

Children and Young People's Newsletter



In this month's newsletter we look at Mental Health Awareness Week and the Tell a Joke campaign, the Music in Mind group, as well as a reminder about our upcoming forums.

Mental Health Awareness Week

This month we are celebrating Mental Health Awareness Week between **Monday 13th to Sunday 19th May**. This year's theme is "Movement: Moving more for our mental health". Scientific research has found that when we are active, the body releases feel-good hormones that can improve our mood and boost our energy, making us feel healthier and happier.



Although it is not always easy to get enough exercise during the day, you can try to move your body in lots of different ways, like going for a walk, dancing to the sound of your favourite music, playing games with your friends in the park or during play time at school or taking the stairs instead of the lift. Find something that you really enjoy doing and that keeps yourself moving!

This year, BWWMind is organising a campaign to raise funds during Mental Health Awareness Week to help support the mental health needs of our local community. This is the "Tell a Joke campaign" and by participating, you can engage your school community in a fun and uplifting activity as well as promoting laughter and boosting mental wellbeing in your school.

To participate, encourage every child to bring in their favourite joke to share with their class throughout this week and request a £1 donation for taking part. If you'd like to register your school in our 'Tell a Joke campaign', please contact fundraising@bwwmind.org.uk.

“ Your feedback ”

Your feedback is the best way for us to keep improving as a service. Here is some feedback we have received from our Young People's Forum and a parent workshop. Thank you!

“ It has been a nice conversation, you get the information you need and we have all engaged and were able to have a conversation. Thank you for providing this space, this was amazing! ”

(Feedback received on our YP Forum)

“ It was an amazing workshop, well done! The parents keep coming and prasing for the content of the workshop. They have learned so much! Some have started using the strategies and all is going well. ”

(Feedback received on a parent workshop)

1 Minute of Mindfulness



Choose a song that you really like or one that you have never heard before. Pay attention to the different instruments that are playing, what you feel while listening to the song and the meaning of the letter. You can try to guess how many different instruments are playing in the song just by listening. This is what we call "Mindful Listening".

Music in Mind

Calling all young people aged 11 - 25 living in Westminster! Would you like to learn how to make your own music? Using state-of-the-art music technology, the Music in Mind tutor Karl will support you to learn the skills of music production to help you create the sound you are looking for, whether that's Hip Hop, House, Techno, Trap, Grime or any styles in between.

WHERE?

Studio 125, Great Western Studios, 65 Alfred Rd, W2 5EU

WHEN?

Every Tuesday (5:00 - 7:00 PM)
Starting 30th April.

For more information, please contact MentalHealthHub@bwwmind.org.uk.

Summer Term Forums

The forums are a great way to share your experiences and contribute to the future development of our service. See below the dates and times of this term's forums. For more information or to show your interest regarding the forums, contact us on mhsteam@bwwmind.org.uk.

Staff Forum:
04/06/2024
@4:00pm

Parents and Carers Forum:
05/06/2024
@4:30pm

CYP Forum:
06/06/2024
@4:30pm

Meet Our Team Corner

In this issue I am happy to introduce **Ailsa**. She is an **Educational Mental Health Practitioner** in the **Mental Health Support Team**.

Meet Ailsa:

I am an EMHP that recently started with the team and I'll be working with schools in the Oak area in the middle section of Westminster. I work one to one with young people and parents delivering low intensity mental health interventions. Prior to working for BWW mind I was a CWP at the Tavistock centre's Family Mental Health Team. I also have a background working with ASC children 0-5yrs developing skills for independence in a variety of functional domains e.g language/communication, motor, and behavioural skills.

A few things I like:

I love knitting and crocheting and usually have a jumper/hat/scarf project on the go. Knitting was a lockdown activity that kept going, and now I spend most of my free time planning, making or thinking about what I'll make next. I'm a massive foodie and have long lists of restaurants to visit. When I can, I love to go up to the Isle of Arran in Scotland where my family are from and hike in the hills.

My perfect day:

My perfect day would be a lie in, followed by a big breakfast. I'd be in the country somewhere and go on a long rambling walk with my friends, finishing at a cozy café.



Thank you for reading!