

November 2021

Children and Young People's Newsletter

 **Mind**
Brent, Wandsworth
and Westminster



Welcome to our Newsletter. We hope you had a great half term break. We have plenty of events in November for you and your family so have a look below and join us if you can!

It's almost festive season!

This November 10th come and join us for a day of Christmas festivities at the Merry Marylebone Christmas Lights!

We are proud to announce that we are this year's charity partner! From 3pm-7pm, Marylebone High street will be filled with an array of Christmas stalls, performers singing Christmas songs, a Santa's grotto and Ferris wheel! Feel free to visit the Mind in Brent, Wandsworth and Westminster stall and enjoy our jewellery making stand (using recycled & sustainable materials) inspired by our Therapeutic Arts service, Portugal Prints.

For more details about the event, please follow [this link](#). We hope to see you there!



Anti-Bullying Week

Anti-Bullying Week is led by the Anti-Bullying Alliance and takes place from **15 to 19 November 2021** and it has the theme **One Kind Word**.

How can you be kind to others? It's much easier than you think and it can make a huge difference to someone's day and break a cycle of bullying.

Ask how someone is doing and really listen to them. Smile to someone, tell them a compliment.

One act of kindness can go a long way. By doing something kind to others, you can boost your own and someone else's mood and if someone will notice your act of kindness it can inspire them to do the same for someone else! Kindness fuels kindness. So even one word, one action done by many people can fire a chain reaction that powers change and positivity.

We hope this week will remind you of how important it is to practice kindness to others and to yourself! Sign up to a free online Celebration event [here](#).



Parents' Corner

Dear Parents & Carers,

We are organizing our first Forum this academic year! We wanted to open this group to the parents/carers who are interested in the emotional health and wellbeing of their children and would like to share their experience with other parents in order to support each other. The group will also give you an opportunity to provide feedback on the Mental Health Support Team.



Our meeting will take place on **Thursday, the 11th of November at 4pm on ZOOM**. As a thank you for your attendance we are offering **£10 Sainsbury's voucher**.

For more information and to join please email: abogdanowicz@bwwmind.org.uk

Mindfulness taster session

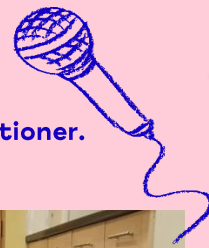
Our partners at Westminster Education Service are holding a Mindfulness taster session to introduce some gentle and simple mindfulness techniques, which will help you build confidence, self-reliance and self-worth.

The session will take place on **Friday, the 5th of November, 12 – 1pm in Hopkinson House, 6 Osbert Street, SW1P 2QU**

For more information and to book your place please email: community@bwwmind.org.uk



Meet Our Team corner



In this issue we wanted you to meet **Michelle**, who is our **Educational Mental Health Practitioner**.

Meet Michelle:

I have been an Educational Mental Health Practitioner in MHST since October 2019. I currently enjoy working in four different schools in Westminster: Burdett-Coutts Primary school, Pimlico Primary school, Pimlico Academy Secondary school and Grey Coats Hospital Secondary school.

I view mental health as important as physical health and feel honoured to be a part of supporting you to improve your mental wellbeing.

A few things about Michelle:

I am from Southern Ireland and have fond childhood memories of playing hide and go seek behind the hay bales in the fields at my Uncle's farm. Spending time with my two (can't believe how quickly they have grown, 18 and 21 now) grown up children and my husband are a key part of my life. A very important part of my family are my animals. I have two beautiful border terriers, Oscar (14) and Norman (4) and our lovely rabbit Luna Buns (1). Regular catch ups with my friends for a really good giggle and chat about everything is a must.

Michelle's perfect day:

My perfect day would start by getting up early, walking my two borders while listening to music. The sun would be shining, so a trip to Frinton seaside would be next. This would be followed by a picnic on the beach, a nice walk, and a bubble gum flavoured ice cream to finish with. On returning home I would enjoy a lovely moussaka and salad with my family and watch a movie.



Thank you Michelle for sharing this with us!