to help people cut down on their drinking. Daytime, evening and weekend appointments are available.

Kate's drinking had increased during the pandemic and she was struggling to cut down. Fortunately, DrinkCoach was the support system she needed to understand her triggers and find a better way of dealing with her problems.

She's attended four sessions so far and documented each one:

Session 1: "I was very nervous about speaking to a DrinkCoach, but Jacqui was very kind and supportive with her plan of how I could move forward. She listened to me and gave very thoughtful responses. I am looking forward to speaking to her again."

Session 2: "It felt much less daunting than the first. Talking through my week really made me feel that I'd made small changes and really started to lay a good foundation. Having a new perspective and someone to bounce ideas off was incredibly helpful."

Session 3: "I found that Jacqui was a really lovely person and I felt at ease talking to her. Though it had only been a few weeks, I felt that this service had already made a really positive impact on my life."

Session 4: "It's been so helpful being able to discuss challenges and triggers and come up with solutions. Ideas for forward

planning make me feel secure and like I'm building a tool kit to use in the future."

Final thoughts: "These sessions really boost my confidence and my coach is supportive and encouraging. I would recommend the service to others."

Book your free sessions at drinkcoach.bookinglive.com and use promo code **BARNET100**

Take the free two-minute alcohol test at: drinkcoach.org.uk/alcohol-test



*Name changed for confidentiality

kooth

BARNET
LONDON BOROUGH

Are you living in **Barnet** and between the ages of **11 and 25?**

You can access free online mental wellbeing support including **counselling, discussion boards, advice articles** and **self help tools.**

Sign up at kooth.com for free, safe and anonymous support.



“Sex-Positive” Brook believes you should be who you are



Brook is the UK's leading provider of sexual health for young people under 25.



YOU DON'T HAVE
TO HAVE SEX TO
BE SEX-POSITIVE.

Brook believes in a society where young people are free to be themselves, enjoy healthy relationships, take control of their sexual health, and explore their identities. Through healthy relationships group sessions and 1-2-1s, they've been supporting Barnet's young people to lead happy and healthy lives.

Their relationships education 'meets young people where they are' in terms of their knowledge and experience, by creating a non-judgemental space to explore, learn and take positive steps. Brook is a sexual health charity but their work is broad; this year they have worked with young people experiencing bereavement, friendship issues, school stress, big life changes and people with questions about sexuality. All these parts of their lives are interconnected and impact on their wellbeing.

In 1-2-1s, young people get the chance to take the lead and talk about topics that are important to them. Many express that they've never had a space like this before that is focused on them; exploring their needs, wants and goals for the future.

Here's what young people had to say about Brook's relationships support:

I ENJOYED THE FACT THAT I HAD GOALS TO SET FOR MYSELF, AND SOMEONE TO PERSUADE ME 'CAUSE I COULDN'T REALLY DO IT BY MYSELF.

I'VE LEARNT TO TAKE THE INITIATIVE FOR MYSELF IF I HAVE A PROBLEM AND THAT IF I WANT TO GET SOMEWHERE, I'M GOING TO HAVE TO WORK HARD.

IF I SEE ANYONE WHO'S NOT HAVING A GOOD DAY, THEN I CAN TEACH HIM/HER WHAT [BROOK] TAUGHT ME; CONSENT, RESPECT, LOVING YOURSELF BEFORE LOVING ANYONE ELSE, THAT THERE'S MORE TO LIFE THAN JUST A RELATIONSHIP...

LOVE WHOEVER YOU WANT TO LOVE AND LOVE YOURSELF UNCONDITIONALLY. I ALWAYS WISHED I HAD REALISED SOONER THAT WHO YOU ARE IS NOT FOR OTHERS TO DECIDE.

To find out about Brook's outreach and educational services in Barnet, please visit: brook.org.uk/outreach-and-education/outreach-barnet/