

## **Girlz Club report – Aug – Oct 22 Jo Goodhew**

We have been working hard to build the girls confidence and self esteem as some are definitely lacking in this area. Last month we did a lot on the topic of individuality & did some lovely activities on what makes us special & why we should celebrate who we are. We have done some team building activities as well which were a lot of fun. Coming up over the next few weeks we are going to be really focussing on kindness & gratitude . We are in the middle of our secret Santa activity & everyone, YP & adults, have a secret person that they have to make something for in one of the sessions. We are also going to be looking at people out in the community who help us, and how we can express our gratitude to them.

We have a wreath making workshop in a few weeks time & early next year we will be focussing on puberty and body changes and have a nurse coming in to answer questions.

The girls all have evaluation journals that they complete weekly. So far they have all been filled with very positive feedback. It evaluates not only what they think of the sessions & how/if we can improve things but they also evaluate how they are feeling. They ask them to rate how they felt when they arrived & then how they felt at the end. Every week it has shown an improvement in how the girls have felt at the end compared to when they first arrived which is really lovely.

During the recent community drop in event, that we facilitated alongside the community centre, a large number of our local girls came down to support us and join in with the events and they have shown a great interest in helping at the Christmas Fayre.

HOW WE ARE HELPING - We have a few really shy and quiet girls that said hardly anything in the beginning. However, we have worked hard with them & they are really starting to blossom & come out of themselves. It is so lovely to see their confidence growing. Three of the girls are young carers at home & they have all commented at different times that they love coming to GC because it is something just for them. One girl is home educated and she really isolated herself from the others when she first started coming. She did not want to get involved and work with anyone, choosing instead to just work on her own. However, over the past few weeks we have seen her starting to talk to the others and just recently, build friendships.

### **Attendance**

There are currently 18 girls that attend on a Monday.

On average we get 16-18 every week.

12 live on the Sandy Hill estate or roads that are literally just off the estate.

Those 12 all come regularly on a Monday.

The remaining 6 are from Aldershot, Farnham & at the very bottom of the Upper Hale Road.