



Picture by SunShine2002

NEWS

Welcome to our first Newsletter of 2020!

The Newsletter has had a makeover! These will now be shorter but published twice a month. Tell us what you would like to see in the Newsletter by sending a message to our Newsletter Office or emailing us at publications@teenhelp.org.

Volunteer Of The Year

TeenHelp's prestigious 2019 Volunteer Of The Year Award goes to Holly (Celyn).

Outstanding Contribution Awards were issued to the following:

- Cassie (cynefin)
- Emma (Golfing girl)
- Jess (SunShine2002)

Inspiration Awards were issued to the following:

- Jenna (Girlfromplanetmars)
- Jordan (Heathen)
- Sarah (Rivière)

To find out more, visit:

<http://www.teenhelp.org/awards/>

Make reading more enjoyable

by Jenna (.:Bibliophile.:) and Haley (Halcyon)

If you want to read more this year but find reading difficult to get in to, here are some ways you could make it more enjoyable for yourself.

- Create a nice reading environment. Make a little sanctuary for you to go to every time you read so you can feel comfortable. Maybe even put on light background music.
- Read to a child. Read with different voices for each character and ask questions at the end. A child's enjoyment of a book can put some spark back into your reading time.
- Discover when your focus is best. If you read when you're tired, you might find it more difficult to concentrate, which might make you feel less engaged with the book.
- Participate in readathons or challenges. Readathons are a great way to have fun while reading. You'll be asked to read books based on a certain prompt. It allows you to explore different genres while having fun. There are also challenges such as the Goodreads challenge where you set a certain amount of books you'd like to read in the year.

INTERESTING TOPICS THIS MONTH

2020 goals

The start of the new year is traditionally the time to set goals that you want to accomplish, whether that be short-term or life-long. What are your goals for the year 2020?

<http://www.teenhelp.org/forums/f126-goals-ambitions/t159642-2020-goals/>

What are you proud of?

It can be easy to focus on the negative things in our lives, but it's important to remember the positive as well. What are you proud of? Let us know here!

<http://www.teenhelp.org/forums/f3-general/t159672-what-you-proud/>