



SIKH WELFARE
AWARENESS TEAM
YOUTH





SUPPORTING OUR
YOUTH
FOR A BRIGHTER
FUTURE

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WWW.SIKHWELFARE.CO.UK



UK Registered Charity: 1182874





**SIKH WELFARE
AWARENESS TEAM
Y O U T H**

A LITTLE HISTORY

The Sikh Welfare Awareness Team was launched in 2009 with the aim to help enhance the life of young people through the provision of recreational and leisure time activities. We offer a unique blend of planned activities and sports which give young people the opportunity to develop their personal and social skills and empower them to participate in society as mature and responsible individuals.

Since the launch of our Youth Service our key area of work has been with our youth clubs. Our first youth club was launched in Southall with the aim of providing a safe environment for young people to interact, break down barriers, meet new people and get involved in fun and educational activities and events. The service was so successful in Southall that we over the years we have expanded in other areas of London and Leicester.

OUR YOUTH SERVICE ALSO CURRENTLY INCLUDES:

Advice and support for young people on issues they are experiencing, including a referral service to help them combat these issues.

Outreach work, presentations and workshops on substance abuse, the dangers of social media, bullying, child abuse, and mental health issues.

Physical activities such as SERVES (the Tennis Foundation's pioneering program driving social change through tennis), football and boxing classes.

We also run a week-long summer camp every year which include fun activities, motivational speakers, day trips, interactive workshops and educational talks on Sikhi.

A volunteer scheme enabling young people to become mentors and give back to their community.

OVER 10 YEARS WITHIN OUR YOUTH SERVICE THE GOALS WE HAVE ACHIEVED ARE THE FOLLOWING:

Helped over 100 young people per year overcome alcohol and drug addictions.
Engaged over 500 young people per year across all our developmental and social physical activities projects.

SUCCESSFULLY REFERRED OVER 300 YOUNG PEOPLE TO AGENCIES REGARDING ISSUES THEY ARE FACING:

32 for abuse & neglect; 106 for online grooming; 67 for mental health issues; 43 for domestic violence; 54 for depression and suicidal thoughts.

Gained an additional 10 volunteers to our volunteer scheme each year.

Our ambition is to make sure as many young people as possible are aware of the services we provide. Without the Sikh Welfare Awareness Team, many young people might not get the chance to discover these fantastic opportunities.

OUR VALUES

BASED ON GURU NANAK DEV JI'S THREE PRINCIPLES OF LIFE:

NAAM JAPNA (REMEMBERING GOD)

KIRAT KARNA (TO EARN AN HONEST LIVING)

VAND KE CHAKNA (SELFLESSLY SERVING OTHERS)



YOUTH CLUBS



Our youth clubs are aimed at children between 10 - 16 year olds. We offer young people access to a wide range of learning opportunities and free fun activities like pool, table tennis, table football, air hockey and gaming consoles etc.

For children over 16 we offer a mentoring scheme where young people have the opportunity to be involved in the running of the club and help plan and deliver sessions. This is a great way of developing various skill sets and it also looks great on their CV.

We also have various talks and debates on real issues the youth are facing such as drug and alcohol awareness, the dangers of social media, bullying, inspirational talks, Sikhism talks and discussions enabling young people to constructively challenge personal, social and educational disadvantages they face.

YOUTH CLUB OBJECTIVES

- Provide advice and support to young people on issues they are experiencing.
- Raise self esteem and confidence among the youth.
- Engage the youth in the development of activities and programs.
- Enhance healthy growth and development of young people.
- Promote sports, recreational and social activities.
- Offer Counselling Services to the youth.
- Develop hidden talents and potentials amongst the youth.
- Connect young people back to their community and culture



SPORTS CLUBS



The Sikh Welfare Awareness Team actively promotes sport and physical activity. We are a national partner of Sporting Equals, and we were proud to be the winners of the 2018 BEDSA award for the Tennis Serves. Sporting Equals exists to promote ethnic diversity across sport and physical activity and is the only organisation in the UK to do so. At present we run football and boxing classes however we are expanding in more sports projects in the future.




SIKH WELFARE AWARENESS TEAM YOUTH

FOOTBALL ACADEMY

@ LONDON TIGERS SPORTS COMPLEX
SPIKES BRIDGE PARK, WEST AVENUE, SOUTHWALL, UB1 2AR

EVERY SATURDAY

TIME - 11:45AM TO 1:15PM
5 - 16 YEAR OLDS (BOYS & GIRLS) | £3 PER SESSION

Call: 07904 183 837 | SikhWelfare.co.uk



SIKH WELFARE AWARENESS TEAM YOUTH

BOXING & FITNESS CLASSES

@ GURU DASHMESH SAHIB GURDWARA
40-50 GIPSY LN, LEICESTER LE4 6RB

MONDAYS 6 - 7PM

AGES 6+ | COST £3 | FOR MORE INFORMATION GET IN TOUCH

Call: 07900 927 448 | SikhWelfare.co.uk



SIKH WELFARE AWARENESS TEAM YOUTH

CRICKET ACADEMY

@ SINGH SABHA SLOUGH SPORTS CENTRE
STOKE POGES LANE, SLOUGH, BERKSHIRE, SL1 3LW

EVERY SUNDAY

TIME - 4.00PM TO 5.00PM
5 - 16 YEAR OLDS (BOYS & GIRLS) | £3 PER SESSION

Call: 07904 183 837 | SikhWelfare.co.uk



SIKH WELFARE AWARENESS TEAM YOUTH



VOICE

a Voice needs to be Heard

24 HOUR HELPLINE: 07400 197 339

More than ever before young people are experiencing multiple challenges in life. If young people cannot access adequate support at an early stage these issues can escalate and have a greater impact on their lives as they get older.

