

Lifestyle 2022

Handbook

Making a
Difference

@HP_LifestyleYET
#GoMAD2022

01472 721264

[HumbersidePolice.co.uk/Lifestyle](https://www.humbersidepolice.co.uk/Lifestyle)

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A Community
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Lifestyle 2022

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The Rules

1. Lifestyle is open to young people who live or attend school in the Humberside Police area. This includes schools with a catchment area that includes part of the Humberside Police area.
2. Entrants must be aged between 10 and 18 years old on 31st August 2022.
3. Teams can be made up of two to five members. These members can be of varying ages and sexes. Teams cannot be made up entirely of young people whose parents/guardians work for Humberside Police.
4. Any member of a team who completes a Lifestyle project will receive a certificate. This can then form part of their Record of Achievement.
5. While teams are encouraged to spend as much time as possible on their project, only work done between 1st July and 3rd September 2022 will be taken into consideration during the judging process.
6. If after registration a member of the team leaves, then the team will be allowed to continue, providing there are at least two members remaining. The Lifestyle office **MUST** be told of ANY changes in team members.
7. A person can only be a member of one team at any one time.
8. The first 2,000 young people to register with the project will receive a Lifestyle T-shirt.
9. All Logbooks must be clearly marked Youth Engagement Team 'Lifestyle 2022' and received at Grimsby Police Station, Victoria Street, Grimsby, DN31 1PE by the end of September 2022 for judging.
10. Any Logbook received on or after 1st October 2022 will not be eligible for judging but will receive a certificate.
11. Any prizes are for team members only and are not transferable / negotiable.
12. No team consisting of two or more members of the overall winning team the previous year will be eligible to win the top prize in the current year.
13. The decision of the Lifestyle project co-ordinators and judges is final. No discussion or correspondence will be entered into.
14. The organisers reserve the right to contact teams during the competition and to release details supplied by the participants about themselves and their projects for publicity purposes. Such publicity may also include photographs and/or video film of team members. If you do not wish your personal details to be used in this way, please contact the Community Engagement co-ordinators on 01472 721264.

Important Dates

1st July

Work on your Lifestyle project can begin!

w/c 20th July

Summer holidays begin.

w/c 3rd September

End of project work.

28th September

Last day to submit Logbook.

October Half-Term

Filming of the finalist teams.

5th November

Top teams final judging day.

23rd November

Lifestyle Awards at Hull City Hall.



Adult Adviser Advice

Being an Adult Adviser for a Lifestyle team is an extremely fun and rewarding job. It's great watching your team achieve real results in helping their community!

We ask every Adult Adviser to assess the project that their team wishes to undertake and the work it involves. You must provide your team with the safety, support and advice they need, especially if their project involves working in dangerous areas.

Due to the large numbers of young people who register, it is impossible for the police to be involved in their supervision and safety. We therefore rely on YOU to ensure the general well-being and safety of your team.

Another important issue concerns teams raising money for their project. We are aware that some teams may be planning to collect money or sell raffle tickets by going from house to house. Collections of this kind are against the law unless some complex legal requirements are met, and any collectors must be 18 years or over.

There are certain exceptions to this. For further information, you should contact your local Environment and Licensing Department at your local District or Parish Council. (Contact details can be found on the next page).

We would ask every Adult Adviser to ensure that **ALL** money is collected and accounted for responsibly by your team. We recommend including receipts in the Logbook where possible. The Community Engagement Team will not accept any money and it is your responsibility to ensure that it is passed to the relevant party or charity.

The Lifestyle Logbook

The Lifestyle Logbook needs to be written by the team members themselves and can either be hand written or typed. It doesn't matter how the log is presented, as long as the team writes up all the work they have done and include all their experiences, good and bad, for the judges to see.

We welcome comments from Adult Advisers at the end of the Logbook.

Please remember that the judges can only judge the information they are presented with in the Logbook.

