

December 2021

Children and Young People's Newsletter

 **mind**
Brent, Wandsworth
and Westminster



Welcome to our Newsletter. December has arrived and we hope this will be an exciting month for many reasons: it's a beginning of winter, festive season and the end of the Autumn term so you get to enjoy a couple of weeks off school.

It's festive season!

Talking about the festive season, our charity launched it with an amazing fundraising event in Marylebone. On November the 10th Marylebone high street got filled with an array of Christmas stalls and the Merry Marylebone Christmas Lights were switched on!



We are proud to have been a partner of this event and wanted to thank everyone who visited us and donated. It was very heart-warming to see so many people supporting us and to enjoy this event together with our local community.

We wish you all a happy festive season!



Our Social Media

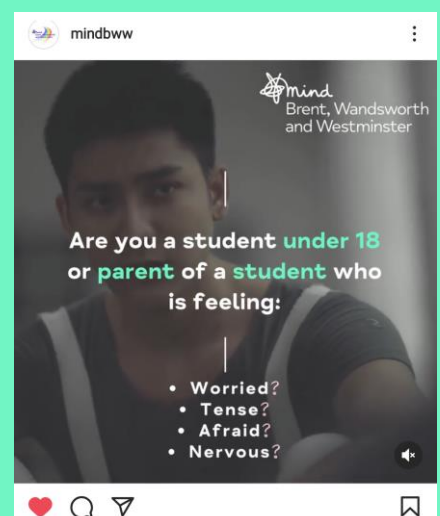
Do you follow us on social media?



If you'd like to be more up to date on what our team does visit our Instagram where you can find posts from our Mental Health Support Team @mindbww
https://instagram.com/mindbww?utm_medium=copy_link



Make sure to also follow us on Tik Tok where we will be posting more information about mental health and different strategies to help focus on your wellbeing and manage emotional difficulties @mindbww
<https://vm.tiktok.com/ZM8gWpeeJ/>

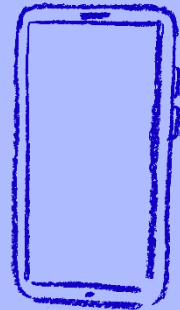


Further support

As the end of the term is approaching it is a good time to recharge your batteries and take care of your emotional health. It's important that during this time you do things you enjoy and take time to rest physically and mentally.

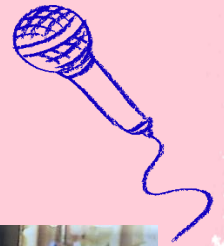
If at any point you feel like difficult emotions are starting to escalate and get in the way of your day remember that there are people you can speak to.

- **Childline** - call on **0800 1111** and you'll get through to a counsellor. Childline is there to listen and support you with anything you'd like to talk about. Childline is open 24 hours a day, 7 days a week.
- **SHOUT** - Shout is a free, confidential, anonymous text support service. You can text from wherever you are in the UK. If you are struggling to cope and need to talk, trained Shout Volunteers are here for you, day or night. Text Shout to **85258**.
- **KOOTH** www.kooth.com - Kooth is an online mental health platform for children and young people between 11 and 25 years. Kooth provides an anonymous, self-referral digital service that enables children and young people to 'drop in' and find fast, easy and free support that suits them. There are no waiting times, no referrals, no thresholds to meet and complete anonymity.
- **PAPYRUS UK** - a charity for the prevention of young suicide (under 35) in the UK. Call PAPYRUS HOPELINEUK on **0800 068 4141** if you're struggling to cope.



You can also self-refer to our **Mental Health Support Team** on our [website](#) if you think our support is right for you. We recommend you speak to your school about the support we offer beforehand and read more about what we offer on our [website](#). If you are in a need of imminent support go to your nearest **A&E** or call **999**.

Meet Our Team corner



In this issue we wanted you to meet **Julia**, who is one of our **Clinical Supervisors**.

Meet Julia

I grew up in Somerset but have lived here in London for over 20 years. I am an Art Therapist and Clinical Supervisor in the Mental Health Support Team. I am fascinated by the power of creative expression to find meaning in our experiences and cultivate healing and growth. I feel privileged to be part of a team offering a range of therapeutic support to children and young people within Westminster.

Few things Julia likes:

One of my favourite pastimes is listening to live music. I enjoy different musical styles including rock, folk, jazz, classical and electronic dance, and have ambitions to become a folk singer! A very special moment for me was performing in a choir at the Royal Festival Hall as part of the Women of the World Festival.

Julia's perfect day:

My perfect day would start with a swim in the sea followed by kippers for breakfast and a strong coffee. I would do a long countryside walk with my partner and our dog, finishing up in a pub with friends for a good sing-along.



Thank you Julia for sharing this with us!