

Children and Young People's Newsletter

 Brent, Wandsworth
and Westminster

Welcome to our newsletter. We have approached the summer break which means most children and young people can have a well deserved break. Given the current climate these holidays may feel a little different so check out our tips how to keep it fun!



PARENT SECTION

Celebrate the end of the school year

The school this year has been very tough for all children and with staying home for a few months, summer holidays might not feel as much of a change. You can help your child to celebrate the end of the school year and start the holidays as this will help them to recognise their accomplishments and give them a sense of closure at the end of a disrupted school year.

You can plan special dinner together as a family or reward your child with something that will help them feel recognised. You can encourage your child's friends to have a virtual celebration or if you feel comfortable, meet outside in a park for a fun day out.

You can check out some more ideas for how to celebrate the beginning of the summer holidays [here](#).

Stay physically active

Taking regular exercise has many benefits for everyone. With gyms, outdoor swimming pools and leisure centres reopening you and your family can access more physical activities and have fun together. There's also high chances your local park have outdoor gym equipment which is free for you to use!

If you don't feel safe accessing these you can still do many activities virtually. Check out what Westminster has to offer on this link: <https://active.westminster.gov.uk/> Change 4life Westminster has also created a booklet with list of many activities to try outdoors together as a family. By completing the challenge you can also win a £20 Sainsbury's voucher! Find more information [here](#).



Plan your daily activities

If you had to cancel holiday plans this year, if you do not have any plans to go away, or you're not feeling ready to travel, you can still try to make your children's holidays interesting and entertaining.

It might be helpful to create a daily routine and when there's free time, plan a few options to give your children so they feel like there's a choice of activities. By planning meals and family activities together such as walks, exercise or playing board games you establish predictability and give your children a sense of safety. Stay flexible and allow them to decide what they'd like to do so you all have fun together.

Creating a schedule will also help your children learn how to stick to plans and will hopefully make your life easier too. And if you feel like you are running out of ideas, check out our tips below.

Check out what's in your reach

With some of the difficulties around holidays abroad you can think of visiting some places in England and exploring places nearby. You can check out what your borough has on offer, such as museums and galleries, car boot sales or open air cinemas. Find more ideas for [here](#).

The links below list all the activities that are available in London during 2020 summer holidays:

<https://www.visitlondon.com/things-to-do/event/45691403-school-summer-holidays-in-London>,

<https://www.thelondonmother.net/things-to-do-in-the-summer-holidays/>.

There is a lot to do in such a big city but don't forget to stay safe by wearing masks in enclosed spaces, washing hands often and using antibacterial gel as well as practising social distancing where possible.

 Mental Health Support Team
 



CHILDREN AND YOUNG PEOPLE'S SECTION

Holidays in the city? No problem!

London has more to offer than you might think and if you prefer spending time at home, the virtual opportunities are endless. Check out our favourite options below:

Spend time outside

When the sun is shining there's nothing better than taking advantage of it by being active and spending time with your friends and family outside. On [this website](#) you can search for all the events and activities taking place in Westminster and by following [this link](#) you can find more information about different projects running in the borough.

Additionally, you can join a Safe Camp where you will be able to play different sports and meet new people. More information is available [here](#).



Enjoy the virtual world

If the weather is not allowing you to enjoy the outdoors or you simply feel like staying in, you can enjoy some great virtual experiences at home. Check out some fun concerts [here](#) and create your own festival atmosphere at home. If you prefer the ambience of the theatre, check out some of the shows available online [here](#). You can enjoy those by yourself, with your family or with your friends.



Expand your creativity from home

If you want to improve your creative skills you can join the City Lions Virtual Programme which includes interactive workshops and Q&A sessions with some great creatives. You can register for their holiday programmes in [July](#) and [August](#).

The team have also launched a whole new set of Summer challenges! The challenges will start from 24 July 2020 with the information released each Friday. The winner of each week will receive a £25 e-voucher. Join the challenges [here](#).

If you're 13-16 years old and looking to boost your confidence, meet new friends and build creative skills this summer then why not join the City Lions' virtual youth club on Thursdays between 7-9pm. Simply register on this website:

https://www.eventbrite.co.uk/e/city-lions-live-registration-107212547616?utm_medium=email&utm_source=newsletter&utm_campaign=schoolsbulletin

Stay mentally active

Holidays are much deserved break from school but learning can be fun and enjoyable even during the holidays. The Summer Reading Challenge, presented by The Reading Agency, encourages children aged 4 to 11 to enjoy the benefits of reading for pleasure over the summer holidays, providing lots of fun. Find out more information [here](#).

Additionally the app Duolingo provides lessons on many languages for children from the age of 10. Through a series of challenges you can work to earn points and increase your skill level. The newly launched app, Duolingo ABC focuses on younger children (ages 3-6) who are just uncovering the basics of reading and writing. Why not try and become a multi linguist!?



We hope you have a wonderful summer! Just as a reminder, there is lots of mental health support available, because even the holidays can get tough and difficult. Check [this website](#) for more information on different helplines which are there for you anytime you need them. You can also go to www.kooth.com/ where you can access free counselling sessions without needing to phone or leave your house. You can also visit www.ellefriends.org.uk/ where you can chat anonymously about how you feel in a safe and supportive environment. Our Infoline is also open for families and young people who would like to find more support in the area. Call on 07435 929882, from Monday to Friday, 9 am – 5 pm.

Mental Health Support Team