

## Welcome to the new SYM monthly news and prayer letter!

From all of us here at SYM we wish you a Happy New Year. We have so many exciting plans for 2019 and look forward to sharing them with you over the coming months.

### Last month:

Schools are a great place to be during the festive season and we enjoyed celebrating in our **e:merge** groups by having Christmas parties. We created and hosted a **re:fresh** prayer space over 3 days in Moulsham High School for Years 7 and 8 which was a great success. See our website for more details:

<https://www.symchelmsford.org/index.php/students>

## Good News Story

SYM Team member, Kate writes:

I first met Katie in an Emerge group in secondary school. She is now studying at college but was really keen to keep a link with SYM and continue to be supported by a mentor. I meet with her fortnightly and she really appreciates having someone to talk to. I also know Katie through a church context, so we talk about her faith too.

Katie came and shared at our United in Prayer evening and shared about her experience:

***'It was actually amazing to talk about my experience of mentoring and to talk about how great it is. Mentoring has bought me to where I am today and I don't know where I'd be right now without it. I've also become a lot closer to God since the beginning of the year. Just look where I was last January and where I am now! So many good things have happened because of mentoring - God, me being strong, and knowing that lots of people care about me and want to support me. I try to look at things more positively now.'***

## Theme for the term: Who do I want to be?

With sessions on;

Goals, Values, Significance, Others and Legacy.

Pray for the team as they plan, prepare and deliver sessions on such important topics!

## Meet the team!

Hello! My name is Charlotte Clayton - that's still massively exciting for me to say as just over 3 months ago I married my fabulous husband Kris! I'm loud, bubbly, passionate and love activities that give a real adrenaline surge! I'm passionate about people knowing their worth, knowing that they have purpose and something to offer and seeing them be confident in who they were created to be. It's because of this passion I have for people to realise their potential that I started working with young people through running a girl's self-esteem programme in local secondary schools, as well as joining SYM where I get to mentor young people which I absolutely love! I'm also heavily involved in my local church, Skylark Church, where I've been in the worship team for a number of years and have built and co-lead a group for young people to explore what worship in the musical sense, and beyond, really is.



**Charlotte Clayton**

### A few fun facts about me!

**Favourite cuisine – Mexican.**

**I don't drink hot drinks (only occasionally a hot chocolate if I'm freezing!).**

**I did a skydive for my 21st birthday.**

## Youth in the news

Below is a great, short video clip interviewing three young people about their different mental health issues. If you want to understand better some of the things an SYM mentor might talk about with a young person why not give it a watch? You could also use the clip as a conversation starter in a youth group when talking about mental health.

<https://www.bbc.co.uk/newsround/46440332>

## Thank you for:

- A great 3 day **re:fresh** prayer space at Moulsham High School
- The re-starting of our **e:merge** groups in the new academic year last term
- Two new appointments to the SYM team; Charlotte Clayton as part-time school's worker (see reverse) and Abigail Sheldrake who undertakes a varied, part-time role covering fundraising, strategy and communication
- We welcomed three new trustees onto the board, Karen Tullet, Jamie Roddy and Abigail Sheldrake

## For our young people:

- Stress and anxiety during the mock exam season can be an issue at this time of year. Pray for those children under particular pressure.
- For our theme of 'Who I want to be' to impact those we work with. That they know they are each precious and have self-worth.

## For the team:

- Our volunteers are mentoring regularly through the week and across all schools. Please pray for them as they give their time freely to serve and support young people in this way.
- For good health as we go in and out of schools and the physical and mental energy to do our jobs to a high standard.
- For wisdom as we guide the young people in our care.
- For vision – we want SYM to be the best it can be and for it to serve God's purpose. Pray for us as we seek vision for 2019.

## Diary dates:

Please pray for the following events:

Monday 4 <sup>th</sup>	e:merge @ KEGS; Gillian and Charlotte mentoring
Tuesday 5 <sup>th</sup>	e:merge @ Boswells; Sophie mentoring
Wednesday 6 <sup>th</sup>	e:merge @ Sandon and CCHS; Charlotte and Ben mentoring
Thursday 7 <sup>th</sup>	e:merge @ Chelmer, SJP and Moulsham; Kate, James, Abigail, Stephanie, Lynsey are mentoring
Friday 8 <sup>th</sup>	Dot is mentoring
Monday 11 <sup>th</sup>	e:merge @ KEGS; Gillian and Charlotte mentoring. <b>Board meeting of trustees.</b>
Tuesday 12 <sup>th</sup>	e:merge @ Boswells; Sophie mentoring
Wednesday 13 <sup>th</sup>	e:merge @ Sandon and CCHS; Charlotte and Ben mentoring
Thursday 14 <sup>th</sup>	e:merge @ Chelmer, SJP and Moulsham; Kate, James, Abigail, Stephanie, Lynsey are mentoring
Friday 15 <sup>th</sup>	Dot is mentoring
Monday 18 <sup>th</sup>	Half-term week!
Monday 25 <sup>th</sup>	e:merge @ KEGS; Gillian and Charlotte mentoring. United in Prayer
Tuesday 26 <sup>th</sup>	e:merge @ Boswells; Sophie mentoring
Wednesday 27 <sup>th</sup>	e:merge @ Sandon and CCHS; Charlotte and Ben mentoring
Thursday 28 <sup>th</sup>	e:merge @ Chelmer, SJP and Moulsham; Kate, James, Abigail, Stephanie, Lynsey are mentoring. <b>Training session for team on 'Unconscious Bias in Youthwork.</b>
Friday 1 <sup>st</sup> March	Dot is mentoring

## Special events coming up:

Please pray for us a team and for the board as we spend this term reflecting on the work of SYM and how we can continue to reach out and support young people across Chelmsford. We are all excited for new plans and ideas and would appreciate prayers for wisdom and inspiration!