



Digital Inclusion Support Youth Worker Support 2020

Support available:

- Group video sessions (well-being challenges and mindfulness activities such as yoga, baking or just a cuppa and treat chat)
- 1-1 support – text, calls and video chats
- Year 11 transition support – CV and interview skills, college applications, extra accreditation

Activities to keep you busy:

Yoga, Meditation, Pilates, HIIT
Go for a walk or jog
Dance, Football skills (garden)
Baking, cooking or Learn too
Paint your nails, try different
Hairstyles
Read a book, write a book
Research a new topic
Keep a journal (historic time), Vlog
Challenge people to online games
Design something... clothing, bike,
game etc...
Arts and Crafts
Gardening
DIY
Relax, listen to music, start a boxset
Learn to use home appliances such
as washing machine, dish washer
and so on
Learn life skills such as ironing,
sewing
Speak to friends and family online,
do a quiz night

Important to Remember:

Keep a routine (Get up, Get Dressed and try
to keep to normal schedule

Keep in contact with Friends, family and
loved ones via technology

If you need help, ASK!

Your Youth Worker is:

Melody Abbott

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melody.abbott@pembrokeshire.gov.uk

Contact number: 07979 241816