

# Children and Young People's Newsletter



Welcome to our May Newsletter. We're full on in the spring season and hoping you are enjoying the weather and outdoor space. This month we are celebrating Mental Health Awareness Week which can give you even more reasons to appreciate the nature.

## Mental Health Awareness Week

From May 10th to 16th we are celebrating Mental Health Awareness Week and this year's theme is 'Nature'. During long months of the pandemic, millions of us turned to nature. Nature is so fundamental to our health and living, that it's almost impossible to realise good mental health for all without a greater connection to the natural world.

This week you can do many things to celebrate it:

- 1. Experience nature.** Take time to recognise and strengthen your connection with nature. Take a moment to notice and celebrate nature in your daily life. You might be surprised by what you notice!
- 2. Talk about nature.** Discuss in your family, school and community how you can find new ways to connect with nature in your environment.
- 3. Share nature.** Take a photo, video or a sound recording and share the connections you've made during the week, to inspire others. **Join our art competition and express how nature makes you feel!**

**If you are 5-11 years old and live in Brent, Wandsworth or Westminster** we are inviting you to enter the Mind in Brent, Wandsworth & Westminster's Art competition with a chance to win some fab prizes!

This Mental Health Awareness Week we are asking you to think about nature and how it makes you feel.

To enter the competition, create a picture of your favourite thing about nature. You can draw, paint or you may want to include natural materials too. Whilst making your picture think about and include some words about how nature makes you feel. For example, think about "My favourite thing about nature is..." "In nature I feel..."

To find out more and for full details on this competition visit [www.bwwmind.org.uk/art-nature](http://www.bwwmind.org.uk/art-nature)  
Closing date is 16 May 2021.



We are looking forward to seeing your work!

## Parent's and Carer's Group

The Mental Health Support Team in Westminster is planning a Parents' and Carer's Group meeting which will provide you with an opportunity to meet other parents and carers and discuss the challenges children and families are currently facing. We wanted to open this group to parents who are interested in emotional health and wellbeing of their children and would like to share with other parents their experience in order to support each other. The group will also give you an opportunity to provide feedback on the support received from the Mental Health Support Team if you have been supported by us.

The Group will meet approximately every 2 months and due to the current restrictions the meetings will be held remotely via Zoom. The first meeting will take place on the **6<sup>th</sup> of May at 4pm.**

### In the meetings you will have a chance to:

- Talk to other parents and carers about the needs of children and young people in Westminster, current challenges your child is facing and what support is needed to improve children and young people's wellbeing
- Share your views and experiences around the use of mental health services by children and young people
- Give your feedback on the support from the Mental Health Support Team



**Interested?** Contact the facilitator Agata on [ABogdanowicz@bwwmind.org.uk](mailto:ABogdanowicz@bwwmind.org.uk) or call on 07786548530 for more information about how to sign up.



## Meet Our Team corner



### Meet our practitioner Elly:

*I have been an Education Mental Health Practitioner here at BWW Mind since October 2019. Since leaving the University of Sheffield, where I studied History and Politics, I have worked in a number of roles in the charity sector, working on programmes that support children and young people to achieve their academic and personal goals. I currently work in schools in the south of the borough - Churchill Gardens Primary Academy, St Matthew's Primary, St Vincent de Paul Primary and Grey Coat Hospital. I'm passionate about mental health and wellbeing and love working in a team that is able to support people and open up a conversation from such an early age.*

### Few things Elly likes:

*My other passion is cooking – I'm obsessed with trying new recipes and I have loved trying out new things in the kitchen over lockdown. I also love reading and have been attending Spanish evening classes for a few years. I spent some time working as an English teacher in Costa Rica and it is my dream to return fluent!*

### Elly's perfect day:

*At the moment, my perfect day would be me rediscovering London after so long inside. I would wake up early and spend some time reading or maybe doing some yoga before cooking up a nice breakfast. I'd then maybe go to a museum or gallery, wander along the river and have a nice coffee sat outside in the sun. I would spend the afternoon cooking up some exciting food before having my friends round for dinner. Or, I would just be on the beach all day!*

Thank you Elly for sharing this with us!

