



The Kite Trust
Youth Programme

ABOUT

From 2022 to 2025, The Kite Trust is taking part in an initiative using the 'Five Ways To Wellbeing' to support the health and wellbeing of young people across Cambridgeshire and Peterborough.

These five themes are: Learn, Give, Connect, Take Notice and Be Active.

The programme can be completed at any of our groups in Cambridge, Ely, Huntingdon, March, Peterborough, St Neots, Wisbech, our online groups, school holiday activities or residentials.

In order to complete the programme you need to complete a pre-participation survey, then record your experiences with each of the activities through this workbook. Once you've completed all five sections, share this record with your youth worker. After completing the post-participation survey, you'll then receive a badge and certificate to celebrate your achievement!

In addition to the five themes, the other important element is youth leadership. Working with your peers and youth workers at the group you attend, you will have opportunities to choose how you participate in this programme and which activities you want to take part in.

Youth leadership might look like:

- suggesting activities for the group to try
- leading a game
- sharing a skill or interest with peers
- volunteering to help set up or clear away
- giving feedback on an activity to improve it
- welcoming a new person to the group

LEARN

Learning new skills and knowledge can increase self-esteem and support social connections. In particular, the practice of setting and achieving personal goals has been strongly associated with improved wellbeing.

Through attending The Kite Trust groups you'll have the chance to learn new things - what that might be is up to you to choose!

Young people at The Kite Trust suggested that 'Learn' activities might include:

- Craft sessions like knitting, origami, friendship bracelet making, crochet, parachording or cross stitch.
- Learning to sew and use a sewing machine to make your own clothes or plushies.
- Cooking sessions to learn to cook others' favourite dishes, to make sushi or pizza, or a bake-off competition.
- Learning music skills like playing the guitar or other instrument, drama skills like improvisation, or art skills like life-drawing.
- Workshops on journaling, scrapbooking or zine making.
- Learning about our queer and local community history and growing our queer library to host a book club.
- Learning new active hobbies like parkour, horse riding or dancing.
- Doing a research project, presenting one of your special interests to a group or writing stories.
- Workshops in crystals, affirmations, tarot and astrology.
- A drag workshop.
- LGBTQ+ learning sessions including queer sex and relationships education and about processes involved in gender transition.

GIVE

Taking part in an act of kindness each week can increase wellbeing - this could be volunteering, doing someone a favour, gifts or kind words.

Through attending The Kite Trust groups you'll have the chance to give to others - what that might be is up to you to choose!

Young people at The Kite Trust suggested that 'Give' activities might include:

- Skill or knowledge sharing sessions run for each other
- Parachord, badgemaking, friendship bracelets and crafts to share
- Helping to run Meet & Eat sessions for LGBTQ+ families
- A food drive
- Propagating plants or making holiday gifts
- Fundraising events like taking part in a skydive or craft fair
- Having a clothes swap or donations for The Kite Trust free shop
- Making resources for parents of LGBTQ+ youth to understand our community such as informational zines
- Writing and sharing affirmations
- Running events on awareness days and weeks
- Having a litter pick, particularly in nature areas
- Writing about our favourite queer books to promote The Kite Trust library
- Performing for others like a magic show or open mic

CONNECT

Feeling close to, understood and valued by other people is part of our needs as human beings. Our social relationships are important for our wellbeing.

Through attending The Kite Trust groups you'll have the chance to connect with your peers, youth workers and others - what that might be is up to you to choose!

Young people at The Kite Trust suggested that 'Connect' activities might include:

- Making clothes or spotify music playlists together
- Talk about favourite things (books, games, songs)
- Sharing interests like sports, tarot cards or astrology
- Going on a trip to meet LGBTQ+ folks in other places and connect with our history
- Going to Kite Trust larger events like Queer Prom or bringing different groups together
- Bring a friend or bring a pet nights
- Joining fandom communities
- Learning about each other in name games and having something in common like the same pronouns
- Going to places together (concerts, theatre, cinema, bowling)
- Performing together such as improv or a talent show
- Murder Mystery evening
- Having a movie night or playing video games together
- Costume themed meet up's

TAKE NOTICE

Taking time to enjoy the moment can help us to develop our self-understanding, identify our priorities in life and make positive choices based on our own interests and motivations.

Through attending The Kite Trust groups you'll have the chance to pause, take a breath and explore your curiosity - what that might be is up to you to choose!

Young people at The Kite Trust suggested that 'Take Notice' activities might include:

- Being with LGBTQ+ community and appreciating that space
- Spending time in nature such as woodland walks and foraging
- Guided meditation
- Drawing stuff around us
- Count the amount of objects around that are of favourite colour
- Take a tree walk around our venue neighbourhood
- Making sensory toys
- Colouring
- Cuddling animals, petting dogs and animal therapy
- Sticker and badge making
- Going on a beach day and to an aquarium
- Making bug houses, bird tables/houses, hedgehog houses or planters
- Pebble painting

BE ACTIVE

Physical activity - whether gentle or vigorous - supports our health and wellbeing. Many activities create opportunities for social connection and making friends.

Through attending The Kite Trust groups you'll have the chance to be active - what that might be is up to you to choose!

Young people at The Kite Trust suggested that 'Be Active' activities might include:

- Boules
- Archery
- Go Karting
- Climbing Wall
- High Ropes
- Charity Walk
- Space Hopper
- Geocaching
- Rugby
- Sailing/Watersports
- Parkour
- Yoga
- Lazer Tag
- Swimming
- Axe Throwing
- Hire an entire soft play or inflatables space
- Cycling
- Bowling
- Arm wrestling tournament
- Trampolining
- Skydiving
- Ice Skating or Rollerskating or Skateboarding
- Camping and Residentials
- Jungle Gym
- Walk around gardens or nature walks
- Silent Disco
- Mini or Glow Golf
- Scavenger hunts



The Kite Trust is a registered charity in England & Wales (1189936),
Registered office: 70 Market Street, Ely, CB7 4LS