

I would like bucksconnected to help me look after myself better e.g. staying safe online and in Relationships.

I would like try new things at bucksconnected to feel more Confident.

I would like ideas for dealing with setbacks that happen in my life.

Is there anything else you would like bucksconnected to help you with?

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Your name: \_\_\_\_\_

Phone: number: \_\_\_\_\_

## What do young people say about bucksconnected?

*"I have got a lot more confident for one. I have got to a point to where I now feel comfortable going into an educational environment. I started college. I actually managed to meet some people who are awesome. I now trust people a lot easier."*

## What do parents say?

*"I have seen a massive increase in confidence and now they are able to make friends and cope with social situations."*

## How do get involved with bucksconnected?

Young people have to be referred to bucksconnected. If you would like more information please contact:

[bucksyouthreferrals@buckscc.gov.uk](mailto:bucksyouthreferrals@buckscc.gov.uk)

Tel: 01296 382583

Buckinghamshire

**Youth**

A partnership between Adviza and the Youth Service

# bucksconnected

**Tips, tricks and tactics to support you and others like you with life!**



## What is **bucksconnected**?

bucksconnected is a **FREE** weekly activity project for 11-19 year olds

## What will I get out of it?

- Meet other young people
- Try new and fun activities
- Learn more about yourself
- Trips out

## What's covered?

- Self-awareness
- Confidence and self-esteem
- Dealing with relationships
- Skills for independence
- How to look after yourself
- Dealing with life's challenges

## Where is **bucksconnected**?

### YouthSpace Aylesbury

(on The Grange School site, Wendover Way, Aylesbury HP21 7NH)

Tuesdays 6-8pm



### The Roundhouse

(near the Swan Theatre, St Marys Street, High Wycombe, HP11 2HE)

Wednesdays 6-8pm

## About You

We would really like to know more about what you would hope to get out of bucksconnected. Please complete this section and return to a bucksconnected Youth Worker or include it with your referral form.

Please tick the boxes that you feel apply to you:

I would like bucksconnected to help me have better relationships with other people.

I want to feel more hopeful about the future.

I want to be able to understand my emotions better like stress, anger and anxiety

I would like to do better at school, college or work.

I would like bucksconnected to help improve my communication skills.

I would like my actions to have a positive impact on other people.

PTO...