

THE MIX



Christmas
Messages
Inside from
Kooth
Counselling and
New Beginnings
LGBTQ+

Issue 1
December 2020
themixcrosby.com

The Mix Crosby, Youth Mag
Produced by Young People

Welcome

Editor's Letter

*"It's been great to see you all
on Discord and Zoom! ."*

Hi Mixers and All Readers,

Welcome to the first edition of our new magazine, which has been made possible with funding from the Lottery Community Fund and LCR Cares. Huge thanks to Kim Sweeney and the team for so much enthusiastic voluntary work in producing the mag and making all the pages look fabulous. You've done a fantastic job!

It's been great to see you all on Discord and Zoom! You're all looking really well and have contributed some great ideas and articles which have all jelled together to make a very good read. And BTW, you're welcome to send mag links left, right and centre! Start thinking now about future contributions for our next edition! Tell us about your Christmas and anything interesting or funny that's happened. Or how about some poems, songs, tasty recipes, film and book reviews, nice photos, artwork, jokes, lateral thinking puzzles, quotes, quizzes etc. or use our SOAPBOX page to shout out your views on something you feel passionate about! Just design your own page and send to sue.oconnor@themixcrosby.com Anyone can contribute and we'll try to include everything!

All submissions information is on the last page of the mag, along with an open invitation for young people to join us on Discord and/or Zoom.

On a serious note, we'd like to draw your attention to some pages we've added about a couple of very valuable services for young people: the online "Kooth" Counselling Service and Sefton's "New Beginnings" club for LGBTQ+. All the details are inside and PLEASE tell/post/share the information as widely as possible so it can be passed on to anyone with mental health issues or needing LGBTQ+ support. We need to let our young people know they are not alone and there is help and care out there from dedicated teams.

Stay safe and strong. Let's hope next year is better and brings the world together again. Remember: the sun is always shining but you can't always see it!

With all good wishes to you and your family,

Happy Reading, from,

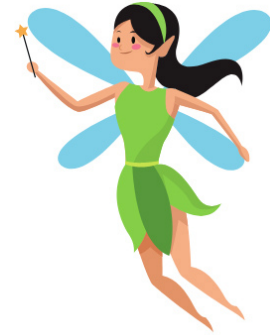
Sue, Mel, Kim and all the contributors.
The Mix Youth Café.

P.S. Any Duke of Edinburgh Award Scheme participants who are having difficulty accessing their chosen Service or Skills can switch to making submissions to our Online Magazine for either section!

!!ABRACADABRA!!

YOU JUST GOT 3 WISHES

and here's what you wished for...



to have more wishes haha

I'd use all 3 to get into a Uni in USA

To get on top of my homework / have more stonks / to get better at painting

Improve my singing / be a stronger dancer / improve my confidence

To fly / to be a good singer / to be a strong horse-rider

I'd only need one wish and I'd wish for unlimited wishes

I'd wish for Good Health for my mum, my family and my bestie

EASY! Health, wealth and happiness!!!

To spend more time with my friends / and with James D / and to do well in all my exams

A Cure for cancer / to be famous / to make my dreams come true

To meet my online friends / to be able to sing / to be Goth

I'd wish for Friendship, to stop falling over and to have £60m

To be rich / to be happy / to rule the world

I'd wish for friends / not to be a big dumb / to get better and be happy



Now, amongst all those beautiful dreams and wishes, there was one response which was filled with so much love and selflessness, I thought it deserved a page of its own. See if you agree....

WHAT WOULD YOUR 3 WISHES BE?

I want to give my 3 wishes to the world instead of to me because I would have to make the world a better place for others before I make it better for myself. Otherwise, I couldn't be happy.



My wishes would be for

WORLD PEACE

And everyone to be

HAPPY

and

HEALTHY



Joke Page



I wanted to thank IKEA for that lovely piece of furniture I bought at the weekend so I thought I'd send them a....

CAKE!!!



During lockdown I decided to build a car out of wood. It had a wooden body, wooden wheels, wooden seats and wooden engine. But when I turned the key it wooden start



I put my scale in the bathroom corner and that's where the little liar will stay until she apologises



....HERE'S AN INTERESTING ONE! WE ASKED:

WHAT ARE YOU GOING TO BE FAMOUS FOR?

AND WOW!! LOOK AT ALL THESE (MOSTLY) FAB ANSWERS....

actress,

F1 Driver

Procrastinating

ACTOR or director

Drummer

Nothing!

