

GirlzClub report 19th August 2022 - Jo Goodhew.

Period May 2022 - July 2022

It was a successful end to the last term with 12 out of the 16 girls signing up to move onto the senior girls group. When asked, the remaining 4 said they didn't sign up because the later start time meant they would not be able to walk straight to the youth club from school. However, they all know that we have other youth groups running on different days that they are very welcome to come along to.

Before we all broke up for the summer holidays, Tracy and myself spoke to all of the girls about what they have and have not enjoyed at GirlzClub this year and what they would like to do moving forward. We then used that feedback to help us plan for the upcoming year.

The highlight of the last term was the two day trip to Runways End. I was lucky enough to accompany Jos and the girls on this trip and it proved a lovely way of getting to know them all. The trip was a complete success with all of the girls trying new things, overcoming fears and pushing themselves outside of their comfort zone. They all left feeling very proud of themselves and the feedback was all very positive with almost all of them saying that they felt they have achieved something over the two days.

Cooking and art remained a big focus throughout the last term. The girls continued to enjoy both activities and have asked that an element of cooking and art continues at the senior girls group. We were lucky enough to have a qualified Pilates instructor come into the centre and work with the girls for one session. Despite their initial reluctance to get involved, they all ended up giving it a go and feedback was positive. The Pilates teacher has offered to come back and run more sessions so we will be looking into that in September.

During the very hot weather, the girls asked if they could have some water fights which they organised themselves, with great success and hilarity for all.

The final three GirlzClub sessions of the term were shared with the new group of girls who will be joining us in September. The original group of girls really rose to the occasion and helped make the younger group feel very welcome. They helped them with art activities and cooking and then sat down with them all to have a talk about starting year 7. This proved a great success with lots of the year 6 girls asking questions and seeking reassurance about their new start at secondary school. Going forward.

I have had a meeting with Erin, from Farnham Maltings, to finalise the details for the Men in Sheds project and we are currently hoping to run it in the October half term. We have funding in place to run another art canvas project and I am currently awaiting dates for that from Jo Sprag (Escape2Art). Talking points for the new term will be, the new school year and any challenges that brings, healthy relationships and puberty and changes to our bodies.

Jo Goodhew.