

# Children and Young People's Newsletter



**Welcome to our Newsletter. We hope you are excited for the summer holidays and a well deserved break from school. Have a look below at some ideas of the things you can do if you're staying in the city.**

## Summer Holidays

If you are staying in London for the holidays you can make the best of it! There are many places to explore and attractions you and your family can join.

**Westminster City Council** has been awarded funding from the Department for Education to deliver a Holiday Activities and Food (HAF) programme over the summer holidays.

It has great sport events on offer, including fun food education for school aged children and young people (aged 5 -16 years) throughout the whole of July and August.

The programme will offer free places at holiday clubs for children and young people who are eligible for benefits-related free school meals . Families will be able to access a range of nutritious meals through the programme. For more information and the full list of activities on offer go to: [Family Hubs Newsletter](#) and [Our City Website](#)

To add to this, there are many great attractions across London so why don't you make a trip to see some of them too?

**Natural History Museum, Science Museum, Museum of London, Royal Air Force Museum** and more are free for you to explore.

Find out more on: <https://www.visitlondon.com/things-to-do/sightseeing/london-attraction/museum/free-museums-in-london>

Or maybe you'd like to spend some more time in nature?

**Brockwell Park** is a hilly, historic park with ornamental ponds, formal flower beds, a walled garden and a 19th-century clock tower among its many attractions. There are a wide range of outdoor sports facilities to enjoy, including basketball, football, cricket, tennis courts and Brockwell Lido; a popular 1930s style outdoor swimming pool.

You can also see some life-size dinosaurs in **Crystal Palace Park**:

You'll also find a children's farm, maze and a playground.

Or make a trip to **Coram's Fields**: This park and playground has a small animal area, cafe and paddling pool.

Have you already visited **St. James Park**? This well-known park in Westminster is a great pit stop for a picnic lunch if you're tired after a morning of sightseeing around the area.



We hope everyone can find something they will like on this list. We wish you great holidays and see you in September!

# Meet Our Team corner

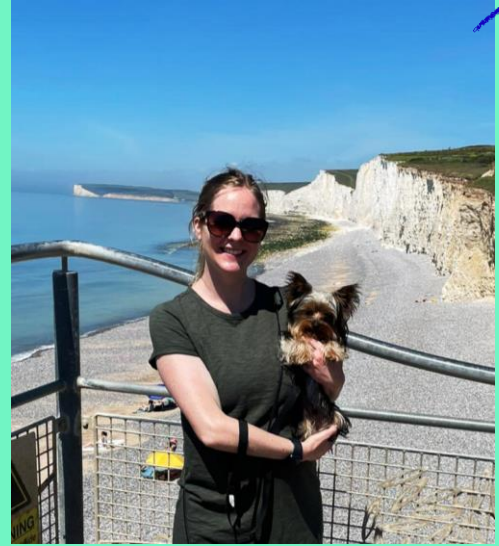


This issue is a special one because we have more than one person to introduce to you! First of all we wanted you to meet **Gemma**, who is our **Clinical Lead**.

**Meet Gemma:** I'm the clinical lead for the Mental Health Support Team which means I oversee the clinical running of the service. I will be going on maternity leave in September and Ayla will be taking over my role. I'm originally from Yorkshire but have spent most of my time since finishing Uni in the South.

**Few things Gemma likes:** I used to be a competitive gymnast and cheerleader. I am too old for competing now so just enjoy doing what I can which currently whilst pregnant isn't very much! I am an animal lover and enjoy spending time with all the animals we have in my family.

**Gemma's perfect day:** My perfect day would be spent on a small island sunbathing, reading and snorkelling with the fish.



**Thank you Gemma for sharing this with us. We wish you a restful and joyful maternity leave!**

# Our Team is expanding!



Our Mental Health Support Team is now not only working in 33 Westminster schools but also in youth clubs! We have got two new **Mental Health Youth Workers** on board and we are really excited to make the early intervention accessible to even more children and young people. Meet our new additions to the team:

## Lucy

I am very excited to have started working at an organisation as prestigious as BWW Mind. My role is to provide preventative, early intervention service to children and young people who access **Churchill Gardens Youth Club** and **St Andrews Youth Club**, both situated in the south of Westminster. Alongside this role, I am completing a Masters in Child and Adolescent Mental Health at King's College London whilst working in a Child and Adolescent Psychiatric Intensive Care Unit at the Royal Bethlem Hospital.



## Niamh

I am very excited to be involved in this new initiative with BWW Mind and Youth Projects across Westminster. I will be working in **The Avenues Youth Club**, **Fourth Feathers Youth Club** and **Amberley Youth Club** where I will deliver 1:1 and group early interventions. I have a B.A. in Psychology and Sociology and complete Postgraduate studies in Youth Work. Since graduating over 2 years ago I have worked in a targeted youth project working with vulnerable young people.



**Welcome both to the team!**