Dancing, MT,

Horse-rider and singer

Being me

Sign language

Dancer

...for Saving animals' lives

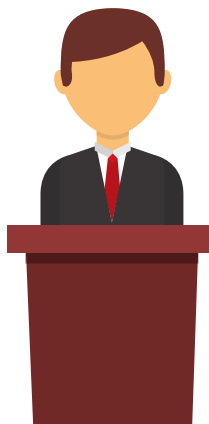
Actor

... for Going insane or music

.... For My music

Politician

Singer



LGBTQ+

Over the years, Mel and I have referred many young people to “New Beginnings” and we’ve always received 100% positive feedback on it! In case you’re not familiar with the name, New Beginnings is a youth group, run by qualified Youth Workers to welcome and support anyone aged 11-19 years of age who is LGBTQ+ - Lesbian, Gay, Bisexual, Transgender or questioning their sexuality. This free service is funded by Sefton Council, although a small entry fee may be payable at the club door, usually around £1.

We can give every assurance that New Beginnings is a friendly, safe space where LGBTQ+ young people can meet, socialise and have fun. Being around other like-minded young people is a great place to be and helps improve identity-confidence. Not only that, experienced and qualified Youth Workers are there to offer whatever kind of support is needed: on a one-to-one basis, in a peer group, with family - or even all three!

New Beginnings regards personal safety as one of the most important issues facing LGBTQ+ young people. The Youth Workers deliver sessions on how to stay safe and they split the know-how into five component parts, as follows: -

- Understanding Bullying and ways to address it.
- Substance misuse, including alcohol and ways to stay healthy.
- Understanding Sexual health and ways to stay healthy.
- Understanding Homophobia and how to stay safe.
- Parent support group.

Don’t worry, it’s NOT all youth work! New Beginnings’ sessions are great fun, too. Simply hang out and have a laugh or get involved in sport, music, drama or current affairs. Stand up for other LGBTQ+ young people by planning events with New Beginnings, such as taking part in Liverpool Pride. Bend the ears of movers and shakers in Sefton (and beyond) by getting LGBTQ+ issues heard. And remember, specialist LGBTQ+ Youth Workers are always on hand to give advice and support on any aspect of life, whenever it’s needed.

New Beginnings operates on Tuesday evenings in Crosby and on Wednesday evenings in Southport. The clubs are closed groups and the location addresses are only released to young people who register their interest. This can be done by contacting the friendly staff at New Beginnings on **07974 267 767** or by emailing: NewBeginnings@sefton.gov.uk

The next page will feature the New Beginnings flyer and please share this with all your friends and family so that everyone can pass the information on to anyone who may benefit. If possible, please make your school and school mentors aware of this very valuable service. Perhaps they may be willing to display the flyer in school or to include it in a school newsletter or magazine?

UNFORTUNATELY, DURING THESE DIFFICULT COVID-19 TIMES, NEW BEGINNINGS IS CURRENTLY UNABLE TO OPERATE BUT STILL SPREAD THE WORD AND AS SOON AS WE GET THE GO-AHEAD, WE WILL ADVERTISE THEIR RE-OPENING DATES ON OUR WEBSITE.



New Beginnings

Created with the help of the young
people who attend New Beginnings

**Are you aged between 11-19?
Looking to make new friends?
Come along to ...
New Beginnings**


A great youth group for LGBTQ+ young people to make friends,
get support, have fun and help other LGBTQ+ youth.

Tuesday evening - Crosby

Wednesday evening - Southport

For more info call **07947 267 767** or
email **New.Beginnings@sefton.gov.uk**

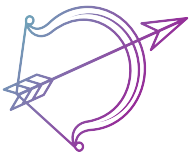
See you soon

Sefton Council 

**Sefton
youth**



#seftonyouth
seftonyouth.co.uk/lgbtq



Word Search



Zodiac Signs



G	T	C	A	A	G	I	I	N	I	M	E	G	D
I	S	E	C	S	I	P	O	I	S	U	B	E	C
M	E	T	A	U	R	U	S	E	I	R	A	O	I
S	A	G	I	T	T	A	R	I	U	S	G	R	A
T	C	A	I	A	A	S	A	I	A	R	L	E	P
W	O	O	N	Q	E	L	E	R	I	R	U	C	A
E	I	E	R	U	N	S	S	V	B	I	O	N	I
L	P	I	O	A	T	R	E	A	U	I	V	A	A
V	R	C	C	R	Z	O	D	I	A	C	L	C	R
E	O	I	I	I	S	N	U	C	A	E	O	O	G
C	C	A	R	U	P	A	T	L	T	I	R	P	I
A	S	P	P	S	C	E	I	I	E	M	R	I	P
I	O	U	A	A	O	I	R	N	L	L	E	O	N
B	A	C	C	O	N	E	C	U	I	S	C	T	A

