



The
United
Reformed
Church Youth

A special supplement
to the bimonthly
CYW newsletter from
United Reformed
Church Youth



URC Youth continues to promote mental health within the URC and particularly wants to highlight two new resources – training for churches and a website for young people:



Emotional First Aid. Emotional First Aid will be a FREE and easy to understand online training and resource that equips people to support those struggling with their emotional and mental health as a result of this pandemic. These webinars will help individuals and organisations to see and understand emotional signals and to know how to respond to them effectively. This is open to the whole church who want to feel equipped enough to walk alongside and bring 'journey with' support for those who struggle with complex mental health needs. Click [here](#) to find out more.

The Emotional Rollercoaster. This FREE training is specifically for church staff members, schools and volunteers who work one-on-one or with groups of children who have emotional or relational challenges. It covers all of the content in Emotional First Aid, but provides exercises and resources to provide practical help for children and young people. Click [here](#) to find out more! There's a link on the page specifically for schools as well.

Headstrong <https://www.beheadstrong.uk/>

Head Strong is a new mental wellbeing project for young people that gives young people the help and advice they need.

Mental wellbeing was already an important issue for young people but, as a result of the coronavirus pandemic, those needs have become even more urgent. There's never been a more important time to support young people in this way.

Youthscape, with the support of the **Mind & Soul Foundation**, is launching this online space aimed exclusively at young people with a focus on promoting positive mental wellbeing.



URC's Pilgrimage in a Pandemic!

**Travel with us to
Bethlehem Online!**

See the sites, visit the
shops, drink coffee with
locals!

Special Guest

Jack Issa Giacaman live
from his shop

Sept 22

6 PM (BST) Zoom
kevin.snyman@urc.org.uk

Commitment
for **Life**



Find out more about Israel and Palestine here:



Katie, the United Reformed Church's Youth Assembly Moderator for 2019, shares her experiences of and insights on the educational trip to Israel and the occupied Palestine (with Hannah Jones, YA Moderator 2018).

<https://youtu.be/kml2y9rN8Xg>



While richer countries are switching to cleaner, renewable energy, the UK is using your taxes to fund fossil fuel expansion in poorer countries. This means that the communities who are already unfairly living and dying with the consequences of the climate crisis will have to face further ramifications from increased fossil fuel extraction.

Tell the Prime Minister to end the UK financing of fossil fuel extraction overseas by signing this petition [#StopFuellingTheFire](#)

<https://you.38degrees.org.uk/petitions/stop-fuelling-the-fire-say-no-to-the-uk-financing-dirty-energy-overseas>



The 2020 URC Youth Assembly passed a resolution to submit on to Mission Council 2020:



Mission Council encourages all United Reformed Churches, (especially those near universities and colleges) to use Fusion's Student Link-Up and SCM Connect, enabling students to explore a wider range of churches and have more opportunity to commit to a place of worship that they feel is appropriate.

This resolution was passed en bloc by Mission Council and Tom Howells explains a little more about what this means for local churches.

<https://www.youtube.com/watch?v=s31HXqnJgQ&list=PL0dWr4cxnjTQ8xcw7ipOpgxePJ2ZXAgkV&index=3>



We've partnered with JPIT to share their 'What will you do to end homelessness?' campaign 🏠

'If your church has a way to address homelessness, you should take it'.

Richard was homeless for well over a year as a result of mental illness, and he's told us his story. He believes that homelessness is not simply an issue for individuals, but for society as a whole. Churches can make a significant contribution to alleviating it - from mental health provision to affordable housing.

What will you do to end homelessness? #wydeh

www.jointpublicissues.org.uk/.../richards-story-end-homelessn...

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<https://urc.org.uk/urc-youth-urc.html>

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