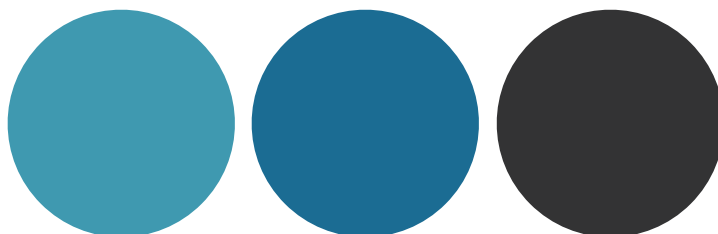


A journey through **KENELM**



A schools' guide to opportunities for young people in the
Archdiocese of Birmingham



KENELM
YOUTH TRUST

Registered charity number 1144209

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‘Young People...You are the Now of God ’ Pope Francis January 2019

At a time when we are being called to be joyful missionary disciples we are aware, in our families, schools and parishes, of the need to renew faith, form our children and young people and take a lead in serving others in the community. Kenelm provides intensive and exciting opportunities for Catholic leadership and education in its broadest sense (Spiritual, Educational, Moral, Emotional, Physical) through gifted peer ministry teams and well formed, Catholic, qualified and skilled Youth Ministry Staff.

‘The universal call to holiness finds its first expression within families and its first recruits among young people.....Catholic Education and our diocesan youth services play an important role in serving families and young people’ Archbishop Bernard Longley -Diocesan Plan Address

The New Evangelisation apostolate of the Kenelm Youth Trust outlined in these pages builds on the tradition of the church to evangelise and nurture faith.

- Pre-Evangelisation- relational in style reaching out to all young people where they are.
- Evangelisation - The Catechism (905) defines evangelisation as the proclamation of Christ by word and the testimony of life...Lay people fulfil their prophetic mission by evangelisation.
- Catechesis and Formation – to emphasise and provide opportunities to learn about the faith and what it means to be a young Christian, a Catholic leader, and to explore personal vocation
- Mission and Service - most young people find opportunities for service and seeking justice attractive

These concrete opportunities described in the following pages seek to develop young disciples, growing in faith and who are joyful in their service of God and others. We look forward to serving your school community and collaborating with you in our shared mission.

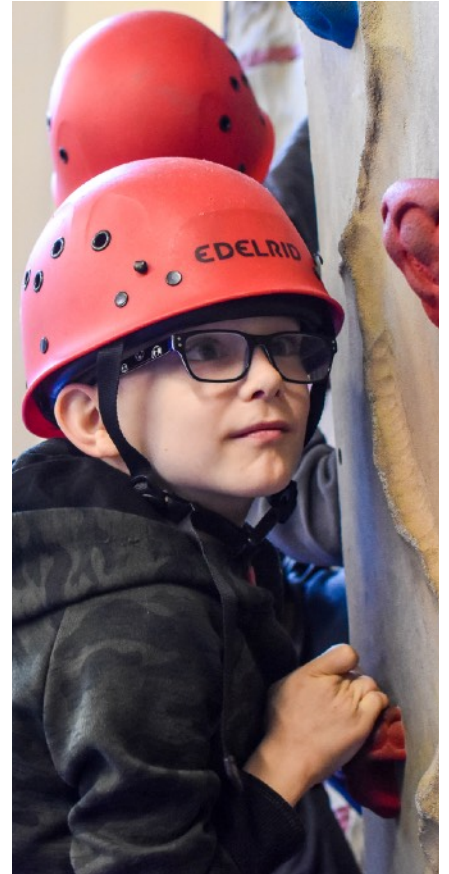
ALTON CASTLE



Alton Castle offers a unique blend of outdoor adventurous activities and inspiring retreat experiences that promote personal, social and spiritual development. Our exciting activities are designed to nudge young people just past their comfort zones in a safe but challenging way that inspires trust: trust in God, in each other and in themselves.

This grade 1 listed building has been a retreat centre since 1996 helping more than 150,000 young people aged 7 to 14 to encounter Christ through creation, challenging activities and community. Our exhilarating and inspirational outdoor learning activities, coupled with our prayerful moments of reflection, help develop attitudes, skills and behaviours that are known to underpin success in school and work: from grit and resilience to confidence and enhanced communication skills. These non-cognitive skills are increasingly recognised as fundamental in determining positive outcomes for children as they both complement and underpin academic attainment, and prepare young people for success in adult life.