- LIBRA
- ZODIAC
- AQUARIUS
- CANCER
- ARIES
- SAGITTARIUS
- TWELVE
- PISCES
- TAURUS
- SCORPIO
- LEO
- VIRGO
- CAPRICORN
- GEMINI



...and here's your answers to

WHERE HAVE YOU HAD THE BEST TIME EVER?

in Disney

Christmas 2019

Hallowe'en 2018

Portugal 2018

Riding over Jumps on my mum/sister's horse

A shopping day with my bestie

New York

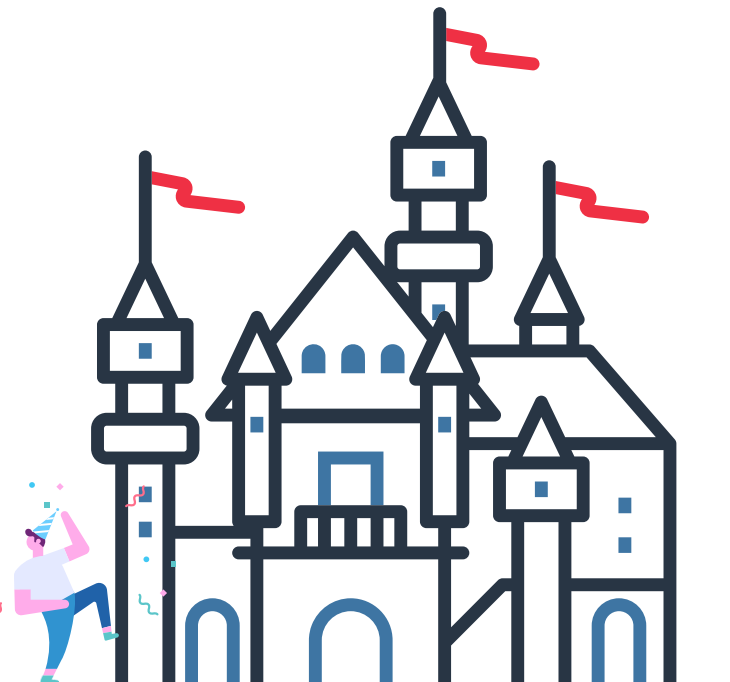
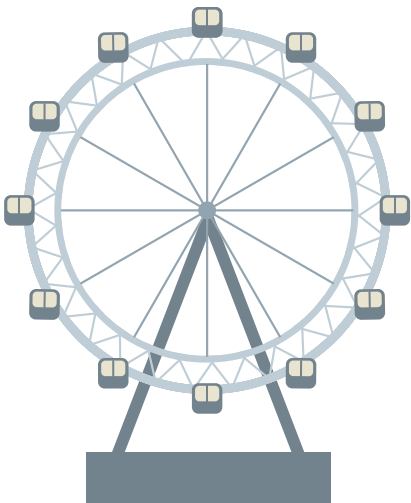
My birthday party

Marina Trip, Year 7,

London Trip

Disney

At Interactive Introverts



**LOOK
CAREFULLY AT THE PICTURES
BELOW..**

This is SO COOL!!!! Do you see animals or people first?





...and here's a list of all your

HOBBIES:-

Website design,
dance, drama, gymnastics, singing,
IT, sports,
Drumming, drawing, watching movies
Roller-skating

Dance
Horse-riding and singing
TV and YouTube



Hanging out with friends, watching Netflix and listening to music
Hanging out with friends

Swimming, scouts and CCF



Rugby



Keyboards, baking and drinking too much coffee

Rubik's Cube, Piano, gaming



X-Box

Ballet, flute, football



Video games, music, drawing



INSPIRATIONAL WORDS OF WISDOM...

"I have NOT failed. I've just found 10,000 ways that won't work."

Thomas A. Edison

"The future belongs to those who believe in the beauty of their dreams."

