



Cheshire

What's going on in Cheshire...



Friday Night with the...Vikings

Three young people from Halton Lodge have won praise after being “tested to their limits” by Widnes Vikings’ coaches.

Liam Jones, Michael Colquitt and Lauren Murphy all took part in the five week course ‘Friday Night with the Vikings’ programme which saw a group of 14-17 year olds from all over Halton take part in fitness-based activities such as gym sessions and circuit training.

The aim was to educate teenagers on a variety of issues including general fitness, healthy lifestyles and drug and alcohol awareness.

Lauren Murphy, 16, from Halton Lodge said:

“This was a really good project to be involved in, we learnt a lot about team building and I really enjoyed the boxing.”

Speaking after the group attended a special award ceremony at the Stobart Stadium, Inspector Simon Blackwell of the Safer Halton Partnership, said:

“It has been really encouraging to see how hard the group have worked week in, week out. They have been tested mentally and physically and they have found it challenging, but they have not given up and should feel a real sense of achievement. The course has provided them with an opportunity to develop their skills and take part in fitness-based activities. For many, it was the first time they had visited a gym. This has been a great opportunity for them and we would like to thank Widnes Vikings for all their support and to all the staff who have helped out during the five weeks.”

Martin Davidson, of Widnes Vikings, added:

“The Friday Night With the Vikings project delivered by myself, John Foran, Tim Holmes and with the help of Jack Ryan, has been a great success. The young people who completed the project have worked very hard and have been a credit to themselves and their families. It is hoped that Vikings in the Community, in collaboration with Cheshire police and the Safer Halton Partnership, will be able to run similar projects in the future - as we believe that through sport young people can find a new direction and focus in their lives.”



Halton Lodge Young Leaders Group go to South Africa

Eight young people who attend Halton Lodge Young Leaders group, a project run by Halton Youth Service and Cosmopolitan Housing, are taking part in an overseas trip to South Africa to help build a community. The trip has been organised by Urban Saints and Young Life Runcorn, the young people will travel to Ebenezer Care Centre, an orphanage outside Johannesburg and while sleeping in tents and having very basic amenities the young people will help construct buildings that will be used as homes for orphans.

The structures will be built entirely from scratch as an opportunity to teach work skills and the importance of helping others to young people in our area. This trip will not only change the lives of many homeless people in South Africa it will also encourage young people to understand the reality of poverty and that they can make a difference in their own neighbourhood here in the UK.

The young people have been busy raising funds towards the cost of the trip through various activities. Cosmopolitan Housing has helped them in their fundraising by making a donation of £900 towards the total cost. If you would like to make a donation towards this project please contact Luke Wilkinson on **01928 770377**.

Young Person is a winner!

Proving that you can make a difference at any age is Christine McDonald, aged 16, who was named Young Volunteer of the Year at Cosmopolitan Housing Associations 2nd Annual VERA awards (short for Volunteer Effort Reward Acknowledge) which was hosted by Radio City's Pete Price.

Christine, who lives in Halton Lodge, near Runcorn, is a key member of Halton Lodge Young Leaders Group and has been involved in numerous projects to ensure young people's views are taken into account by local decision-making bodies including West Runcorn Area Forum and Halton's Youth Parliament.

She carried out a presentation at the awards ceremony, along with Lauren Davidson, another member of Halton Lodge Young Leaders Group, the presentation showed what young people had achieved in the past twelve months.

Helen Miller from Halton Youth Service said: *"I am extremely proud of Christine's achievements over the last 12-18 months, her personal development over this time is astounding and it is fantastic to see this recognised by Cosmopolitan. Christine has developed from a relatively shy young woman into a confident individual who really cares about her community and is willing to work hard to make positive changes. Christine commits a lot of her time to both Halton Lodge Young Leader's Group and to Halton Youth Service's Area Youth Forum and Youth Cabinet and winning this award is truly deserved."*

She was presented with her award by Alec Gaston, Operations Director for Cosmopolitan Housing.



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