

LIMITLESS BUZZ

Growing relationships across the generations is good for everyone. Limitless Buzz is about learning from each other and getting to know people different from ourselves. This leaflet provides guidance on how we can do this well and safeguard each other.

Limitless Church is committed to building relationships across the generations. One of the ways we can do this is by getting to know each other outside regular Limitless meetings.

Eligibility

All adults involved in *Limitless Buzz* will be safer recruited. This means a conversation with someone from the Limitless Ministry Team and an invitation to complete an application form and provide two referees. This is a new role, and a new application will be needed.

All successful applicants will require a current enhanced DBS disclosure and completion of Basic(C0) and Foundation(C1) Safeguarding Training.

Successful applicants will also need to meet with someone from the Limitless Ministry Team once a term for a review.

Key Skills for the role

There are four key skills that this role will help develop:

- Active Listening
- Building trust
- Being a good encourager
- Looking Ahead

You will be able to review how you are developing these skills and explore why they are important.

Conversations with young people

It is through conversation that we can learn about ourselves and each other. The intergenerational relationships that are formed when young people and those less young share lives can be life changing for young and old alike.

- Show empathy
- Use open questions
- Listen first, talk second
- Don't avoid difficult conversations

Exploring personal goals

Having goals gives us meaning and to have someone to encourage and check in with makes them so much more achievable.

- Think about aims
- Set realistic goals
- Challenge each other

Good meeting spaces

A good meeting space is more than the physical space around us. It includes the conversations we have, the expectations we may have and how we start and end a conversation.

Asking questions, speaking freely and openly and trusting that what you say will be kept in confidence needs a good place to meet.

- Sitting in coffee shops
- Open churches
- Walking in the parks
- Finding a vacant bench

Adults must ensure that meetings are visible without being overheard so public spaces are ideal.

Understanding ourselves

Being aware of our own experience and biases helps us to respond well. This self-awareness is key to positive relationships in all walks of life. When we understand why we respond as we do we are better able to respond well.

- How might your experience affect how you respond to others?
- Are there topics you might be particularly sensitive to?
- Use your observation skills to notice how someone responds.
- Be aware of unintentional favouritism or excluding others at regular Limitless meetings

Practical things adults need to know about

- Have you completed your application and been appointed to this post?
- Is your DBS and training up to date
- Have you agreed a review date
- Have you introduced yourself to the parent / guardian and agreed expectations
- Are you up-to-date on the action you need to take if there is a safeguarding concern or disclosure.

Families and parents

The first person most young people talk to about important things is an adult they live with. Limitless Buzz is about adding to what already takes place in families. All young people participating in Limitless Buzz have consent in place.

- Do not share anything with parents / guardians unless the young person asks you to.
- Always let parent / guardian know when and where you are meeting their child.

Summary

- Limitless Buzz meetings will take place in a safe space where young people can talk about things that are important to them or concern them, knowing that it will be kept confidential.
- We will always ask parents / guardians for permission for a young person to take part in any meetings with adults.
- All adults meeting young people outside regular Limitless activities will be safer recruited and authorised by the Harborough Anglican Safeguarding Team. This means we will check that they are safe to work with young people.
- Meetings are voluntary and both young people and adults can decide to stop the meetings at any time.
- We will always let your parent / guardian know when and where we are meeting.
- All our activities will follow the Safeguarding Policy and Procedures of the Harborough Anglican Team.
- Young people are also encouraged to meet with other under 18s.