Residentially, we work principally with Key Stages 2 and 3. Progression and differentiation between age groups is now firmly established with distinct themes and appropriately challenging, developmental activities including trekking, mountain biking, archery, bushcraft activities and orienteering. For example, our indoor climbing wall with peer belaying is a popular Key Stage 2 activity, but when a young person returns to Alton in Year 7 or 8, they face the greater challenge of our outdoor crate stacking where they still need to work as a team, but will now experience the greater challenge. Other activities include: trekking, mountain biking, archery, bushcraft activities and orienteering, all led by our enthusiastic and generous team of gap year volunteers who are superb role models for the young people who come on retreat.



DISCIPLESHIP

Discipleship is the main theme for Year 5 and 6 students which ties in well with Confirmation preparation, and is enhanced by a focus on the particular virtue pairs of the Jesuit pupil profile for that half term thus linking the residential experience with classroom learning.

WHO AM I?

Key Stage 3 retreatants explore the question of "Who am I?" where we encourage young people to find their identity in Christ and resist some of the negative influences of peer pressure that can be so prevalent for this age group.



STAFF DAY RETREATS

Staff INSET on the vocation of a teacher, or perhaps something shaped around exploring a school's particular mission statement. This can also work really well for a MAC in terms of establishing a clear sense of identity and shared vision for the future. We plan with you to develop a programme that is tailored specifically to the current needs of your staff; a school-led session can also be incorporated into your day if desired, or your whole retreat can be a time to receive, reflect and be refreshed in the glorious countryside around Alton. "Behold, I am making all things new..." Rev 21:5

*"Where your treasure is, there will
your heart be also..."*

Matt 6:21

FIRST HOLY COMMUNION

Given that the Eucharist is our greatest treasure, it is fitting that our FHC day retreat programme includes an age appropriate treasure hunt using a 'map' that requires Year 3 pupils to link photographs and real life features. Having worked together to solve the clues and worked out the connection to Holy Communion, other typical activities include wobbleboard and conveyer where careful communication is key to success.

*"I'm writing to encourage you to fan into
a flame the gift of faith..."*

2Tim 1:6

CONFIRMATION

St Paul's words challenging Timothy to keep going are the focus of one of our guided meditations and highlight the importance of perseverance, not only in order to complete the task at hand, but in a way that invites the young people to apply the same quality to the challenges they face back at home. The idea of the fire of the Holy Spirit really seems to come alive on this day and the students are able to really focus on where gifts & fruits might be shown/needed in life & how we need the Holy Spirit to guide, inspire & enable us to become the person God made us to be.

These are three of the most popular day retreats that we offer alongside seasonal programmes like Lent and Advent days of reflection.

DAY RETREATS AT THE CASTLE





SOLI

RESIDENTIAL RETREATS

Soli serves young people from Year 9 upwards. Our programmes are rooted in the Sacraments, and delivered through small group peer ministry, well crafted input, games and powerful prayer experiences. Young people are encouraged to step outside of their comfort zone through challenging activities, opening up a space within them where encounter with Jesus is made possible.

A retreat at Soli can be crafted to meet the specific needs and concerns of your students. Our current themes have been influenced by what young people said to us in preparation for the Synod on young people, faith and vocational discernment.

STRONG TOWERS

Year 9

Strong Towers is a fast paced active retreat programme, well matched to the energy of Year 9 students, which includes a day at Alton Towers. The theme of Strong Towers explores the foundations on which we build our lives and the significance of our relationship with God.

LEGENDS

Year 10

Legends delves deep into heroes, Saints and virtue! Exploring the question "What does it take to live a life that is Legendary?" and equipping young people with the tools to take the next steps in living boldly, fully alive and fully themselves, like the Saints!

LOVE (IT'S NOT AN) ISLAND

Years 10-13

What does it mean to be made for love? An in-depth exploration of our identity as men and women made in the image and likeness of God and the impact this has on our understanding of our own worth and that of others and our relationships. Exploring the SRE curriculum through the lens and wisdom of Catholic teaching.

