

# SPECIAL SUMMER PROGRAMME

## WRAP-UP EDITION

# Youth Goss

Produced by YOMO

yomoglasgow



YoungMoversGlasgow



yomoglasgow



FEATURING COVERAGE OF  
WHAT WE GOT UP TO  
DURING THE SUMMER

- TRIPS (WISTON LODGE, PINKSTON & MORE!)
- CLUBS (BCDC, MARYHILL)
- HEAR FROM THE YOUNG PEOPLE THEMSELVES

**YoMo**  
Young Movers



# PHOTOGRAPHY CHALLENGE

**Interested in photography? Want a chance to practice your camera skills?**

**As part of our dedication to giving young people a platform for expression, Youth Goss is now holding a monthly photography challenge!**

**To take part, all you have to do is take photos of the landscape, whether it be a bustling city view or a quiet rural path.**

**There are no technological requirements; Analog, digital, your phone, whatever works for you is fine!**

**Any photos submitted from now will be included in the next issue of Youth Goss, with the winner (chosen by media group members) earning a front cover spot!**

**To submit entries for the photography challenge, simply e-mail them to Connor at [Connor.Dunphy@yomo-online.co.uk](mailto:Connor.Dunphy@yomo-online.co.uk) or alternatively send them to him on Discord at [YOMOCONNOR#7048](#)**







## ***The Pinkston Trips***

YoMo often pays visits to Pinkston for fun activities, and this summer was no different as YoMo took four trips there over the course of seven weeks!

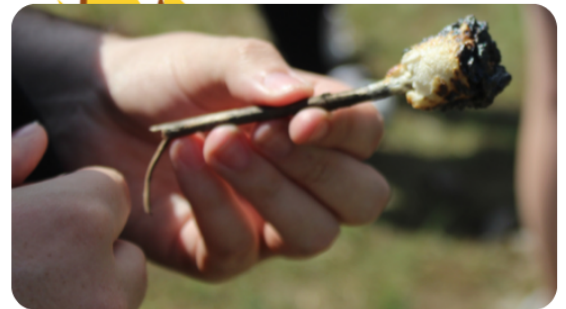
First we take a look at the Bushcraft session. The term “Bushcraft” comes from countries in the Southern Hemisphere such as Australia, where “the bush” is used to refer to undeveloped natural areas such as forests. Teaching Bushcraft skills then involves teaching how to survive in these areas, from learning how to build a fire to learning how to build a shelter.

When the young people went to this session, they learned the ropes of Bushcraft skills, and then got their ability put to the test!





**The first task given to the group was to make a shelter with the only equipment provided being a tarp, some rope, and the wilderness before them. By using the surrounding trees as well as nearby sticks to tie and prop up the tarp, you can make an easy shelter that shields you from rain.**



## WORD FROM THE YOUNG PEOPLE



**JAMIE**

"I had lots of fun learning new skills and engaging with something new. I learned how to build my own campfire and how to put it out, I got to roast my own marshmallows. We then got taught how to build a shelter outside when camping or surviving. I feel like I learned lots of new skills and had lots of fun meeting new people and making friends."

**The fires were started in a fire pit with wood and wool. Once the flames were raging, the young people took the opportunity to roast some marshmallows! Some turned out better than others....**





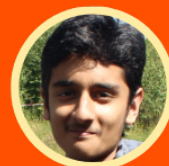
For the rest of the Pinkston sessions, we took a big dive into watersports! Paddleboarding, kayaking, and plenty of falling into the drink!



**LYNDSEY**

Everybody had to either choose a kayak or a paddleboard, and if you wanted to, you could do both. Once everybody chose, we all went into the water and that's when the fun began. After about 5 minutes, nobody could manage to move more than a couple of inches before somebody bumped into them. It was no better than bumper-carts! This went on for an hour-or-so before we all got out, but most of us jumped into the water one final time before leaving.

"This was actually my first time [doing watersports], I tried [a handstand on the paddleboard] but it was too wobbly. It was good to get out. It's pretty nice to actually fall in the water, it was a nice change!"



**ABDULLAH**



▲ After kayaking and paddleboarding, staff and young people alike all took their turn going for a big dive into the water!

► Many people took a spill while trying to get to grips with the watercrafts. Abdullah (lower) fell after attempting a handstand!







At our sports day, we took advantage of the blazing summer sun as the young people competed in a series of fun games at the Connect Centre's outdoor pitch, including multiple foot races. Check out this photo finish!