VOICE is available to help young people and is a collaboration project between The Sikh Welfare Awareness Team – Youth and Guru Maneyo Granth Gurdwara. Voice offers a unique referral system in which we provide support, advocacy, mentoring and signposting to young people on:

**Domestic abuse | Child abuse | Online Safety | Bullying
Substance abuse | Depression & mental health issues**

GURU MANEYO
GRANTH GURDWARA



Over the years we have been able to adapt and tailor our Youth Service to suit the needs of our target audience. However we felt we could reach out to more young people in the form of a van with which we could provide a mobile Youth Service. We were fortunate to secure funding for a new van in early 2018.

This mobile service now enables us to bring our youth provision to the doorsteps of young people, as we can drive the van to local events where we know young people will attend and to community and sports events arranged for young people.

The mobile Youth Service provides fun pop up activities and PlayStation tournaments to hook young people in with the aim of them engaging them into our youth clubs and sports classes. While the children are engaged we can also promote to parents the work we do on substance abuse, online safety awareness, bullying, and mental health issues that maybe affecting their children.

This provision brings the benefit into the lives of young people who have been put off accessing them before due to low confidence or misconceptions about what youth clubs involve. It will also progress the great work we have done so far to engage more young people into our services.

Sikhi CAMP

Our first Annual Sikhi Camp was in 2014 with 90 children attending, year by year due to demand and the amazing feedback we receive, our camp grows each year.

Last year we had 240 children attend our camp where they had an action-packed week of fun activities and exciting events all centered on teaching the children about Sikhi and Seva.

Please follow us on our social media and website to register for this year's camp.



SIKH WELFARE AWARENESS TEAM PROUDLY PRESENTS

Ramgarhia Sikh Association Hayes

2019 SUMMER **Sikhi CAMP**

FUN DAY • BOUNCY CASTLES • REPTILE SHOW • SIKHI WORKSHOPS

MON 5TH - FRI 9TH AUG 2019

LOCATION: HAYES GURDWARA, GOLDEN CRESCENT UB3 1AQ
 TIME: 9AM - 3.30PM | ADMISSION: £30 PER PERSON | AGE: 7 YEARS - 16 YEARS

In loving memory of our brother Gurdeep Singh

TO REGISTER VISIT OUR WEBSITE AND SIGN UP
WWW.SIKHWELFARE.CO.UK

CONTACT: 07900 927 448
 A 90% VOLUNTARY ORGANISATION | UK REGISTERED CHARITY: 118004

TSDESIGNS



AWARDS

Our Youth Service engages young people positively in their spare time, raises their confidence and provides them with advice and support to work through any issues they are facing. As such, they are more likely to gain the right qualifications to become employable, achieve their goals and reach their full potential. In recognition of the impact we have on young people's lives, we were awarded The Tennis Foundation's SERVES Community Tennis Project in 2018.

This prestigious award not only enabled us to be recognized by other communities and organizations but opened the field to enable us to apply for funding to grow and expand our projects.



TRIBUTE

We were devastated to lose an amazing soul by the name of Gurdeep Singh Waryah who sadly passed on to Vaheguru in December 2018, after a long battle with Cancer. Gurdeep was a well-respected and selfless member of the organization who always thought of others and we want to write a special tribute to our dear departed brother.

There is one word that sums up Gurdeep which is "Selfless". Everything he did was for others, the words "I" or "me" were never in his vocabulary. Gurdeep was one of those people who had time for everyone and loved to be around Sangat. He had many friends and was an amazing son, father, husband and brother. Gurdeep was very passionate about serving the community which is why he was not only trustee of SWAT but also part of many other charities, SAKA Bike ride and spiritual camps for kids and adults.



Although Gurdeep has merged with Vaheguru, he left us all a parting gift, his beautiful Daughter Gurkirat (Bani). We are sure she will grow up to be another gem in the community.

It's an honor to have known such a person, someone we can cherish, someone we can learn from and most importantly someone we can aspire to be like.

We love you and miss you brother.



SIKH WELFARE AWARENESS TEAM Y O U T H

GET INVOLVED

Every donation we receive helps us sustain our projects. Every call we answer, every referral we take, every workshop or session we conduct helps protect children today and prevent abuse from happening tomorrow.

We cannot run our projects or sustain them without your continuing support - whether volunteering for us or making a regular donation. Your efforts could help safeguard a vulnerable child and give them a brighter future.

STANDING ORDER

Bank: Metro Bank **Name:** Sikh Welfare Awareness Team **Account:** 33736436 **Sort Code:** 23-05-80

TEXT MESSAGE

Text SWAT14 £x.xx to 70070

Where the x.xx is the amount your wish to donate, local phone charges may apply

GET IN TOUCH

Text 07400 197 339 | **Email** info@sikhwelfare.co.uk



sikhwelfare.co.uk

UK Registered Charity: 1182874





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