BEING HUMAN

Years 10-13

A Catholic perspective on wellbeing. Young people explore practical strategies for taking care of all aspects of their human person, physically, emotionally, intellectually and spiritually. Rooted in the rich teaching of scripture and the Church this retreat offers the soul space needed to manage the pressures faced by young people today.

INFLUENCERS

6th Form

In Christus Vivit Pope Francis describes young people as the "Now of God". What does it look like to dive deeply into our potential NOW and not at some point in the future? Harnessing our power as influencers to explore and make an impact on the issues that matter to young people today.

FIAT

Open to all secondary school students

A weekend of preparation for pilgrimage to Lourdes designed to deepen and compliment young people's experience of the diocesan pilgrimage to Lourdes. Including an opportunity to fundraise with a sponsored walk during the weekend. You will wonder why you ever did pilgrimage without it!

DAY RETREATS AT SOLI

At Soli we are able to offer bespoke day retreats to meet the needs of each individual group that joins us and we can work with groups as small as 20 and as large as whole year groups! We love to write new programmes specifically for you, so if you have a particular theme or issue you want a retreat built around we can write a programme to meet your needs. Alongside our bespoke offerings we have several popular themes that you can choose from.



TEAM BUILDING

Team building is fundamental to creating good community dynamics, communication skills, problem solving, building self confidence, self reliance and reliance on others. A team building day at Soli is rooted in our Christian understanding of the importance of community, built on a foundation of prayer and full of active, dynamic and engaging activities.



6TH FORM INDUCTION

Bring the whole 6th form to us as a part of their induction experience. A day retreat offers the perfect vehicle to communicate the primacy of the Catholic ethos of your school, create opportunities to build community grow new friendships, reflect on themes pertinent to 6th form life and deepen and renew your students life of faith.



FORMED

Chaplaincy teams are at the heart of the Catholic life of the school. A day retreat for your Chaplaincy team can be tailored to support students in developing the skills they need to creatively take the lead in the delivery of Chaplaincy in your school community as well as build the communication skills and team dynamics essential for success.



SUMMIT

A retreat day combined with training for Eucharistic ministers, designed to help young people understand the great privilege to which they are called as extraordinary ministers of the Eucharist. Practical training and catechesis combine in this engaging and valuable day of reflection and preparation.

OUTREACH & MISSION

We offer bespoke outreach and mission packages to meet the specific needs of your school community. Our outreach days consist of a combination of large group input, workshops, testimony, liturgy, worship and music ministry led by the Soli mission team. We can work with anything from a small group - like a Chaplaincy team, to a whole year group at once. In addition to our bespoke packages we also offer a variety of tried and tested themes around key times of the liturgical year, the RSE curriculum and wellbeing.

We can also support you with your school mission right from conception to delivery, taking care of every detail of a mission week. We understand that every school mission is as unique as the school community it serves. We would love to work alongside you to bring to life the Gospel message, bringing young people into a life changing encounter with Jesus.



FIRST HOLY COMMUNION DAY RETREAT

CONFIRMATION DAY RETREAT

DISCIPLESHIP RESIDENTIAL RETREAT

TEAM BUILDING

CALLED RESIDENT

STRONG TOWERS RES

**KENELM
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KS5

DAY RETREAT

LEGENDS RESIDENTIAL RETREAT

INFLUENCERS RESIDENTIAL RETREAT

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BEING HUMAN RESIDENTIAL RETREAT

