

For more information, please contact Julie:

Email: [youth@phoenixgroup.org.uk](mailto:youth@phoenixgroup.org.uk)

Text/Call: 07519175575

or book activities online at [www.phoenixgroup.org.uk](http://www.phoenixgroup.org.uk)

BSL USERS : Information where? BSL videos at  
[www.phoenixgroup.org.uk](http://www.phoenixgroup.org.uk)

#### YOUTH GROUP (13 –17s )

##### Saturday June 2nd

BBQ at the Phoenix Centre to welcome back Joe's Dad Phil, a Phoenix fundraiser, 4pm—6pm

##### Saturday 30th June - Monday 2nd July

Phoenix residential trip to Swansea in Wales - NOW FULLY BOOKED

##### Saturday 7th July

Help out with our Phoenix fundraising stall at Heathlands School 12pm – 4pm



## Youth Group (13-17 year olds)

### SUMMER PROGRAMME

#### WEEK 1

**Monday 30th July:** Archery at Bowes Lyon Centre, Stevenage, 1pm - 4pm. £1 (to be paid on the day at Archery)

**Thursday 2nd August :** Visit to 'Hearing Dogs for the Deaf ' centre in Buckinghamshire, collections from 11.30am in Stevenage, Hatfield and Hemel Hempstead and returning between 4pm — 4.30pm. £3

**Friday 3rd August:** ( 11+ ) Sign Singing, Learn current songs in British Sign Language, siblings and friends over the age of 11years welcome too, at the Phoenix centre, FREE

#### WEEK 2

**Tuesday 7th August :** Water Wipeout at the White Water Centre, Waltham Cross. 11am — 2.30pm, £10



**Wednesday 8th August:** Travel training to London Zoo 10am—6pm, meet at Hatfield, Stevenage or Kings Cross £20

**Friday 10th August:** (11+) Sign Singing at the Phoenix centre, Learn current songs in British Sign Language, siblings & friends over the age

#### WEEK 3 and 4

**Tuesday 14th August :** Airspace (trampolining) and dinner at the Pizza Hut, 4.45pm— 7.45pm £10

**Friday 17th and 24th August:** (11+)

Sign Singing, Learn current songs in British Sign Language, siblings and friends over the age of 11 years welcome too, FREE



**Over 16s activities on the next page**

## Phoenix Plus (16-25 year olds)

### Life skills and healthy minds FREE

Active Wednesday 11am—2pm

Creative Thursday 11am— 2pm

Term time only ( June & July )

#### This terms topics will help to

- Reduce stress and anxiety
- Increase friendships
- Reduce isolation
- Increase fitness

#### Wednesdays 3pm—5pm

Prepare dinner . You are welcome to stay at Phoenix if you wanted to join us for 'Sip and Sign', the BSL chat club (see info below)

### Sip and Sign — BSL CHAT CLUB Fun and friendly

#### Wednesdays in term time

6.30pm—8.30pm at Phoenix. £1

#### Wednesday 13th June

Committee meeting: 4pm—5.30pm at the Phoenix centre

### Summer activities

#### Wednesday 1st August

Photography and lunch at the lavender fields 11.00am— 4.00pm including a committee meeting at the fields (if weather is good) FREE but please bring lunch or money for lunch

#### Thursday 2nd August

Visit to Hearing Dogs for the Deaf, Buckinghamshire, 11.30pm—4.30pm, collections from Stevenage, Hatfield and Hemel Hempstead.

Please bring lunch

#### Wednesday 8th August:

Travel train to London Zoo, 10am-6pm Meeting at either Stevenage, Hatfield or Kings Cross station. £20

Please bring lunch

#### Wednesday 15th August

London Street Art tour and a visit to Spitalfields Street market for lunch, meeting at Stevenage, Hatfield or Kings Cross station. 10.30am – 5.15pm, £15 plus lunch money

#### Fridays— 3rd, 10th, 17th, 24th August

Teach or learn Sign Singing at the Phoenix centre 11am—2pm, siblings & friends over the age of 11 years welcome too, FREE, please bring lunch

#### Some things you should know...

- We have a group for young people aged 13-17 and we have a group for young adults from aged 16 to 25 years. If you are 16 or 17 years old, you can come to both or either of the groups.
- Some people use British Sign Language and some people do not. There will be a British Sign Language Interpreter at all of the sessions.
- Everyone's hearing loss is different, ranging from mild to profound, everyone is welcome.
- We are a friendly and relaxed group, you won't be made to do something that you don't want to do.
- There is a community transport scheme in Hertfordshire that can help you get to Phoenix if transport is a problem. Please ask us for details.



LOTTERY FUNDED