

## Bridging (16-21 years)

Bridging weekend is a joint initiative between the Youth Programme and the British Unitarian Young Adult Network (BUYAN). It aims to bridge what can be a difficult transition period for our older teens and young adults, when they are getting towards the end of their time in the Youth Programme, may be preparing for starting university, entering the world of work or leaving home. The weekends provide an insight to BUYAN events and allow time for reflection about the past, the present and the future. A supportive network helps to ease these strains of the group's developing and changing lives. Some of the participants have been friends for many years and others meet for the first time at these events. The group offers a warm, welcoming and understanding community for those that choose to join it.

## Unikids (8-14 years)

Unikids is a holiday primarily for our young people living in the South of England though children are welcome from all over the UK. There are plenty of opportunities for us to bond together as a community, whilst participating in an exciting range of activities, including mountain biking and climbing. These activities create lots of fun and a supportive atmosphere, where we all look out for each other. Trust and friendship are encouraged during circle time and creative activities. Unikids meets twice a year for a residential weekend and for an annual fun day in London.

## Uniteenz (14-17 years)

Uniteenz is a monthly youth group based in London meeting on Sunday afternoons. In the past young people have taken on the leadership of the group, leading a multitude of activities including creative work, games, debates on the big issues of life and time for sharing and meditation. The group also organises trips to the cinema, ice-skating and to local parks.

## Inters - A Poem

At Inter weekends we are our own community  
We have a great bond – we are a family  
Great Hucklow is such a peaceful place  
- puts radiant smiles upon each person's face  
You can't feel alone here, even if you are  
Because you know a friendly face is never far  
The theme this year was *What Do You Stand For?*  
We learnt about ourselves, identities and more

On Friday we played the opinion line  
Agree or not, your own opinion was fine  
We reflect during our 'bubble' time  
Thinking about who we are, let our emotions shine  
In our small groups, we discuss who we are  
And how our identities have brought us so far  
During this time we were open and free  
We are appreciated for being who we want to be  
What's the difference in personality and identity  
What makes the difference between you and me

We began our epilogue, a time to be still  
Reflect upon anything, at our will  
Here we reflect and it is a chance to unite  
Before we settle down for the night  
There are no rules set like you mustn't, you must  
Just a warming bond and an endless trust  
I'm so glad I found such an inspiring place  
And the happy smile it has brought to my face

*Sarah, aged 14*

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

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# Young Unitarian People



A Unitarian Information Leaflet

## Unitarian Belief

Belief is something you hold close, something not to be trifled with, it can lead many ways. Blind faith is not the answer, arrogance is not the answer, it is a personal journey to find your own inner peace. This can be a terrifying experience as sometimes you have to give up all control and to just go with the current. Family and friends are here to love and guide, with a steady hand, to a better place.

*Joe, aged 15*

## The Youth Programme

The youth programme follows the Unitarian ethos that we are all free to explore our own beliefs and views on life. Our values of respect, tolerance and compassion towards others are reflected in the activities we offer. Our youth leaders aim to create safe spaces where young people can explore their identity and direction in life. Participants are encouraged to celebrate diversity and difference in each other whilst cherishing all that binds us.

We enjoy seeing our young people relaxing, laughing and having fun together. Everybody's thoughts and opinions join together helping to create a rich and inspiring atmosphere.

Our activities are open to those who want to join a welcoming and encouraging community.

The participants who attend our weekends come from Unitarian and other religious traditions, while others do not adhere to any faith. Most of our events are held at The Nightingale Centre, Great Hucklow in the heart of the Derbyshire countryside.

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



## Juniors (7-11 years)

Junior weekend is filled with fun and friends. Participants explore different themes through craft activities, outdoor trips, playing games and having a giggle together. We love to see new faces and those who have been before. To attend the weekend, Juniors need to be accompanied by an adult from their area, though all the activities are led by experienced leaders.



## Inters (11-14 years)

Inter weekend is a time for exploration, understanding and reflection. Participants investigate a variety of topics in a range of creative ways. Activities can include art, crafts, drama, games, creative writing and local walks. A safe and trusting bond is created between all involved during the weekends.



## Seniors (14-17 years)

Senior weekend is a powerful and thought-provoking weekend for young people whilst still maintaining an emphasis on fun. The weekends include a myriad of activities and discussions in a safe and trusting space created by both participants and leaders. Activities include credo groups, circle time, workshops and walks in the countryside. A unique community develops between the teenagers. These strong links are often maintained throughout the year via various communication networks.



## Fun Days Away (12-17 years)

Fun Days Away (FDA) is a time for participants to explore a theme more deeply over several days. Topics are explored in a range of ways including some sessions led by members of the group themselves. Usually we follow a special course in personal development – in past years these have included 'Our Whole Lives' and 'Everyday Leadership Skills'. Members of the group are encouraged to push themselves physically and emotionally through a wide variety of activities. The trusting and encouraging nature of the group provides support and guidance during the challenges of the week. One participant described the special atmosphere created during FDA as a 'Bubble of Trust'.