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LOVE (IT'S NOT AN) ISLAND RESIDENTIAL RETREAT

FIAT; LOURDES PREPARATION RESIDENTIAL RETREAT

SCHOOL MISSION AND OUTREACH

BESPOKE DAY RETREATS

TASTE AND SEE WEEKEND

FAITH IN ACTION AWARD

JPII AWARD

FEARLESS

SUMMER CAMP

DIOCESAN PILGRIMAGE TO LOURDES

CHAPLAINCY TEAM CERTIFICATE

VITAL YOUNG LEADERS TRAINING

MISSION @ HOME SOCIAL ACTION PROJECTS

PROUD 2 PROFESS / FLAME

WORLD YOUTH DAY & YOUNG ADULT EVENTS

YOUNG ADULTS COMMUNICATIONS TEAM

TRAINING

*“He must become greater;
I must become less”*

John 3:30



CHAPLAINCY TEAM

Chaplaincy has many shapes and size throughout the Archdiocese and part of our vision is that young people play and authentic leadership role within its delivery and development. With this in mind the Chaplaincy Team Certificate is devised and delivered by The Kenelm Youth Trust every two years. Young people come together to develop communication and leadership skills, learning how to strategise, budget for and implement idea's, all whilst coming to a deeper understanding of the gifts they have been blessed with. This year long course sees the delivery of a project by the participants in their own communities as they receive support from Kenelm at 3 key training days throughout the year.



VITAL YOUNG LEADERS

Vital is a 6-part training programme for 14 - 18 year olds, coaching their leadership skills in a Catholic context. The content is engaging and interactive: Each training session is 2 hours in length and includes icebreakers, games, theory, input, small group work, discussion, presentations, project work and an experience of six different encounters of prayer with young people.

It is designed to both recognise and build on the gifts and abilities that young people already have as well as building their confidence and helping them develop new leadership skills. The six different parts to the training programme are Listening, Communication, You are Unique, Group Work & Leadership, Prayer and Liturgy.

The course is suited to both a school and a parish setting. It is ideal for a group of young people to embark on together, for example a group of altar servers or the members of a young chaplaincy team in a school.



AWARD SCHEMES

The Faith in Actions awards and the John Paul II awards encourage and celebrate young people aged 11-15 (Faith in Action) and 16-25 (JP II) who serve in their schools, parishes and local community. The awards acknowledge the work that young people undertake in a parish or school setting (examples might include serving on the altar or helping out as part of the school chaplaincy team) as well as challenging young people to seek out new opportunities to make a difference. The Faith in Action Awards have a 'home and away' structure that prompts young people to think about serving a new setting and similarly, the John Paul II Award has a 'social awareness' strand to facilitate young people seeking new opportunities for mission and service.

EVENTS

BCYS has sought to implement Sherry Weddell's (author of *Forming Intentional Disciples*) thinking on discipleship and to offer young people a calendar of opportunities that target different 'thresholds of discipleship' as well as complementing the chaplaincy programmes that are on offer within schools.

INITIAL TRUST EVENTS

are fun, welcoming and accessible. They offer an environment where young people or young adults feel accepted, valued and feel comfortable to invite friends. Events such as the Murder Mystery evening or the It's a Knockout camping and sporting event are examples of initial trust events.

EVENTS FOR THOSE WHO ARE CURIOUS ABOUT FAITH

give young people the chance to go beyond their comfort zone with the activities on offer to also "take a risk" in faith eg: the fearless retreat, open to young people in Years 5-9 and young leaders in Years 10 - 13. This includes challenging outdoor activities.

EVENTS FOR THE SPIRITUALLY OPEN AND SPIRITUALLY SEEKING

are events where there is an intentional challenge to young people and young adults to discern what God's calling is for their lives and to renew their commitment to their faith. Examples include Summer Camp and True Survivor.

FEARLESS

During the spring, children in Year 5 and above have the opportunity to come to Alton Castle for *Fearless*, which is part of the programme of open retreats available to young people across the Diocese. The *Fearless* weekend offers something new to those young people who have visited Alton castle with their school, with the inclusion of new outdoor activities (such as the abseil) new activities in the evenings as well as with with praise and worship, and teaching as a large group, pitched at young people who have begun their discipleship journey. This programme is available to young people in Years 5 to 10. Young people in Years 11 to 13 are offered a parallel programme that gives them some specialist leadership coaching and are given responsibilities for and opportunities to engage in peer ministry through the weekend.

SUMMER CAMP

In the summer holidays, the Kenelm Youth Trust teams up with LifeTeen (a parish movement in the United States) to host Summer Camp. Summer Camp is a 5-day event, absolutely full of outdoor adventure that will challenge young people as well as a programme of talks, and liturgy that similarly challenges young people to discover more about their Catholic faith and grow in their commitment. This programme includes daily Mass, Reconciliation, Eucharistic adoration and Liturgy of the Hours. Camp leaders are side by side with the young campers, in all the mud and adventure, which builds trusts and enables the young people to dive in to the talks, prayer and Sacraments of camp with equal abandon.