**Animal Croquet, where the hoops you hit the ball through are animals!**

**David (left) and Jacob (right) size up their shots carefully**



**The three-legged race. As hard as it looks!**

**With the Crazy Cans, you get three shots to knock the cans down with a beanbag. Harder than it looks!**



**Staff and young people both played a game of football. Things got competitive!**







Archery was also available, both the beginner-friendly suction cup arrows (as wielded by Jacob on the left) as well as the advanced archery, which David (right) tried under supervision of staff member Jamie.







JACOB

My favourite part of the Summer Programme was the treasure hunt as I got to explore the town

We went on a Scavenger Hunt throughout the city centre. This involved a series of clues regarding landmarks or otherwise significant places in Glasgow city centre. The young people who came along were split into two teams to investigate all of these clues.

We ended up visiting places like Nelson Mandela Place (right), the Equestrian statue of the Duke of Wellington (upper right), and the City Chambers! (Upper and lower left)

All throughout, the history of the landmarks, such as the legacy of Nelson Mandela, was explored to provide context to the city's features.







# Welcome to THE ISLE OF CUMBRAE

Isle Of Cumbrae Tourist Association

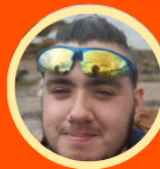
"One of the trips we took was to Millport, the only city on the Isle of Cumbrae. To get there required a train from Glasgow Central to Largs, and then a ferry taking us to the island, after which a bus took us directly to the beach.

Even before reaching our destination, the essence of this place was all around us; the sights you could see on the ferry, the hills passed by on the bus, the smell of the sea as we neared the ferry, all present before we touched even one grain of sand.

As we first set foot on the beach, the views were immense. The ocean stretched out endlessly, with boats no matter the size appearing minute compared to its mass. In the distance, terrain. Low hills shrouded by fog, with the bustling tourism of Millport's shops in the foreground. It is an immense experience to stand there and take everything in." - Connor

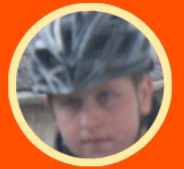






**JAMIE**

It was fun going on a boat again for the first time in over 7 years. I enjoyed exploring the beach and walking up and down the long beach side. At times I would help put lunch trash away into the bin. I feel like I got a lot of fun out of this trip.



**DAVID**

I liked the Millport trip because I like cycling.



**LYNDSEY**

At first, a few people wanted to ride a tandem bike (a two-seater bike), but then soon realized that it was extremely hard to ride. So soon after, everybody got one bike each, all except two...

*Only two volunteers were brave enough to ride the tandem bike through the dangers of the road... And those two were, Lyndsey and Lisa. Though their journey didn't start off the way they wanted, they got through it and ended up completing the mission.*

Well maybe it wasn't as epic as that, but it was still pretty funny! After everyone met up at the beach again, we all got the bus and ferry back over to Largs. Then YoMo was nice enough to get us all a bag of chips each!

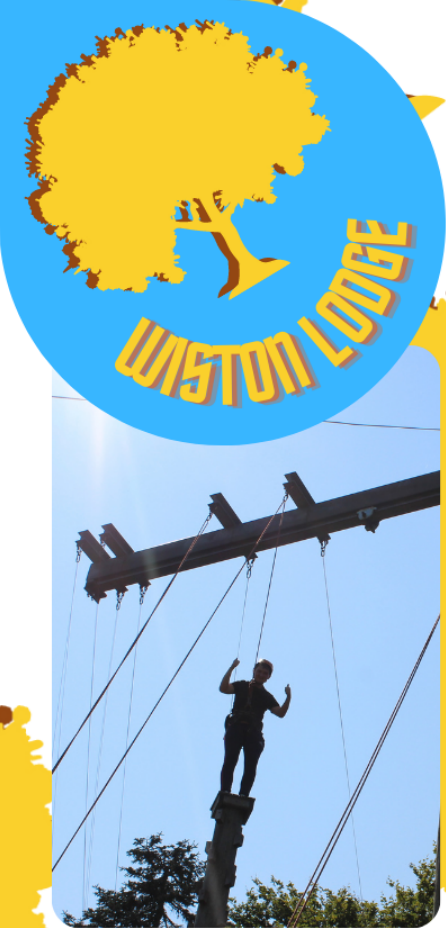


◀ We saw the famous Crocodile rock, a Millport landmark.

▼ One of the big activities of the trip was the bike ride, where the young people went on a tour around the whole island of Cumbrae!







Another one of the trips YoMo took was to Wiston Lodge, the activity center in Biggar. For a full report on what went down, here's Lyndsey!

