



Online Activities for young people aged 13-19 years, or up to 25 with additional needs (some activities for younger people where stated).

Each session will last approximately 30 minutes. You can apply for any session, however, for those with a star you will need to email in to enquire about joining this group as there may be criteria for your attendance – we look forward to hearing from you.

**The UK's at home, but Essex Youth Service is Open!**

Monday 4 <sup>th</sup> May	Tuesday 5 <sup>th</sup> May	Wednesday 6 <sup>th</sup> May	Thursday 7 <sup>th</sup> May	Friday 8 <sup>th</sup> May
3pm <b>Baking with Emma</b> (age 7-12)	3pm <b>Home Science</b> (age 13-19) – with things you will find round your home	12.00 NE young carers (primary) *	2pm NE young carers 'What's on your mind?' (Secondary school age) *	<b>Bank Holiday</b>
3pm Outhouse East consultation* NE	4pm West primary young carers Disney Quiz *	2pm South Young Volunteers *	3pm <b>Home Science</b> (age 7-12) –with things you will find round your home	
3pm Breathe*	4.20pm North Young Essex Assembly *	3pm NE young carers (primary) *	3pm South Young Essex Assembly *	
3.30pm Young Essex Assembly *	4pm <b>Talk Disney</b> (age 7-12) - share your love of all things Disney	3pm <b>Bushcraft</b>	3.30pm-4.30pm Club Chelmer *	
4.30pm <b>Smoothie Making</b>	4.30pm <b>Fitness &amp; street dance with Fusion Dance</b>	4pm Saved by the Bell *	4pm West Secondary young carers – Riddle Challenge *	
5pm <b>Bingo!</b> (age 7-12)	5pm <b>Talk Disney</b> (age 13-19) - share your love of all things Disney	3.20pm YEA meeting (closed group)	4pm Laughs at the Lodge *	
5.30pm South Young Commissioners *	5pm <b>Quiz: Working in the music business</b>	4pm <b>Baking with Emma</b>	4.20pm NCS Grads meeting *	
6pm <b>Football chat</b>	6pm <b>Learn some magic tricks</b>	4pm South Gateway *	5pm <b>Quiz Night</b>	
6pm Simply the Best *	6.30pm Endeavour Youth Group *	5pm <b>Junior Quiz Night</b> (age 7-12)	5.30pm <b>Stretch and lyrical dance with Fusion Dance</b>	
7pm Harry Potter <b>Quiz</b>	7pm <b>Pamper masks</b>	5pm <b>The 7 Day Challenge</b>	6pm <b>Scavenger Hunt</b>	
7pm Torchlight (fortnightly) *	8pm <b>Make Up</b>	5.30pm Rochford Youth Council *	6.30pm Basildon Youth Council (fortnightly) *	
8pm <b>Ask Sue</b> – any questions for Auntie Sue? Or help Sue come up with good solutions to relationship dilemmas	8pm <b>Exploring www.</b>	6pm <b>Art Zone</b>	7pm <b>Live Chat: Share your ideas for keeping yourself well</b>	
		6.30pm <b>Intro to Relaxation\Meditation</b>		
		7pm <b>Video gaming</b>		
		8pm <b>Catchphrase</b>		

**Note:** By booking a place, you are giving your consent to share any interactions you use during the online session with other participants, eg. video streaming and audio content. You have the option of turning off your camera and microphone if you wish.

**To book your place, please contact [youth.work@essex.gov.uk](mailto:youth.work@essex.gov.uk) with:**

- Full name and age
- Which club/project you usually attend and/or which professional told you about our programme of activities
- Name date and time of session/s you would like to attend.

Once you are booked on, you will receive an email with a link to your session.