Eleanor Roosevelt

"The best way to predict the future is to create it."

Abraham Lincoln



"The ones who are crazy enough to think they can change the world, are the ones that usually do."

Steve Jobs

"If I cannot do great things, I can do small things in great ways."

Martin Luther King Jr.

"Nothing is particularly hard if you break it down into small jobs."

Henry Ford

"To succeed in life, you need three things: a wishbone, a backbone and a funny bone."

Reba McEntire

"Happiness and confidence are the prettiest things you can wear."

Taylor Swift

"People will forget what you said. People will forget what you did. But people will never forget how you made them feel."

Maya Angelou

"The women who follow the crowd will usually go no further than the crowd. The woman who walks alone is likely to find herself in places no one has ever been before."

Albert Einstein

"I never dreamed of success. I worked for it."

Estee lauder



"Courage doesn't always roar. Sometimes courage is the quiet voice at the end of the day saying, 'I will try again tomorrow.'"

..

Mary Anne Radmacher

"The difference between winning and losing is most often not quitting."

Walt Disney

"Failure is so important. We speak about success all the time. It is the ability to resist failure or use failure that often leads to greater success."

J.K. Rowling

"Never let the odds keep you from doing what you know in your heart you were meant to do."

H. Jackson Brown Jr.



REMEMBER:

**THE
SUN IS ALWAYS SHINING
BUT
YOU CAN'T ALWAYS SEE IT!**

A Christmas message from Kooth online counselling...

Christmas is a holiday that sees people gathering together to celebrate the festive season. At Christmas, we are expected to spend time with the ones we love the most but what about the times when our experiences don't match up with what we see of others' celebrations? We may also wonder just how much Covid-19 will impact this year's holiday period. There are many reasons why you might not be feeling the Christmas spirit this year: it could be worries about Covid, struggles with loneliness, social anxiety, family difficulties or dealing with the loss of a loved one.

These issues can be particularly hard to talk about at this time of year, as it may feel like everyone would rather try and enjoy the festivities than listen to someone's problems. That's why it's so important to know you're not alone in any hard times you're experiencing. If you ever feel you don't know who to talk to over the festive season, Kooth is here for you and sometimes it can help just to know you're not alone in what you're feeling!

Everyone's family is different and sometimes the biggest struggle with family isn't to do with the problems you face with the family around you but with the loss of a family member you love. For many, family can either make or break Christmas. Sometimes there is one family member in particular - whether it's a parent, grandparent or sibling - that can make the festive season extra-special and if that special person is no longer with us, this can make the thought of Christmas much harder to handle. Of course, these feelings don't only apply to family, it could be a close friend, a partner or anyone who has mattered to you in some way and is no longer in your life.

There is no easy fix for the grief you may feel on these special occasions. The memories of past holidays spent together will always be there. While this can act as a sad reminder for what is missing this year, it can also be used as a way to share with the people around you how you feel and to process those emotions together. No amount of time will ever change the love felt for that person.

On occasions like Christmas, the best anyone can really do is continue to carry the memory of that person with them and take as long as needed to process their bereavement throughout the holiday period. To read more about grief and ways to deal with it, check out our Kooth magazine at www.kooth.com.

When faced with the expectation to be social and happy at Christmas, it's so important to know it's ok to not always feel this way. It's vital for a person's wellbeing to acknowledge any emotions they're going through, even if they seem negative and against the holiday spirit to others. Refusing to repress difficult emotions like sadness and grief is the first step to a more meaningful Christmas period. Why not let us know at Kooth if you can relate to any of the struggles talked about throughout our Struggling at Christmas series. By reaching out and sharing, you may help each other see that you're not alone in how you feel this Christmas. You can visit Kooth anytime at www.kooth.com.

KOOTH COUNSELLORS ARE AVAILABLE FOR YOU TO TALK TO ON CHRISTMAS EVE, CHRISTMAS DAY AND BOXING DAY.

You can still access support over the holiday period

kooth



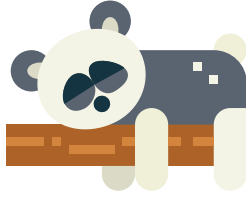
We're online every day including **Christmas Day**
Sign up for free at **Kooth.com**

WE ASKED

What would be your dream pet and what would you call it?

LOOK AT YOUR ANSWERS!!! WHAT A LINE-UP!!!