As Adult Adviser, please encourage your team to complete the Lifestyle questionnaire once their project is complete. You will also find an Adult Adviser questionnaire for your feedback too.

Please return Logbooks to us as early in September as possible for judging.

Please ensure that your team's Logbook is handed in to either your local Police Station (in an envelope clearly marked 'Lifestyle 2022'); or posted to us at Youth Engagement Team, Lifestyle 2022, Community Safety Unit, Grimsby Police Station, Victoria Street, Grimsby, DN31 1PE. If you are posting your log, please make sure that postage is paid in full. The Lifestyle Team cannot accept responsibility for any logs that go missing. Unfortunately, any Logbooks received after September will have missed the judging period.

If you need any help or advice with any aspect of your project, you can call us on 01472 721264, or Email us at lifestyle@humberside.pnn.police.uk

Team Advice - Safety

Tell your Adult Adviser all about your project before you start. If you are not sure about the safety of your project, ask your Adult Advisor's advice on what to do. Remember that for some projects you may need to wear protective clothing such as gloves or overalls. For example collecting aluminium cans can be dangerous if you don't wear thick gloves. People sometimes dispose of used syringes and needles in empty drink cans to avoid accidental pricking.

- **DO NOT** go anywhere dangerous like rivers, canals, railway lines or main roads without an adult being with you.
- **ALWAYS** work as a team, NEVER on your own and ALWAYS SAY "NO" TO STRANGERS.
- **DO NOT** accept lifts from strangers and DO NOT HITCH HIKE.
- Ensure that your parents or Adult Adviser know where you are and how to contact you. Tell your parents where you will be and what time you will be home.
- Be aware of how to make an emergency telephone call.

Stay Safe Information

Humberside Police's main priority is to ensure the safety and emotional wellbeing of the young people taking part in Lifestyle.

Below are some key contacts of our partner agencies who are on hand to help should you need to access any of their services or seek advice for your project.

Cat Zero Tel: 01482 333303 www.catzero.org info@catzero.org

CEOP 08700 003344 www.thinkuknow.co.uk

Chat Danger www.chatdanger.com info@chatdanger.com

Childline 08001111 www.childline.org.uk

Childnet International 02076 396967 www.childnet.com info@childnet.com

Creating a healthier Hull 01482 344700 www.hullccg.nhs.uk HullCCG.contactus@nhs.net

Crimestoppers 0800555111 www.crimestoppers-uk.org

Kidsmart 02076396967 www.kidsmart.org.uk kidsmart@childnet.com

Missing Kids UK 116000 www.missingkids.co.uk

National Citizen Service 02034764400 www.ncsyes.co.uk

Prince's Trust 0800 842842 www.princes-trust.org.uk/ info@princes-trust.org.uk

UK Safer Internet Centre 08448 002382 www.saferinternet.org.uk/ enquiries@saferinternet.org.uk

Permission

It may take a little longer, but ask permission if you need to, **BEFORE** you start your project. Your project may involve someone else's land and you will need to get either the owner's or Local Authority approval before you start.

Fund Raising

The collection of **MONEY** by way of street collections or house-to-house collections is against the law unless in possession of a permit. (Police, Factories, and Miscellaneous Provisions Act, 1960.) The sale of raffle/tombola tickets to the general public is against the law unless the raffle/tombola has been registered. [Exception: where the raffle/tombola is a non-commercial lottery which is a small part of another larger event (fair/fete etc.) and all the tickets are sold or drawn at that event and all the prize winners are decided at that event.] (Gaming Act, 2005).

All enquiries regarding public fund raising should be directed to your Local Council Environmental Health and Licensing Officer.

Project Ideas

Over the years Lifestyle teams have had all sorts of ideas for community based projects. Teams have created wildlife areas at local schools/playgroups, devised anti bullying campaigns, helped at various community support groups, raised awareness of mental health issues, campaigned for greener communities and much, much, more! Whatever you choose to do, your challenge is to see how much of a difference you and your friends can make to life in your area.