LARGE EVENTS

Other events such as World Youth Day at Home allow all young people and young adults in our Archdiocese to sample the energy and excitement of a global event, such as World Youth Day, with other young Catholics whilst remaining accessible. The National event Flame at Wembley Arena is an incredible vibrant opportunity to gather with 10,000 other young Catholics from across the country.





MISSION PROJECTS

Following World Youth Day in Rio in 2013, BCYS has remained in touch with a group called the Christian Life movement and together they have offered Mission Brazil as a programme for young adults in the Archdiocese of Birmingham. Some twenty young adults experience life in rural Brazil. As well as being welcomed by the community in Meio da Serra, the young adults teach lessons in the mission school, support health care workshops, visit orphanages and bring games, clothing and resources from home. The respective communities also join together for daily Mass. The two groups teach each other songs and share stories about their lives and their faith.

Mission Uganda is likewise a project hosted by local partners, the Mwizi community in Uganda. The community welcomes young adults from our Archdiocese and during a two-week trip, hosts them in a range of settings, giving them the chance to teach, play sports, play music, lead games and activities for children, whilst developing an understanding of the needs of the our neighbours overseas and the wider church.

As well as mission trips abroad, young people are encouraged to seek out opportunities to serve in their home environment. Mission @ Home is a project in which BCYS brings young people together to take part in a weekend programme of service in their local area.

This initiative is a response to the voice of young people who, ahead of the Church's recent synod, spoke about a desire to engage in service and social action. Examples of the work that young people engage in are: hosting an afternoon tea and classical concert for homeless guests, welcoming and serving lunch for refugees, helping in soup kitchens, raising money for Tabor House with a sponsored sleep-over and projects looking to combat loneliness.



PILGRIMAGE

Pilgrimages to Lourdes and the Archdiocesan Shrine to Our Lady in Lourdes in Hednesford offer young people the chance to travel, pray and live as a community within our larger Diocesan family. A unique character of these two pilgrimages flows from the tradition of young people working in teams to serve and care for their fellow pilgrims who need assistance, such as the sick or elderly.

Young pilgrims can experience the Church's vision of an interior life and an exterior life, lived in harmony: the prayers and liturgy of the community, and indeed the pilgrimage journey itself, enable young people to reflect upon the good news of the Gospel, whilst the times of serving the assisted pilgrimages allow them to live it.

The impact of a pilgrimage to Lourdes can be lifelong. Many of those teaching in our Catholic schools or serving as priests or religious point to a youth pilgrimage to Lourdes as a place where they discovered their vocation and a desire to grow deeper in their Catholic faith.



KENELM CHAPLAINCY

Kenelm Chaplaincy aims to support and train key staff in school to be able to deliver high quality, resourced and innovative programmes to develop Catholic life. We believe that communities are best served with the appointment of a Lay Chaplain who's role it is to accompany those whom they serve to come to know the person of Jesus and grow in relationship with him.



TRAINING

The Lay Chaplains who serve in our schools have such varied and different experiences that one of the key roles of Kenelm is to facilitate a regular get together to share ideas resources and good practice in what can be a very isolated role. These INSET days are of huge importance to individuals and serve the schools by ensuring that Lay Chaplains go back to their communities with the most up to date research, resources and ideas. With 6 meetings each year, these days are a vital part of the development of the individual and a way to ensure a consistent approach to Chaplaincy across the diocese.

SUPPORT

Support and training for lay chaplaincy comes in a variety of forms, from schools' visits and bespoke support to a bi-annual Diocesan Certificate focused on particular themes. Most recent was our successful Certificate in Liturgy and Collective Worship whilst our upcoming theme will be Catholic Social Teaching. Additional training includes topics such as preparing for Section 48, effective planning and organisation, Mental Health First Aid and music and liturgy.

CELEBRATION

We celebrate together at the start of the year with our Chaplaincy Commissioning Mass at St Chad's Cathedral. Priest and Lay Chaplains as well as student Chaplaincy teams and staff come together to be commissioned into the coming year as well as to celebrate the completion of the Certificates from the previous year. Our Bishops present those who successfully completed the Certificates and then thanks and commissions all present to "Go and proclaim the Gospel of the Lord!"