A Panda I'd call Daisy



a puppy that always stayed a puppy. called Garamel

A DOG, I'D CALL LOUI



a lion, I'd call Monty

a Cat, I'd call Georger

a Chameleon, I'd call Pascal

a white 8-10 inch horse I'd call Snowbella



a rabbit I'd call Rosie

a cat called Sophie and a snake called Rex

a Monkey I'd call Mervin

a Cat, I'd call Brad

A HYACINTH MACAW

a Unicorn, I'd call Princess

a Chinchilla, I'd call Potato



Katie's Page of Positive Quotes

I DON'T NEED A
REASON TO BE
HAPPY.
I CHOOSE TO
BE HAPPY!

Life changes. You lose love.
You lose friends. You lose
pieces of yourself that you
never imagined would be
gone. And then, without you
even realizing it, these pieces
come back. New love enters.
Better friends come along.
And a stronger, wiser you is
staring back in the mirror.



*It's OK to be
a glowstick;
sometimes we
need to break
before we shine*

WHEN YOU
START SEEING YOUR
WORTH,
YOU'LL FIND IT
HARDER
TO STAY AROUND
PEOPLE WHO DON'T.



...your answers to

WHICH PLACE WOULD YOU MOST LIKE TO VISIT?

America/Disney,

UK – because I love dark, cold winters,

home,

The Netherlands

Bora Bora

Portugal

Blackpool

Disneyland, Paris;

