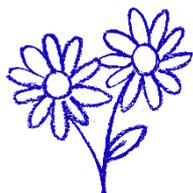


Children and Young People's Newsletter



Happy February everyone! We hope everyone is well and your 2022 got off to a good start. Have a look below at some of the things we have prepared for you this month.

Children's Mental Health Week

Children's Mental Health Week is run by children's mental health charity Place2be and it is celebrated every year to focus on the importance of looking after our emotional wellbeing from an early age.

From **7-13 February 2022**, schools, youth groups, organisations and individuals across the UK will take part in Children's Mental Health Week. This year's theme is **Growing Together**.

Growing Together is about growing emotionally and finding ways to help each other grow. Challenges and setbacks can help us to grow and adapt and trying new things can help us to move beyond our comfort zone and make us more resilient.



When growing together it's also important to look out for each other. Statistics say that 1 in 6 children and young people have a diagnosable mental health problem, and many more struggle with challenges from bullying to bereavement.

It's important to check in with your friends when they are going through difficult times and encourage them to get the support they need. This also goes for yourself. If you feel like your feelings, thoughts or reactions are getting in the way of living a full and happy life, mental health support is there for you.

Westminster council wants to help young people to access Mental Health support as easily as possible and it's piloting its new initiative. Students at a few secondary schools are going to receive keyrings which will include a QR code that signposts young people to mental health support, advice, and information.

We hope this initiative will make more people aware of the mental health support available and remind young people struggling or worried about someone else, that they are not alone.

YOU ARE NOT ALONE

IN CRISIS?

NEED SOMEONE TO SPEAK TO?

LOOKING FOR HELP?

NEED MORE INFORMATION ON HEALTH + WELLBEING?

WORRIED ABOUT SOMEONE ELSE?

Find signposting, advice and resources on our website

City of Westminster | City of Westminster Schools | kooh |  **mind** Brent, Wandsworth and Westminster

Let's talk about the internet



The 8th of February is the Safer Internet Day and it's when we celebrate all the great things about being online and remind ourselves how we can stay safe and protect our mental health and wellbeing. This year's theme is **All fun and games? Exploring respect and relationships online**. We believe this is a very important and current topic to discuss as relationships are one of the main pillars of our wellbeing and many of us use social media and internet to communicate these days, but that does not come without risks.

Nearly half of young people surveyed by the UK Safer Internet Centre worry about people being mean to them when they are playing games or using social media. Online spaces, can sometimes be used to bully people through mean messages, harassing behaviour or exclusion.

This is an unacceptable behaviour. It is something that makes people stop going online and might negatively affect their mental health, self-esteem and their whole life.

Here are some things that we can all do to make sure that the internet is not a negative place for anyone:

- Treat everyone with respect. Own your behaviour and apologise if you upset someone.
- Look out for people who are being badly treated. Offer them support and check if they are okay. This could be through a private message or one that others can see, if you feel comfortable to do so.
- Speak up to remind people that going online should be enjoyable for everyone. Report any hate speech or bullying behaviours.
- Block people who spread negativity.
- Take time away from the internet and social media and do something relaxing and mindful



Remember, when we are going online for fun and entertainment, it should be fun and games for everyone.

Meet Our Team corner



In this issue I am happy to introduce to you **Nada**, who is our **Service Manager** and someone without whom this team would not exist in the first place.

Meet Nada: I grew up in Belgrade and moved to London 30 years ago. I am a Service Manager for the Children and Young People's service. I feel privileged to be part of a team working with and in Westminster schools and Youth Clubs. I love working with colleagues from schools, parents, children and young people. My job is all about setting up the structures for a team to run a smooth service.

A few things Nada likes: One of my favourite pastimes is listening to music. I enjoy listening to different styles of music, from rock and roll to opera. I enjoy reading a wide range of literature, writing and walking. I love going to concerts and art galleries. As I was once a competing athlete, I still enjoy playing tennis, running and sailing.

Nada's perfect day: My perfect day would start with a swim in a sea, followed by a coffee in a café overlooking the bay, reading a book, having a long afternoon walk and finishing the day with a nice dinner with my friends.



Thank you Nada for sharing this with us!