The trip to Wiston Lodge was one of my personal favourites. It was one of those trips where everybody had fun, and achieved something they thought they couldn't.

As soon as we arrived, the instructor for the day, Alan, introduced himself, and we played some games to help remember each other's names.

We started on some group team-building exercises that involved a lot of racing! We used old drink crates for one and an old bike tire tube for the other. Everybody was falling off of the crates and tumbling around, just having a laugh, it was all hilarious.

After we finished with that, we all got these harnesses on and started scaling the high-ropes course. Alan gave us all a great pep talk, and practically everyone did it and made it to the top! More than half of the group thought that they wouldn't be able to make it as high as they did, so it was such a confidence booster.



Next was the low ropes. It was another team-building exercise of sorts, it really made everyone rely on each other and help build trust levels along with building the skills to think of solutions on the spot. For each part of the low-ropes, we were assigned a 'leader', this leader would think of a way to cross to the other side, where a new leader would be assigned.

After that, we started scaling this wooden tower, it kinda looked like a totem pole to be honest. Only a few of us did this, the rest were complaining about the heat. The tower was thin and had a small platform at the top that we could stand on, I thought going up it was easy until I got to right underneath the platform. That was the hardest part for most people, I think. After we braved that, almost everyone went to get ready to leave, but some of us stayed behind and challenged each other to a race on the high-ropes. The fastest time was roughly 1 minute, though the times were very close!

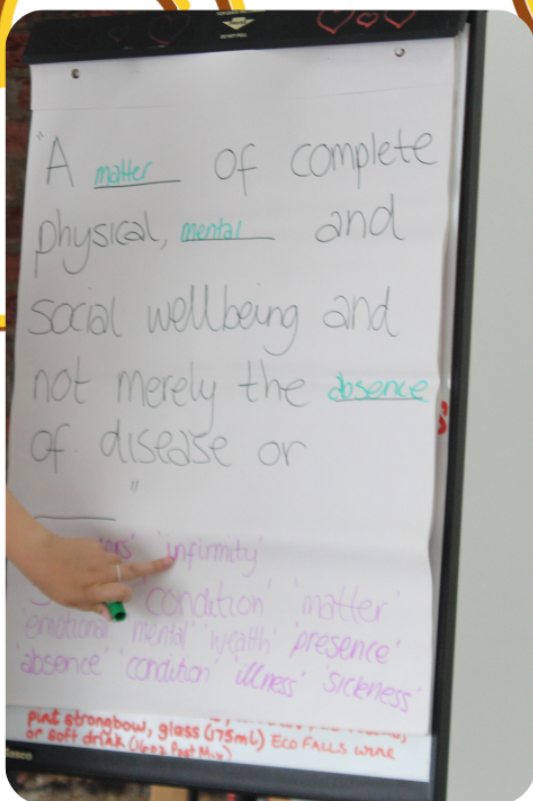






Health Issues In the Community (HIIC) training is an important part of the work that YoMo delivers, engaging young people from various parts of Scotland to think about issues within their communities regarding health. This training helps people understand how much of everyday issues they face, such as sleep, access to groceries, and employment all link back to health. It was no different when the training was run at Many Studios in Ross Street, where the young people who came along learned about these topics and more!

▲ ▼ Young people wrote on post-it notes factors that they thought affected their [physical or mental health]. Some include stress, diet, working too much and social media.



RHOWAN

It was good learning different perspectives, learning more about poverty, how people can be affected by it and the community and what we can do to understand it more.

We were learning about what health meant and how we could help the community and how health affected the community.

It helped us see other people's perspectives on what health meant to them because it was a group of us, we're all from different areas, it wasn't just the people we usually work with, so it was like different people's opinions and it helped us understand what a lot of people thought.



CASSIE

▲ The World Health Organisation's (WHO) definition of health was used as a thought exercise. The full definition is "a state of complete physical, mental and social wellbeing and not merely the absence of disease or infirmity"





# BCDC

## End of Summer Fun Day

YoMo held a few special days in the places they ran groups in, open to all of the community. One such occasion was the End of Summer Fun Day at BCDC!



▲ Fun & games were available, from party games involving dancing and music, to sparring with inflatable pugil sticks, to face painting!

▼ Staff member Emma was on hand to supervise the archery.

► We even had a magician from Magical Mayhem to entertain the kids with a magic show!





# MARYHILL GALA

Another big day was the Maryhill Mini Gala held at the Glenavon community space. This day was off the charts! See below for what was on the lineup.