A YOUNG PERSONS' JOURNEY

Fatima Birmingham

Fatima first visited the Castle with her primary school for a team building day retreat. She was in Year 5 at the time and she loved playing giant chess and learning new things about her classmates and herself.

When she was in Year 8 her school joined up with other secondary schools for a residential in the Castle - she couldn't wait to sleep in the dorms with her friends and she loved the peaceful times of prayer and roasting marshmallows on the fire!

In Year 10 she was able to attend the Legends' retreat at Soli - she loved that it felt so much more grown up! As she learnt about the heroes of the faith she really wanted to learn more about their lives...

She was then able to travel to Lourdes in May and was able to learn all about St Bernadette. This was her first experience of the wider church - she couldn't believe how many people were there!

At the end of her exams in Year 11 Fatima was able to attend Summer Camp - she felt ready to really take her faith seriously and wanted to attend a week with other like-minded young people - she couldn't believe that the week included roller coasters at Alton Towers as well as daily mass!

Fatima attended Soli again when she was in Year 12 - she explored who influenced her life and how she could influence others - she couldn't believe that the Pope all the way in Rome seemed to understand where she was coming from when she heard things from the letter he wrote to young people, "Christus Vivit".

Fatima is now teaching Year 6 in a Catholic school in Birmingham. She loves the Catholic ethos and can't wait to take her class to the Castle in the Summer term. She has had a really big impact on the Catholic life of the school since she started 3 years ago and would love to become a senior Catholic leader at some point in the future.



Matthew Stoke

Matthew comes from a Catholic family and has attended Catholic school for his entire education.

When making his First Holy Communion his school visited Alton Castle for a sacramental retreat.

He couldn't wait to return when he is in Year 6 for his residential retreat where he gets to try out all kinds of activities that never thought he be able to - biking, hiking and climbing - he pushes himself further than he thought possible whilst all the time exploring the fact that he is made in God's image!

The following year he convinces his parents to let him visit the castle again, this time with people from his parish for the Fearless retreat! It's during this retreat that he really builds relationships with the young team that are volunteering at the Castle - he thinks he would like to do something like that one day!

In Year 9 Matthew attended the Strong Towers retreat at Soli. He was really excited to be in this different building and was so pleased at how many sofas there were in the house... It was the first time he really started to think about who God was calling him to be when he grew up...

In Year 11 the Soli outreach team visited his school for a school mission. Matthew was able to hear the gospel message shared in a really clear and accessible way and his experience of confession and Mass was really enhanced because of this new understanding of who Jesus is.

In 6th form Matthew was invited to be a part of the Chaplaincy team and took part in the Chaplaincy Team Training and was awarded the diocesan certificate as he completed the whole year's training.

Matthew was then lucky enough to travel to World Youth Day - journeying with a large group of other young Catholics from the diocese. He was overwhelmed with the thousands and thousands of other Catholics from around the world with whom he was able to chat, pray and dance!

Whilst at World Youth Day Matthew was a part of a group with some of the Kenelm Mission team and decided to defer his place at University and apply to be on team at Soli. He loves working with older young people because of the real conversations he gets to have in small groups and out on activities. He especially loves being on outreach because he remembers the impact it had on him when he was in Year 11 and really thinks hearing the Gospel shared so clearly changes lives.





KENELM YOUTH TRUST

The Kenelm Youth Trust

% Alton Castle
Castle Hill Road
Alton
Staffordshire
ST10 4TT

Tel: 01538 703 224

Email: sandra.satchell@kenelmyouthtrust.org.uk
frpaul.whieldon@kenelmyouthtrust.org.uk

Bookings: elsa.ford@kenelmyouthtrust.org.uk

Alton Castle: clare.ford@kenelmyouthtrust.org.uk

Soli: erin.doughty@kenelmyouthtrust.org.uk

BCYS: maria.bracken@kenelmyouthtrust.org.uk

Chaplaincy: beccy.roseman@kenelmyouthtrust.org.uk

WWW. KENELMYOUTHTRUST.ORG.UK

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