Los Angeles, US

Japan

New York

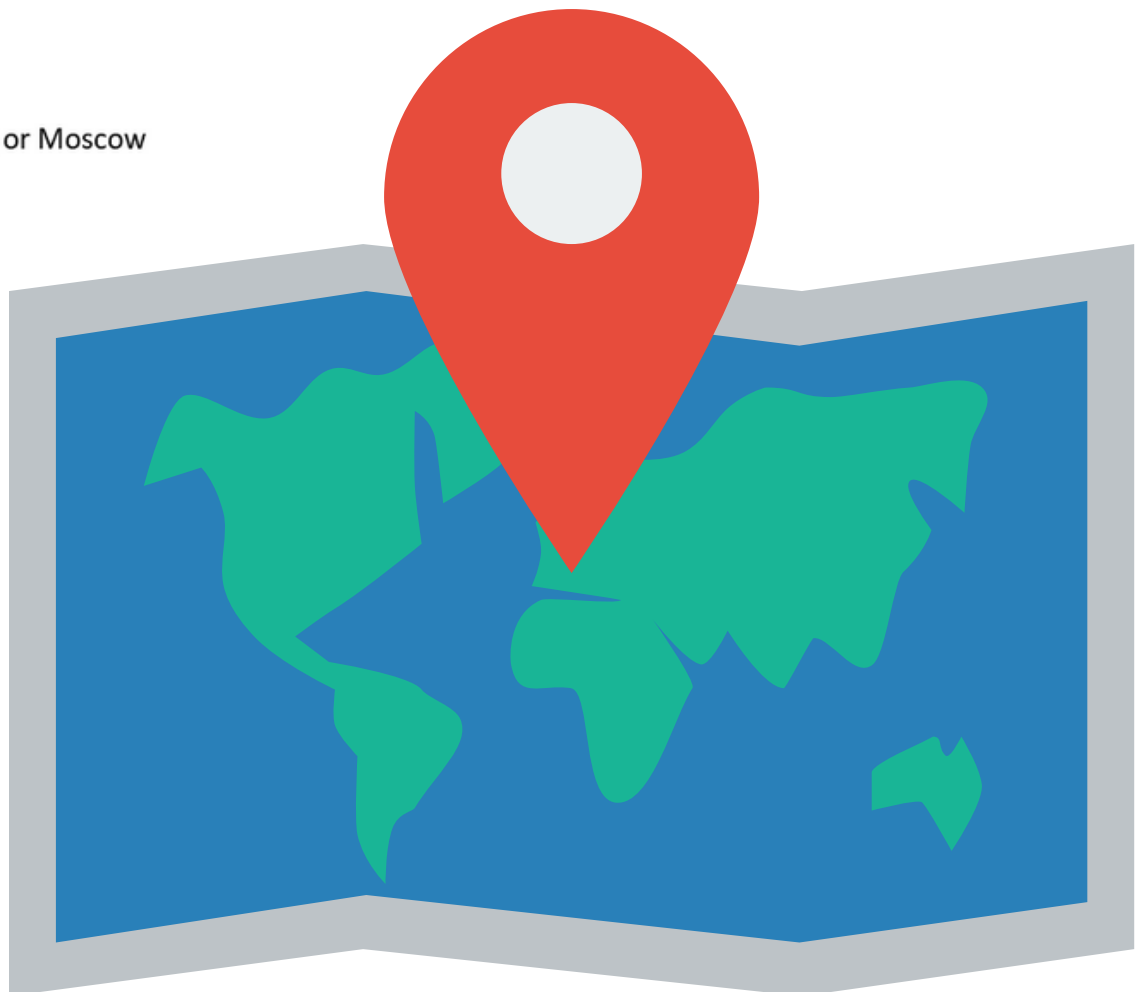
Greece

Portugal

St. Petersburg or Moscow

Italy

Japan



WE ASKED:-

WHAT'S YOUR FAVE DINNER?



Roast dinner

Comfort food

Spag-bol

BBQ chicken



Chicken wings

Curry

Chinese

KFC



Maccies

Biscuits



Steak Diane

Tuna pasta

Popcorn



Pizza

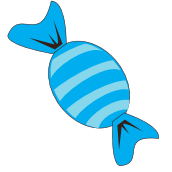
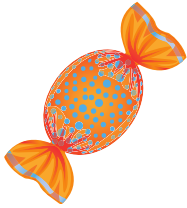
Sushi



GOOD EXAMPLE OF A BRAIN STUDY. IF YOU
CAN READ THIS YOU HAVE A STRONG MIND.

7H15 M3554G3
53RV35 7O PR0V3
H0W 0UR M1ND5 C4N
D0 4M4Z1NG 7H1NG5!
1MPR3551V3 7H1NG5!
1N 7H3 B3G1NN1NG
17 WA5 H4RD BU7
N0W, 0N 7H15 LIN3
Y0UR M1ND 1S
R34D1NG 17
4U70M471C4LLY
W17H 0U7 3V3N
7H1NK1NG 4B0U7 17,
B3 PROUD! 0NLY
C3R741N P30PL3 C4N
R3AD 7H15.
PL3453 5H4R3 1F
U C4N R34D 7H15.

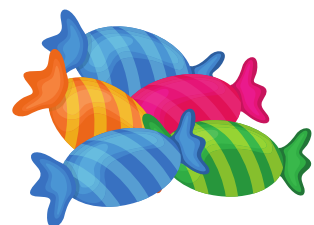
WE ASKED
WHAT DO YOU SPEND YOUR SWEETIE MONEY
ON?



YOU SAID...

Chewing Gum, Chocolates, Milky Bars, Turtles, Chewits, Strawberry Softies; M&M's; ALL; Dolly Mixtures; Jolly Mixers; Harribos; Marti Mushrooms; Moams; Randoms; Strawberry Harribos; Wham.

Cherryade, Pepsi Max, Apple Juice, Pepsi Max, Coke; Energy Drinks; Tango; Milk -Shake; Coke; Vimto; Fanta; Cherry Pepsi Max; Cherry Pepsi.



mmmmmmmm...pass me some sweets!

OUR GLOBAL VILLAGE

There are 7.6 billion people on earth! To compare ourselves to one another, it is much easier if we shrink the world's population into a small community of 100 people, keeping the same proportions we have today. There are a few variations on the facts and figures collected by the OFFICE OF INTERNATIONAL PROGRAMS, but our Global Village of 100 people would look something like this...

GENDER (Broadly Speaking)

50 Female

50 Male

AGE RANGE

25 Children under the age of 14

66 Aged 15-64

9 Over 65

ETHNICITY

61 Asians

13 Africans

12 Europeans

8 North Americans

5 South Americans & The Caribbean

1 from Oceania

(Australia and neighbouring islands wouldn't even add up to one person in the Global Village!)