## PETTING ZOO

The Animal Man Mini Zoo was in the house with many animals for kids and parents to marvel at.

Here you can see the snails, the turtle, the rabbit, the chicken as well as the kingsnake, all of whom made themselves acquainted with many of those in attendance!





# AWESOME RIDES



We also had a few rides for the kids to go on, above is the Merry-Go-Round, and to the right of it is the flying carousel. As you can see, lots of people were in line to have a shot!

# PUPPETRY



There was also some practical fun too -- The kids had a great time making puppets out of various materials like spoons and thread, drawing and sticking on whatever features their imagination thought of!

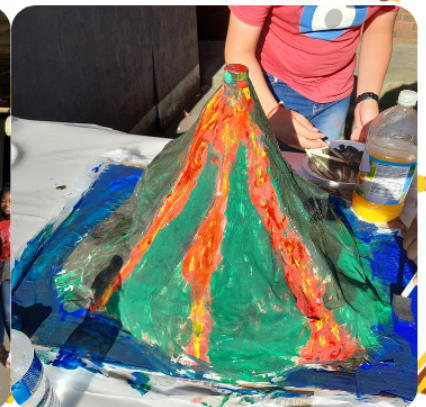


Finally, there were fun party games thanks to the presence of someone we interviewed last issue, YoMo's resident DJ, Jamie! The tunes were definitely bumping on this day.

# PARTY GAMES



The Fun Days weren't the only things going on in the groups over the summer. In Maryhill, the Junior Club made a sea scene for Marine Week and went on a trip to Pollok Country Park, while the 12+ group got up to a lot: Making a papier-mâché volcano, getting a DJ workshop from Jamie, and even taking a trip to the cinema to see Space Jam 2!







Much like Maryhill, the Barmulloch group also had a lot going on from week to week. Based in the BCDC Recreation Hall, the young people got up to many activities: Dancing icebreakers; parachute games; arts & crafts, along with many other fun games.

The group also went on a trip to Summerlee Museum of Scottish Industrial Life, where they saw examples of Scotland's industrial past, such as the bulldozer in the picture to the right and the Vulcan ship on the lower right. They also had fun playing CRAZY GOLF!







TROON



The YoMo volunteers went on a trip to the beach at Troon, where they enjoyed the sights and sounds of the seaside, built sandcastles and played volleyball!



**DECLAN**

The Troon trip was actually a very enjoyable experience to take part in, being at the beach and playing volleyball was fun but hard to move about in, as I was quite afraid I might break my ankle by trying to run in the sand but at the end of the day it was an enjoyable experience.

I went to Troon on Thursday 8th July. I had a lot of fun! Meeting new people, going somewhere new, exploring the beach, getting some fancy ice cream and winning the sandcastle competition. I feel like I got a lot out of it!



**JAMIE**



# WHAT WAS YOUR FAVOURITE PART OF THE SUMMER PROGRAMME?



**MHAIRI**

Being able to meet people from other areas. Being able to have fun after a busy year of studying and planning events/volunteering.



**CAITLYN**

My favourite part was going to pinkston and getting to try stuff I wouldn't have normally have tried. I also liked getting to know other volunteers better.



**MEGAN**

I loved going out of my comfort zone and trying new things. It has also improved my mental health so much



**TYLER**

My highlight of the whole summer programme was Valleyfest down at Somerset. Me, Jacob and Caitlin all went down to the festival which was amazing as it had things like different foods from around the world as well as amazing bands like Texas, Deacon Blue and the Cuban Brothers, but we were down there for a programme called Youth4Food. This talked about youth food poverty all across the UK and the world, talking about youth activism and it was absolutely AMAZING to see the amount of young activists across the whole of UK and we also got to speak to food ambassadors from India, Africa and Lebanon! Everyone enjoyed themselves and it was a good get together. The organisation who we were with was called Food Foundation. If I was to talk about everything with the festival, I would be here for ages, hahah. I can't wait to see what's in store next year! ^\_^



◀ A brilliant photo Tyler took of the sun setting at the festival. Anyone interested in the photography challenge mentioned at the start, take notes!



# YoMo

# Media Group

## INTERESTED IN:

- Writing
- Podcasting
- Art
- Creativity

# ?

Our **Media** Group  
will give you a  
**platform** for it!

For more information and to join  
the YoMo Discord please  
contact **Connor** at  
[connor.dunphy@yomo-  
online.co.uk](mailto:connor.dunphy@yomo-online.co.uk)

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