By taking part in Lifestyle, teams have not only helped their communities but also learnt a whole host of new skills and grown in confidence along the way. Some teams have left a legacy of their work by making a real difference in their community and we hope you can do the same.

Whatever you choose to do, your challenge is to see how much of a difference you and your friends can make to life in your community.

If you're stuck for ideas, have a look at our Company Challenges. There are lots of ideas and suggestions to get you thinking.

In addition, some local organisations would love to work with you to make a difference in your community so think about contacting them such as the Yorkshire Wildlife Trust who – if your team is based in Hull – can help support you team in a number of ways. For more information about how the Yorkshire Wildlife Trust can help your team contact Edward Staples on 01482 441013.

Tell us What You've Done!

Don't forget to keep a log of everything you do in your Logbook as you go along. That way you won't forget anything important and it won't be such a big job to do at the end.

When you've finished your project, fill in the front page of your Logbook. Make sure you include the names of all the members of your team. It is important that you do this just before you send in your Logbook and not at the beginning of your project, as you may make some changes to your team over the summer. **The members named on the front of the Logbook will be the only ones who receive a certificate and/or any prize awarded.**

Remember that your Logbook must be sent to the Youth Engagement Team, Lifestyle 2022 at Grimsby Police Station, Victoria Street, Grimsby DN31 1PE or handed in at your local police station in an envelope clearly marked 'Lifestyle 2022' early in September for judging.

If you are posting your Logbook, please make sure that the postage is paid in full. We cannot be responsible for any logs that go missing. It is up to you as a team to make sure that your log book has been received. Make sure you complete your email address details on the front of your Lifestyle Logbook and we will email you to confirm receipt of your Logbook. **Any Logbooks received on or after 1st October 2022 will NOT be eligible for judging but will receive a certificate.**

If for any reason you do not complete your project, you should complete your Logbook with any work that you have done, and you will still receive a Lifestyle certificate for your efforts, which can form part of your National Record of Achievement.

If you need any help or advice you can call the Youth Engagement Team on 01472 721264, or Email us at lifestyle@humberside.pnn.police.uk

And don't forget! You can keep us updated on our Twitter and Facebook pages so please let us know what you are up to throughout the summer!

How To Get Started

You've put your team together and registered for Lifestyle. Now we're challenging you to think of a project that will help your community. You can do just about anything as long as it helps someone or something.

Past projects have included helping the elderly or the homeless, raising awareness of fire safety, organising fun days, campaigning for bereavement support for young people and taking on topical issues that affect young people just like you. Your team has the power to make a difference to other people's lives, and leave a legacy. The choice is yours! You don't need to do one big project, you can do lots of smaller projects if you prefer.

Once you've decided which project you're going to do, you need to have a team meeting and decide how you're going to do it. The most important thing to remember is to write down everything you do in your Logbook (even your team meetings). At the end of the summer holidays we have a panel of judges who read every Logbook sent in, and there are plenty of prizes on offer for successful teams.

Here are some tips for filling in your Logbook:

- Tell us what your project is about.
- Tell us what you've done and how you've done it.
- If you are renovating or tidying an area, take before and after photos so that our judges can see what a difference you've made!
- After meetings, and when you've done any work on your project, remember to write it up in your Logbook. If you leave it until later you may forget something!
- Be creative. You can add drawings and photographs to your Logbook if you like. If you're holding any events or while you're working on your project take a camera along if you can.
- If you receive any 'thank you' letters put them in your Logbook.
- Write down how long each team member has spent working on your project each day. Remember that if you all work for one hour and there are five of you, that's 5 hours!
- When you are ready to send in your Logbook, fill in the names of your team members on the front.

Only team members whose names are on the front page of the Logbook will be eligible for any certificates or prizes awarded to the team.

We are also on Twitter @HP_LifestyleYET, ask your Adult Adviser to drop us a tweet of what you are all up to so we can keep a track of your team's hard work throughout the summer.

