

LIGHTBURN NEWS



THE LIGHTHOUSE
YOUNG PEOPLE'S CENTRE

BIRMINGHAM
YOUTH
SERVICE

Birmingham
City Council

Edition 2

March 2020

What's Available

One 2 One Music Sessions

Monday and Tuesdays, you can book a slot to work on lyric writing or building a beat with a producer. To find out more or to book a slot call or text the lighthouse mobile on 07548712857 and talk to Jad.

Talk 2 Jad

07548712857

If your feeling lonely or just want someone to talk to; we have a dedicated mobile number where you can WhatsApp, text or call. If you do not have credit or minutes, we will call you back, so no need to suffer in silence.

FREE Food Service COMING SOON!

The lighthouse will be launching a free food collection and delivery service to help any of our young people and their families that may be struggling during these challenging times. To stay up to date please visit our social media platforms.

Birmingham Urban Rhythm Network &
The Lighthouse Young People's Centre

#NoExcuseForAbuse

If you are
scared at home,
there is help

Support is there for you:
www.noexcuseforabuse.info
Local helpline: 0800 800 0028
National helpline: 0800 2000 247
Call 999 in an emergency



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Spending so much time indoors cannot be easy for many of us as we enjoy the freedom of being able to go out whether it's to do an activity, go to school, work or even just to see friends and family. But by doing so we can take comfort in knowing that we are doing our bit to help the nation in the fight against COVID19 and protect our love ones. So, from everyone at the lighthouse we commend all the young people that have listened to the guidance of staying home.

Action for Happiness

Why not try this daily guide for the rest of the month and let us know if it helped you ;-)

ACTIVE COPING CALENDAR: APRIL 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
19 Do three acts of kindness to help others, however small	20 Make time for self-care. Do something kind for yourself	21 Send a letter or message to someone you can't be with	22 Find positive stories in the news and share these with others	23 Have a tech-free day. Stop scrolling and turn off the news	24 Put your worries into perspective and try to let them go	25 Look for the good in others and notice their strengths
26 Take a small step towards an important goal	27 Thank three people you're grateful to and tell them why	28 Make a plan to meet up with others again later in the year	29 Connect with nature. Breathe and notice life continuing	30 Remember that all feelings and situations pass in time		

ACTION FOR HAPPINESS

30 actions to look after ourselves and each other as we face this global crisis together

www.actionforhappiness.org

Keep Calm · Stay Wise · Be Kind

Follow us on Social Media

To stay connected follow us on social media and encourage your friends to do the same.



The lighthouse Young People's Centre



@thelighthouseypc
@burnpgram

Food Support

Dawat-e-Islami Welfare Services in Birmingham will deliver food packages to peoples doors anywhere in Birmingham.

Food Pack Service: 07988883662

www.dawateislamimidlands.net

Email: food@dicommunitysupport.co.uk

DAWAT-E-ISLAMI COVID-19 FOOD SUPPORT

Dawat-e-Islami is currently providing FREE food packs to those in need throughout the community. If you are in need of a food pack or know someone who is, then please contact us!

NOTE During the delivery process we will be following all guidelines provided by the Government, which will require the assistance of the receiver.

[f](https://www.facebook.com/dawateislamimidlandsuk) [i](https://www.instagram.com/dawateislamimidlandsuk) [t](https://www.tiktok.com/@dawateislamimidlandsuk) [y](https://www.youtube.com/channel/UC...) /DAWATEISLAMIMIDLANDSUK

CALL US 07988883662 | EMAIL: FOOD@DICOMMUNITYSUPPORT.CO.UK

Trusted Sources of Information

Seek updates at specific times of the day, e.g. once or twice and only use the dedicated updates which are based on fact, e.g. NHS, UK Government website, Public Health England, Local Government Association

World Health Organisation

Coping with stress during the 2019-nCoV outbreak

<https://www.who.int/docs/default-source/coronaviruse/coping-with-stress.pdf>

Mind: Coronavirus and your wellbeing

<https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/>

Mental Health Foundation

Looking after your mental health during the Coronavirus outbreak

<https://www.mentalhealth.org.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak>

Mind: The 5 Ways to Wellbeing

<https://www.mind.org.uk/workplace/mental-health-at-work/taking-care-of-yourself/five-ways-to-wellbeing/>



Time for a laugh

Why did the kid throw his clock out the window?
Because he wanted to see time fly!

Did you hear about the hungry clock?
It went back four seconds!!

What time is it when an elephant steps on your golf ball?
Time to get a new ball!

What did mummy pasta say to baby pasta?
It's pasta your bedtime!

Get Involved

We would like to dedicate a page of this newsletter to young people so if you have lyrics, poetry or articles on an issue that's important to you we would like to hear from you.