



"Creating opportunities for everyone to discover and become who they were designed to be..."

12th January 2016

Dear Sir/Madam,

"BU" Course @ Loughton Youth Centre

The Red Balloon Family Foundation is a registered charity that works on a variety of projects supporting young people in partnership with Essex County Council. We have been commissioned by Essex Youth Service to deliver an eight session short course called 'BU' ("Be You") which is focussed on equipping young people of secondary school age with skills to improve their self-esteem and their ability to be resilient when facing challenging situations. The course will be delivered by trained youth workers and will focus on a variety of different ways that young people can respond when they face difficult moments in school, at home or with friends so they can cope better with the pressures of being a young person.

The adults delivering the course are all DBS checked and have years of experience working on this kind of project. They are not mental health professionals and this is not a course of therapy or counselling; it is designed to be a fun, interactive and engaging way for young people to think about and explore how they can understand themselves better and respond constructively when they encounter problems. During 2014/15, we delivered a 2 hour workshop version of the course to over 120 young people in Epping Forest District and it is as a result of the overwhelmingly good feedback we received from that that Essex have asked to work with more young people this year over a longer period of time.

The course is entirely free to take part in and will happen on eight Tuesday evenings from 7:45-9:15pm at Loughton Youth Centre, 106 Borders Lane, IG10 3SB. The first session will be on 1st March, and we are more than happy for young people to come along for a week and have a trial run before committing to the rest of the course. The material is designed so that young people can join at any stage of the course (so if they can't make the first week they can still come and take part) and once the group is established and we know the young peoples' availability we will decide whether we run during the Easter Holidays, or take a break and complete it during the first four weeks of the Summer term.

You are receiving this letter because someone at your child's school/group they attend thinks that your son/daughter would benefit from coming along to the group and has provisionally reserved a place for them. If you would like your son/daughter to come along for a trial week, please complete and return the slip below or email the information to office@redballoonfamily.co.uk. If you have any questions, please do drop us an email or call us on 020 3086 8186 (option 6 on the menu – please leave a message if there's no answer and one of our team will call you back within 24 hours).

If your family lives in a part of the district where it would be difficult to get to Loughton Youth Centre (it is about a 10 minute walk from Debden Station and is on the 397 bus route) do let us know and we will do what we can to see if we can arrange a car pool or other transport so your son/daughter can take part.

Kind Regards,

Luke Lowrie
Director

The Red Balloon Family Foundation – a Registered Charity in England and Wales (1158982)

Please Complete and Return this slip to The Red Balloon Family Foundation, 56 Thaxted Road, Buckhurst Hill, IG9 6AW or email this information to office@redballoonfamily.co.uk . Alternatively you can give the slip in to your school/group and they can forward it to us.

I give permission for: _____, date of birth ___/___/___ to take part in the 'BU' Short Course. They would like to attend on the 1/8/15/22 March for their trial session (delete as appropriate).

If your son/daughter has any special medical/dietary/access requirements please write them on the back of this slip.

Signed: _____ Parent/Carer Date: ___/___/___

Emergency Contact Number: _____
In case we need to contact you during a session

Parent/Carers Email Address: _____
So we can keep you up to date about the course