LANGUAGES

17 Chinese

9 English

8 Hindi

6 Russian

6 Spanish

4 Arabic

50 Other Languages

SKIN COLOUR

70 Non-white

30 White

RELIGIONS

31 Christian

23 Muslim

15 Hindi

7 Buddhist

8 Other Religions

16 Wouldn't identify with any particular religion

EDUCATION & TECHNOLOGY

- 12 Unable to read – of which two thirds would be women
- 12 Own a computer
- 8 Have an internet connection
- 1 Has a college degree

LIVING STANDARDS & HEALTH

- 18 Have no access to electricity
- 43 Have no basic sanitation
- 20 Have no safe, clean water to drink
- 80 Live in substandard housing
- 22 Have no shelter from the wind and rain
- 30 Would always have enough to eat and 15 would be overweight
- 50 Would be malnourished
- 20 Would be undernourished and 1 would be dying of starvation
- 12 Would be disabled
- 66 Would have no access to affordable surgery
- 33 Would not be able to afford any necessary medication

MONEY

- 6 People would own 59% of all the wealth – all of them from the United States
- 74 People would own 39%
- 20 People would own the remaining 2%
- 21 People live on around one US Dollar a day

Are YOU one of the lucky ones? If you have food in a refrigerator, clothes on your back, a place to sleep and a roof over your head, you are richer than 75% of the entire world population.

This is our world NOW! This is where we are!

**Imagine our world 50 years from now....
What would you want it to look like then?**

THERE ARE 7.6 BILLION PEOPLE WAITING TO SEE WHAT

**YOU
CAN DO!!**



...HERE'S YOUR WISH LIST OF ANSWERS TO

WHAT PRESSIONS WOULD YOU LIKE FOR CHRISTMAS?

(GOOD LUCK WITH THE CAR!!)

A better phone

Love and family

laptop

ipad

car and an apple watch

Carerra Bike

Nintendo switch

To have my friends spend more time with me

Games

Dolan Twins Merch

Launchpad

X-Box Games

Airpods

Concert Uke



Fun Page



This is Crazy!!!!

Focus on the three colored dots on the girl's nose for 30 seconds without blinking, and then lift your head to the ceiling and blink fast.

Did you see the real picture of the girl in color on the ceiling?



This is to remind you of the warning message posted by Ethan's parents, following his terrible accident in August. Please pass it on...

My son is in a coma and this is to every parent out there who thinks it will never happen to their children. My son is 21 and thinks he's invincible and what I want to say is "ALWAYS" make sure your kids have a helmet on when they're skateboarding, riding a bike or anything that can lead to them getting a head injury, I don't want to describe the feelings I am going through right now and I wouldn't want anyone to know what this feels like. Not being able to go and sit with my son in Walton Neuro is absolute hell, I can't think of a better word than that. I know that the nurses and doctors are looking after him to the best of their ability, but not being there at his bedside because of the pandemic is hell. Please make sure your kids have safety gear.



LATEST UPDATE ON ETHAN

"Ethan is recovering really well and has made amazing progress since leaving hospital. He is slowly regaining all his mobility but would be unable to join the Army now as full recovery will take up to 12 months and even then, he may not be the person he was nor have the same ambition to join up. He seriously regrets the decision not to wear a helmet. He is aware that his accident has had a very profound effect on his future plans. Ethan's message is for everyone to wear a helmet when riding a bike or using a skateboard or scooter."





The idea is to *isolate* ourselves
now so that when we can
get together again...

Nobody is missing.



So, in retrospect,

in 2015,

not one person

got the answer right to

“Where do you see your-
self

5 years from now?”



...so, that's all for now! Hope you enjoyed the articles. Thanks again for all your contributions and special thanks to our main funders



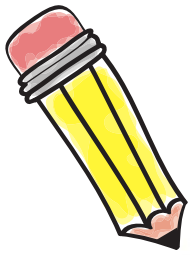
#LCRCares
LCRCares COVID-19 Community Support Fund

2021

is
almost
here!
Let's
hope
we
can
burst
all
our
bubbles
and
see
one
another
again
soon!

HOW TO MAKE SUBMISSIONS TO OUR NEXT EDITION

Articles need to be ready-to-go and
fully formatted on A4 Portrait @ .12 minimum font
with all



designs / decorations / photos / clip art etc. already incorporated.

Please use Word / Publisher / Picture Files (.doc / .docx. / jpeg
or .png)

Give your page a title or Headline
and don't forget to include
your name, initials, nickname, or tag.

We'll try to include everything we receive.



email to sue.oconnor@themixcrosby.com

OPEN INVITATION



If you are aged between 11-17 and would
like to join

The Mix Youth Café on our Zoom and
Discord sessions,

please follow instructions on our website

<http://www.themixcrosby.com/index.php/on-line/discord>