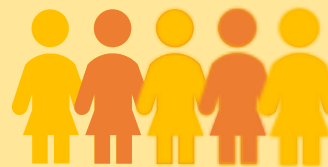


ALL FOR YOUTH



Share your voice

Welcome to the All for Youth newsletter!

This inclusive newsletter is a way for you to share your voice with other children and young people across Westminster and Kensington and Chelsea.

Welcome to our February edition. In this issue you will find:

- Entries to our art competition
- Things to keep you busy
- Oska's blueberry pancake recipe
- Craft corner and game zone

Monthly challenges

Try one of the monthly challenges suggested by our News Crew:

1. Try a 60-second PE challenge a day with [Youth Sport Trust](#).
2. Make a [self-soothe box](#). Watch the [video](#) to find out how.
3. Take a photo every day for a month.

Do you want to get involved?



Want to have your say while meeting new people and having fun?

Then join our brand-new group for young people with additional needs or disabilities (SEND). This group will speak about important issues, plan events for young people, check information is accessible and lots more.

Are you interested in being a writer for our newsletter?

We are looking for young writers to contribute to future editions of the newsletter. You could write articles or reviews, submit recipes, artwork and photos or recommend apps, movies or places to go!

Find out more information on both groups by [emailing Marianna](#) or visiting our [Participation and Young People's Voice Page](#)

Art competition showcase

Thanks for all your wonderful submissions to our art competition. We will announce the winner in the next edition. Check out some entries below!



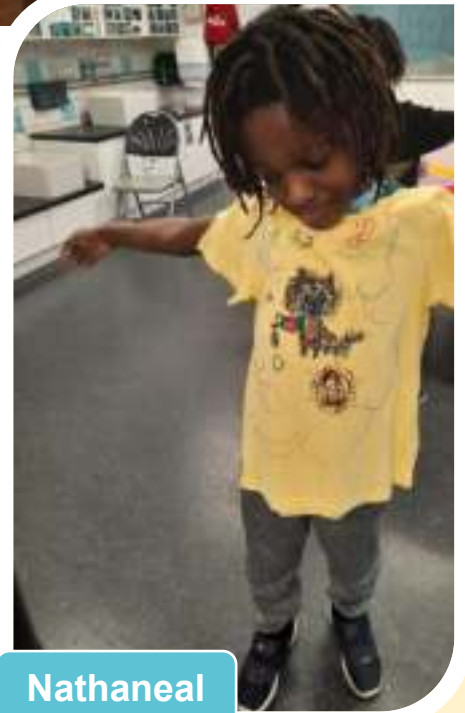
Oska



Makynsie



Samar



Nathaneal



Ted



Namaan



Mahmoud

Things to keep you busy

Join in with the Short Breaks online sessions



This month, there's lots of fun sessions to take part in from the Bi-Borough Short Breaks Services. Improve your flexibility with yoga, chill out with story time and get creative with music and drama. [Join the sessions live or watch on catch up here.](#)

Looking for fun activities to do at home?



The Science Museum's [free learning resources](#) offer loads of activities you can do at home and in your local area. Activities range from arts and craft to science experiments and you can even [have fun with maths!](#)

We would love to see some pictures of any experiments you do.

Are you feeling creative?



Westminster City Council are looking for young artists to send in any paintings, drawings, photos, audio clips, short films, poems or stories relating to the following themes of:

- Lockdown
- Resilience and Hope
- Community
- Black Lives Matter

All artworks will be included in an online gallery and will also be displayed in galleries and libraries across the borough in Spring/Summer 2021. If you are interested in submitting a piece of work [please complete this online form](#) by 31 March 2021.

Are you interested in photography?



The Westminster Young Photographer of the year is open now for submissions. There are two age groups 11-15 and 16-25 years old and to enter, you must live or go to school in Westminster. First prize is £1000 and entries close on Wednesday 31 May 2021. For more information visit the [Positive View website](#).

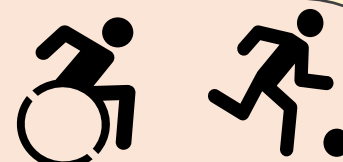
Make an impact on council services



Speak up for Autism: Westminster and Kensington & Chelsea are creating a new Autism Strategy and want you to share your experiences about what is working well and what isn't. [Complete this short survey](#) to have your say!

Bridging the gap in mental health: Westminster and Kensington & Chelsea are developing a new health and wellbeing service that supports all young people aged 16-25 years. Let them know if you are receiving any support and what would be helpful in future. Have your say [here!](#)

London Youth Games (LYG)



London Youth Games are putting young disabled Londoners at the heart of competition. You can set, film, complete and share challenges as part of LYG Virtual Inclusive Games. The competition will run for eight weeks, with three challenges released each week. The challenges will be set by young disabled athletes and the games are open to all young Londoners.

To get involved, simply complete the challenges and submit your scores via their website to earn points for your borough. Individual prizes are also up for grabs.

Share your videos on social media using #ThisIsLYG to be in with a chance of winning the weekly MVP Award and Nike gear.

Visit the [London Youth Games website for more information](#).

Oska's blueberry pancake recipe

Ingredients

- 1 cup plain flour
- 2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 2 tablespoons butter melted
- 1 teaspoon honey
- 1 cup blueberries – we used fresh



Instructions

1. Combine the flour, baking powder, baking soda, salt, and in a bowl and stir using a balloon whisk to combine.
2. Add the wet ingredients: butter and honey and mix until smooth. Be careful not to overmix the batter.
3. Let the batter rest for 10 minutes.
4. Heat a medium non-stick frying pan over medium-low heat. Wipe over with a little butter to lightly grease pan.
5. Pour a 1/4-cupful of batter into the pan. Top evenly with blueberries, as many or few as you prefer.
6. Cook for 1-2 minutes or until bubbles rise to the surface and the base is golden brown. Use a spatula to turn and cook the other side until golden brown and cooked through.
7. Transfer to a plate and repeat with the remaining batter. Enjoy!

Craft corner and game zone

We want to hear from you!

Craft corner

Matilda has been keeping herself busy through lockdown by making a unicorn phone holder from clay so she can listen to her favourite songs hands-free. She has been working on this for two weeks!




Game zone

Codebreakers: Avengers

Use the key to decode each of the words.

1	2	3	4	5	6	7	8	9	10	11	12	13
A	B	C	D	E	F	G	H	I	J	K	L	M
14	15	16	17	18	19	20	21	22	23	24	25	26
N	O	P	Q	R	S	T	U	V	W	X	Y	Z

2	12	1	3	11	23	9	4	15	23				
1.													
19	16	9	4	5	18	13	1	14					
2.													
20	8	15	18	8	21	12	11						
3.													
3	1	16	20	1	9	14	1	13	5	18	9	3	1
4.													

Thank you to everyone who helped us write this edition!

Email your images, stories, recipes, games, photos, artwork, or poems to this email address:

Marianna.Lill@rbkc.gov.uk

Make sure you check out the Local Offer for [Westminster](#) and [RBKC](#) to find activities that are taking place online and during half-term. Don't forget to check out [City Lions](#) too!

