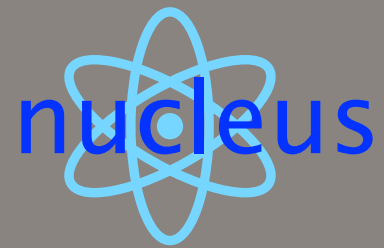


# Nucleus

## @ OBC



## A social space for Oakham's young adults

The Nucleus is a place for those who are over-18 to meet and socialise within Oakham town centre. It provides a safe space on the High Street for conversation, activities, sometimes sharing food and just being in a group.

Nucleus works as a drop-in, every second and fourth Thursday throughout the year. There is no formality, and people are free to call in and see what's going on.

Nucleus recognises that life can be tough for young people these days - work, social pressures and a lack of places to go that don't cost a fortune all add up. So the set up is non-challenging, with the opportunity to contribute to the way that the group runs, organising activities, shared trips out and how the group develops over time.

Nucleus covers a wide cross-section - those who chose not to go to University, those who did and are now back home, and those who might go off eventually. All are welcome to come and contribute.

When:	2nd & 4th Thursday every month
Where:	Oakham Baptist Church, Melton Road, Oakham
Time:	7:30pm to about 9:30pm
Other:	For more information contact Neil & Gina at OBC on ...

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..is a group for young adults, aged between 18 and maybe up to their mid-thirties, although there wouldn't be an age limit, that meets on two nights during each month. The intention is to provide a non-threatening, safe space for young adults to meet on a drop-in basis, where they can get to know both each other and those older folks from OBC that are on hand to organise and direct the group.

Although not overtly evangelistic, the meeting place in the church, and the support offered by older attendees, who would be members of OBC, means that young adults can build relationships with mature Christians and see what living a life of faith might mean for them. The church members would be on hand to offer informal counselling and advice as the young adults may entrust to them - and maybe lead towards praying with them or sharing the gospel over time, as confidence was gained.

Nucleus recognises that life for young adults is tough these days - especially for those who chose not to go to University, and who may be struggling to make their way in life through lower paid employment. They may also be challenged by loneliness, shyness and the pressure of the media to be both confident, and, possibly, to be living an unattainable "party" lifestyle.

Nucleus provides hope, and a reliable, dependable, consistent place that they can go. The church members have made a commitment to ensure continuity of the group - that it will meet as advertised and as planned whatever, and whoever may turn up. This ability to provide something that is always there when the young people need it, and which they can drop in to as and when they wish, or need, is a key part of the message of love that Nucleus is intended to pass on from the Church.

As part of listening to the young adults life experiences, church members at Nucleus will be ready to offer help, and provide guidance towards support like CAP, Foodbank and other social services that may be necessary, and which are available in the area. Where necessary, those church members stand ready to go the extra mile, and get more involved with the adults to offer support as far as they can. It is envisaged that this could include accompanying them to seek help for issues that they may have, and offering practical help.

The ultimate vision for Nucleus is that the young adults should run it themselves. They should be able to organise the meetings, discuss and arrange activities and outings and maintain communication with the group about events and key issues. The church members will be on hand to offer support, and provide an interface with any requirement for additional support - for transport, or other resources, as may be necessary. Eventually we would hope that there would be enough of a spiritual dimension to the group that a short homily or testimony could be shared during the evening - but this will develop with time.

Nucleus is intended to meet a need that spans Oakham, and the wider county, and so should eventually be an ecumenical initiative, with folks from other churches involved. This needs to be a first step once the group is promoted and starts to become established - but isn't a requirement for it to continue at this stage.

Initially it is hoped that a small band of OBC church members will come forward to get involved, on an occasional basis, in being the people on-hand to offer support to young people in our town - and to have an enjoyable evening of socialising, activities and maybe some food as well, of course.