

# connected

keeping 11-19 year olds updated about projects in Histon & Impington

introducing...

## Liz Currie

chaplain Impington Village College



In her role as chaplain at IVC, Liz offers all students support when things are getting a little bit tough.

She can meet with you once a week or once a term - or somewhere in the middle. And if you feel happier meeting in a small group, that can be arranged too.

Look out for her in assemblies and for the weekly Big Questions lunch-time group - a great opportunity for those of any faith, or none, to ask difficult questions.

Liz also runs iCAS/Churches Together in Histon, supporting students from IVC to serve the community - every Wednesday afternoon.

contact [ecurrie@ivc.tmet.org.uk](mailto:ecurrie@ivc.tmet.org.uk) or speak with any member of staff.

## something for everyone at Histon Baptist Church

Rilla Molner, Youth Worker at the baptist church, runs lots of groups for young people.

**BOYS BRIGADE** Mondays, term time  
**GIRLS BRIGADE** Wednesdays, term time  
**TEN SING** Thursdays, term time

Look out for the summer camps, weekends away and other special events throughout the year.

### get in touch:

07856 777 228

[youth@histonbaptist.org.uk](mailto:youth@histonbaptist.org.uk)

[www.histonbaptist.org.uk](http://www.histonbaptist.org.uk)

## it's all going on at St Andrew's Church, Histon

**EDGE Café** | every Thursday, 4 - 5.30pm, Saint Andrew's Centre (school years 7 - 13)

Come with your friends and make new ones - there's space to chat, play games or get on with homework while eating doughnuts and cookies all at discounted prices. Free entry.

**EDGE Friday** | every Friday, 7.30 - 9pm, Saint Andrew's Centre (school years 7- 11)

Come and hang out with your friends, meet new people, play pool or table tennis or sit and relax. We spend some time asking questions about faith and focussing on issues relevant to you. Entry is just £1 - don't forget a little bit extra for the tuck shop.

**EDGE Sunday** | part of the 10.45am service, St Andrew's, Histon (school years 7 - 13)

If you're interested in spending some time thinking about how the teaching from the Bible is relevant today, then this is for you! We start in the church for the first part of the service then walk down to the Saint Andrew's Centre. Learn from the Bible through games, activities, challenges and discussions.

**EDGE Breakfast** | 3rd Sunday each month, St Andrew's Church, Histon

Starting at the church at 10.45am we'll walk down to the Saint Andrew's Centre for a cooked breakfast. We are joined by a guest who shares where God has been at work in their lives.

### find out more

contact Clare Cronin, Youth Minister at St Andrew's Church, Histon  
07565 134 309 • [clare@standrewshiston.org](mailto:clare@standrewshiston.org) • [www.standrewshiston.org](http://www.standrewshiston.org)



## regular sessions with THE CONNECTIONS BUS PROJECT

- **HISTON YOUTH ZONE** Mondays, 3.45-5.15pm (The Community Room, rec. ground)
- **OAKINGTON YOUTH BUS** Mondays, 7-9pm
- **MILTON YOUTH ZONE** Tuesdays, 6.30-8pm (The Youth Building, The Sycamores)
- **COTTENHAM YOUTH BUS** Thursdays, 7-9pm

### did you know...

The Connections Bus Project also runs two tailor-made courses for young people, giving them a whole range of practical skills and qualifications. Ask Andrea for details about the **Babysitting Course** and **Generation Game**.

07899 904 959 | [andrea@connectionsbusproject.org.uk](mailto:andrea@connectionsbusproject.org.uk) | [www.connectionsbusproject.org.uk](http://www.connectionsbusproject.org.uk)

## talkin' 'bout my generation

One of the courses that The Connections Bus Project runs is called *The Generation Game*. It gives young people a basic level of knowledge, understanding and learning to be a safe and caring visitor for older people.

Throughout the 10-week course we offer practical and hands-on advice and experience, and once completed you'll have an impressive portfolio of your work along with a recognised First Aid certificate.

Spaces are limited and get booked up quickly. Speak with Andrea to reserve yours now.



## become a brilliant babysitter

We also run a 10-week Babysitting Course - to give you the confidence, skills and knowledge to be a safe and caring babysitter.

Through practical activities, discussion and games you'll come away informed and ready to take on this important role!

Book your place with Andrea - call **07899 904 959**.

## Histon Youth Zone

For young people in years 7, 8 & 9. Games, food, drink, craft, football, table tennis and above all a safe place to meet with friends.

**FREE ENTRY! Mondays, 3.45-5.15pm**  
The Community Room, recreation ground

## yoga & mindfulness

Stay focussed, relaxed and calm - and have great fun too. Yoga and mindfulness can help you feel energised, improve your health and balance and increase strength and stamina.

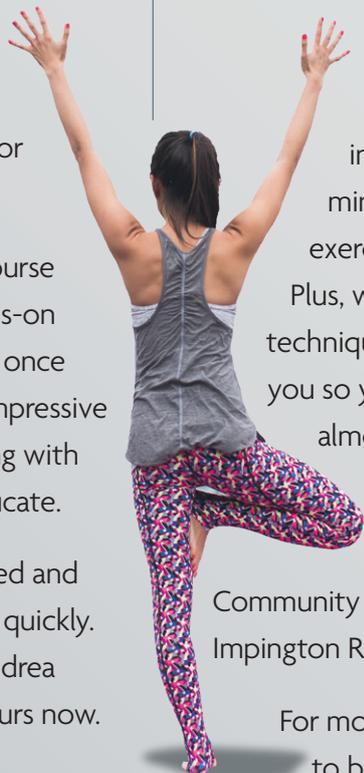
The classes we run include yoga postures, mindfulness & breathing exercises and relaxation.

Plus, we'll teach you techniques to take away with you so you can continue almost anywhere.

5.30 - 6.30pm, every Monday at The Community Room, Histon & Impington Recreation Ground.

For more information and to book a place, contact Pauline - 07985 947 328 or

paulineyoga@gmail.com. It costs just £5 per term.



## 60 seconds with...

*Sefanit Inquai*  
HICOM Wellbeing Worker

“ I am a Counsellor/Psychotherapist by profession with experience of working therapeutically with both adults and children.

My focus for HICOM is working with students at both IVC and Histon Junior School helping young people build resilience and confidence along with various well-being issues.

Alongside this, in the community, HICOM are forming a group of people interested in mental well-being with the aim of running events and workshops offering advice and education for anyone wishing to be involved in community well-being.

Look out for monthly drop-in sessions, our Befriending Scheme and Well-being Week activities (4 to 12 May). ”

### get in touch:

sefanit.inquai@hicom.org.uk  
www.hicom.org.uk



having fun at The Generation Game

Connected is the newsletter brought to you by The Connections Bus Project to keep you up-to-date with local events and services just for young people.

connectionsbusproject.org.uk  
07853 795 256

@connectionsbus   

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