



The Helston Phoenix Mentoring Project
Helston Community Fire Station
Church Hill, Helston, TR13 8NR

Contact: Karen 07811223276

Email: Karen.hpmproject.harvey199@gmail.com
www.helstonphoenixproject.org

Twitter: Helston Phoenix@kariann25

Station Manager Keith Stringer MBE: 07708699217

Monday 18 March 2019

Dear Parent

Re: Helston Phoenix Mentoring Project- Providing 'Free Extra-Curricular Activities for young people in Helston and the Wider community

Tuesday 16th April 19- May 2020.

We have a Fantastic opportunity for the young people of Helston. An opportunity that shouldn't be missed, "it is all free!" Once you sign up with us, you open the door to so many opportunities. Please do read on, we hope you will feel it is worth it!

The Helston Phoenix project has been providing 'free' activities for all the young people in Helston and the wider community, for 16 years.

We have raised over £100,000 and worked with approximately 6,000 young people, who have all benefited from the activities over the years.

We are a **self-funded project**, under the remit of Cornwall Fire and Rescue Service. They provide our insurance and public liability cover. The project is run by trained staff and volunteers, from Cornwall Fire and Rescue Service, Education and Ex-Army Veterans from Active Plus. Some of our young people are also trained to provide a peer mentoring service.

We are very proud of all our young people's accomplishments and celebrate their success; please visit our website, YouTube- Helston Phoenix Project and Twitter to keep up to-date with us.

We are based at Helston Community Fire Station, and we run our disciplined back to basics activities there during the school holidays. As well as on site activities we like to offer the young people the chance to go to other Fire Stations and take part in basic drill activities.

We have 4 spaces available. We need a young person who is committed to the project and willing to work hard and be part of a team; the cohort is mixed sex. If you feel your child would be interested in joining please call on receipt of this letter and we can meet up for a chat.

On Tuesday 16 April we are going to Falmouth Fire Station, in the mini bus. The young people will learn how to search for a casualty in a controlled area, with our trained Firefighters. In the afternoon we will go to Tolvaddon to see the new station and the Critical Control Centre; the young people will learn what happens when they make a 999 call and have a chance to take part in answering a call and deploying the appliance.

Please note when your child takes part in any of our activities during the holiday's we request that you make sure your child has a good breakfast as the tasks he/she will undertake will be very physical; if they don't eat a substantial breakfast they will not be able to take part in the activities as they will feel ill. They will also need a packed lunch and snacks. Appropriated clothing must be worn, for example track suit bottoms, T Shirt and trainers, for both sexes.

We are thrilled to announce that we have just received some Big Lottery Awards for All funding, so this will enable us to continue our work with this cohort until May next year.

Project Leader: Station Manager Keith Stringer

Project Coordinator: Karen Harvey





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What we will do:

- Basic Fire Service training and Marching
- Fire Safety
- Rescuing Casualties
- First Aid
- Building Shelters and Dams
- Like Skills/Bush Craft

Where we will go

- St Eval Go Karting
- Stithians Lake
- B F Adventure
- Granite Planet
- Surfing at Poldhu
- Laser shooting

We will provide all the transport from our base at Helston Fire Station, but we will need to ask for a donation of £2.00 towards our fuel costs for each activity as we cannot apply for a grant to sustain our

We will be keeping your child's Head of Progress updated with your child's progress throughout the coming academic year. We work closely with the school and need you to be aware that we support any behavioural sanctions, and the school support ours. For example, fixed term exclusions would be upheld and the young person would miss an activity with us.

Important Information

The project is a disciplined project, the young people are required to sign a behaviour contract. We set rules and boundaries for Health and Safety. If those rules and boundaries are broken we will advise parents and the young person may be asked to leave the project.

During the year the young people will take part in the disciplined drills of Cornwall Fire and Rescue Service. We will issue them with uniforms and helmets which must always be worn. We advise them to bring their own wellington boots (and spare socks) if they have them. We only have a small range of boots, sadly our stocks have depleted.

The young people will all take part in team building activities which will include Marching, running out hoses and making up hoses and rescuing casualties using breathing apparatus. Please let us know of any medical conditions.

We would like to put your child's photo on our website. If you do not want us to do so would you please contact Karen Harvey, project co-ordinator on receipt of this letter.

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All the drills the young people take part in are part of the everyday drill a firefighter does. The activities enhance, resilience, communication and team building skills as well as a sense of humour.

Health and Safety

- **We appreciate you arriving promptly at the beginning and at the end of the activities. Times may vary, so please check your letters. If in doubt of the time slots, please call me or Keith Stringer.**

Some of our instructors are either full time or on call fire-fighters, they may have a shift after our project ends. We have instructors who are carers, have child care responsibilities, volunteer for Cornwall Search and Rescue, which means we all must get away promptly.

- If your child is on regular medication, please inform Karen Harvey. It is your responsibility to pass medication for trips etc, to a member of the team. It must be in the original packaging with the dosage clear- please do not give verbal instructions. It must all be written clearly. Medication must be placed in plastic bag or container with the child's name clearly written on it.
- Please note that Helston Fire Station is an on-call Station. For your own safety please do not park at the Station. Please use the footpath on the right of the station when entering.
- For insurance purposes always make sure a member of the Helston Phoenix Team is available before you leave; please do not leave your child with a member of Cornwall Fire and Rescue Service. One of us will always be at the station at least 10mins prior to the start time.
- If you are allowing your child to walk home, please let me know at the start of the session.

If your child is interested in taking up this opportunity, please contact me by Thursday 21 March

Please see our website and YouTube <https://www.youtube.com/watch?v=xOz8-XYQwuc&t=16s> or search for Helston Phoenix Project. For more information about our project and what we do see Twitter and our website.

Please contact me on the above number or email address if you have any queries.

Yours sincerely,

Project Leader: Station Manager Keith Stringer

Project Coordinator: Karen Harvey





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Karen Harvey
Helston Phoenix Project Coordinator

Helston Phoenix Mentoring Project- Providing Free Extra Curricular Activities for young people in Helston and the Wider Community commencing 16 April 2019.

Name:Tutor Group.....

My child will take part in the Helston Phoenix Project activities starting on 16 April 2019

Signed:.....

Name of Parent/Carer signing.....

Return by email to Mrs Karen Harvey – karenhpmproject.harvey199@gmail.com

Project Leader: Station Manager Keith Stringer

Project Coordinator: Karen Harvey