You could start planning your project now, so that you are ready to go when the holidays begin. You can start writing up your Logbook from 1st July. **Remember, only work completed between 1st July and 2nd September 2022 will be taken into consideration during the judging process.**

Please note: Doing Lifestyle is not just about fund raising. While we know that some teams may need to raise funds for their project, the projects that are successful will be the projects that do the most to benefit the people or places they were intended to help.

If there's anything you're not sure about, you can call the Youth Engagement team on 01472 721218, or Email us at lifestyle@humberside.pnn.police.uk

Don't forget to ask your Adult Adviser to tweet us whilst your team are working on Lifestyle! @HP_LifestyleYET

How To Get Started

Every summer, hundreds of Lifestylers publicise their project, appeal for help, or reveal their project results in the pages of their local newspaper. Remember, the local press love featuring good news stories and taking photographs of Lifestyle teams in action, so while you're working on your project, give your local newspaper a ring. Ask for the picture desk or the news desk, and tell them what you're doing. You never know, it could be your team that features in the paper.

Don't miss out on the opportunity to make your own headlines!

Give your local paper or radio station a call and get the coverage your hard work deserves. Also don't forget to keep us updated and send us regular Tweets @HP_LifestyleYET or information on what you are up to on our Facebook page!

Contact Points

Local telephone directories and local Councils will be able to point you in the right direction for a number of services such as recycling centres, sports centres, local community centres, charitable organisations and volunteering opportunities.

Their websites contain lots of information on who can help you to make your team a success!

Google is also a great resource too but remember to be safe online!
If anything concerns you click the CEOP logo.



Volunteer Police Cadets

In January 2017 Humberside Police introduced Volunteer Police Cadets to the force area. The initial pilot scheme proved to be successful and we are looking to expand the scheme to all areas in Humberside based in Bridlington, Goole, Grimsby, Hull and Scunthorpe. If you or someone you know, would benefit from being involved in the project and meet the following criteria: -

- Aged between 15 and 18 years of age
- Lived in the UK for the last 3 years or more
- You must be enthusiastic, dedicated and willing to commit to 2 hours a week (in term time only) to take part in training about policing and our partner agencies. You will also volunteer at least 3 hours a month to working alongside us and our communities.

If you think that sounds like you then we would like to hear from you about becoming a Volunteer Police Cadet. There is no need for formal qualifications and full training along with a uniform will be provided to successful applicants. By being part of the Volunteer Police Cadets, we will provide you will the opportunity to develop yourself within the police, develop positive relationships with our partner agencies and your local community whilst being an ambassador for Humberside Police.

The VPC scheme provides opportunity for a variety of positive pathways for cadets in the future to become Community Safety Volunteers, Special Constables or take part in internal and external apprenticeships.

Please contact the Youth Engagement Team on 01472 721218 or cadets@humberside.pnn.police.uk for further information on how to join or become involved.

Police Service Volunteers

The Police Service Volunteer scheme was first established in Humberside Police in April 2008 to promote community involvement in policing through volunteering. Individuals from the community were encouraged to become volunteers with Humberside Police and use their skills, experience and knowledge to support Police Officers, Police Community Support Officers and police staff.

There are now dedicated teams of volunteers across the force area undertaking specific tasks assisting Humberside Police to achieve its targets and local policing priorities and increasing community involvement. We also have a dedicated team of Youth Engagement Volunteers who work alongside our Community Teams to enhance the delivery of Lifestyle, Rock Challenge and Night Challenge to schools and youth provisions.

Roles carried out by volunteers are a new and enjoyable experience for the individual and offers a great opportunity to meet new people. Becoming a volunteer gives you a great insight to how Humberside Police works, often giving individuals a unique view of the police service in action. Volunteers are used as an addition to current roles and are in no way a replacement for paid members of staff.

Anyone interested in becoming a volunteer should go onto our website for further information: www.humberside.police.uk/police-service-volunteers

Lifestyle 2022





If you finish this Logbook call the Lifestyle team on **01472 721264**

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