

HKP YOUNG WOMEN'S GROUP

#ChooseToChallenge #IWD 2021



**SUPPORTING
YOUNG WOMEN'S
GROUP SINCE
2014**



Pictured Above: Young Women's Group Member Shannon with her lockdown well-being pack funded by Healthy Neighbourhood Fund in February 2021

The Hangleton and Knoll Project Youth Team has been providing a safe and welcoming space for young women to come together for fun and friendship for over 7 years. It was originally set up after a need for young women to want to be together emerged during open access youth sessions which were mostly male dominated. The weekly opportunity supports young women to meet, socialise and have fun as well as discussing topics pertinent to the members such as sexual health, relationships, substance use, online safety, peer pressure and more. The group celebrates empowerment, togetherness, solidarity and the strength of young women supported by female Youth Workers. Over the years the group have had a wide range of experiences through youth work and the arts that have unified them as young women and supported their personal and social development, resilience and confidence.

7 YEARS - 294 SESSIONS - 149 YOUNG WOMEN



In the Autumn of 2020 the Hangleton and Knoll Young Women's group went back to delivery online

via Zoom due to the Covid 19 pandemic. A group of 8 young women have accessed the weekly sessions supported by Youth Workers Ellie and Rachael. The aim has been to provide a safe supportive online session, to see some friendly faces, chat to a youth worker and alleviate the boredom members have been feeling during Covid 19 lockdown. In one zoom session we watched a video about gender inequality. We discussed the divide that still exists in the world and how it relates to their own lived experience. The group then talked about safe ways to challenge gender inequality.

During lockdown some young women have been accessing a support bubble under National Youth Agency guidelines taking part in one to one outdoor fitness boxing sessions. We have also been preparing for the real return to education and our young leader, Chloe 22, has been discussing their back to school feelings with the group. The group are excited for a trip to Hindleap Warren Activity Centre to undertake some team building adventure activities as soon as possible. This trip was planned and bid for by the young women's group as they wanted to address mental health issues, build confidence and focus on well-being. The group are grateful to be funded by the Youth Led Grants programme through Brighton and Hove City Council.

"SOMETIMES IN LOCKDOWN I FELT VERY ANXIOUS AND WORRIED SO IT HELPED TO SEE SOME FRIENDS. [ONLINE] YOU'RE STILL ENGAGED WITH OTHER YOUNG PEOPLE AND YOUTH WORKERS. I COULD EVEN ACCESS IT ANYWHERE I WANTED, SOMETIMES I LOGGED ON WHILST HAVING A WALK." KELSEY AGED 16

The group received some funding from The Healthy Neighbourhood Fund. With the money we were able to create a 'Lockdown Well-being pack' for every member. The group members discussed and planned what resources would help their physical, mental and social needs during the winter period. Packs comprising of skipping ropes, anxiety cards, journals, arts equipment, puzzles and more were delivered to each young woman.

Pictured below: Arwen receiving her Lockdown Well-being pack

