



## Message for all trained volunteers.

Would you like to be able to use our fully equipped, state-of-the-art gym area between the hours of 9am and 4pm? Well now you can!! In return for **volunteering for 4 sessions** during any month you can have one **month's FREE use of the gym** the following month! All volunteers must have a one-off induction with a trained member of CYZ staff (at a cost of £5). Carry on volunteering for at least 4 sessions a month and expensive gym membership could be a thing of the past if you are available during the day! A list of those who are eligible to use the gym will be kept at reception and updated at the end of each month.

NB Any use will be unsupervised and a disclaimer will need to be signed.

## Coming soon – Saturday night opening!

The Youth Zone is opening up on Saturday evenings for a different club experience for members of the senior club (aged 15 and over). From 6.30-10pm we are looking to turn the ground floor into an evening session, with live music, live football, x factor, fruit juice cocktails, smoothies and the milk shake bar. There is very little to do for a lot young people on Saturday nights and no where that they can get together for live bands or DJs, or watch the football or x factor with their friends other than pubs and clubs. The Saturday session is a chance to create a cafe, club vibe in the building. If you are interested in live music, alternative entertainment for young people or just having fun then get in touch. First evening session will be on 1<sup>st</sup> October!

## Upcoming Fundraising events for CYZ

### Sunday October 2<sup>nd</sup> - Great Cumbrian Run

CYZ is one of the main beneficiaries of the Great Cumbrian Run this year and if a half marathon does not appeal to you perhaps you would consider taking part in a team event? The race is being split into 4 sections of approx. 3 miles each. There are 3 volunteers who are willing to run (2 female and 1 male - thanks Hazel, Jess and Andy T!) and would love to have a 4<sup>th</sup> member to make a full team. Alternatively, the event manager needs volunteers for numerous logistical tasks ranging from stewarding to packing and giving out goody bags and water!  
Please let me know if you are able to help out at this event.

More details of this event can be found on the website.

### *Volunteer feedback!*

*Some of you have been volunteering for a few months now and it would be good to know what you think of the experience so far now that you have had a chance to put some of your training into practice! Look out for a questionnaire at the reception desk..... coming soon!*

*Please try to remember to sign in and out on the volunteer section of the staff sheet each time you visit (on the back of the staff sign in sheet). It is important for us to know how many hours of fantastic youth work you are collectively delivering! And for fire regs too!*