

INCLUSIVE YOUTH NEWSLETTER

Share your voice

We want to hear from you!

Welcome to the first edition of the Inclusive Youth newsletter!

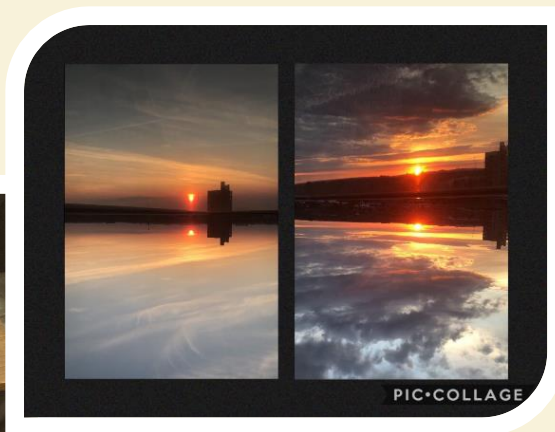
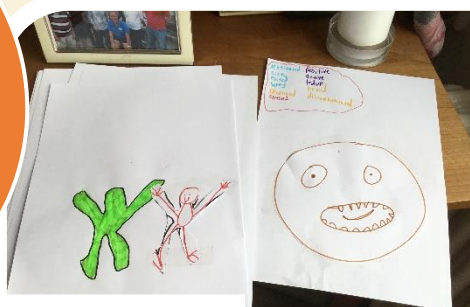
This is a new platform for you to share your voice across Westminster and Kensington and Chelsea.

- What have you been doing during lockdown?
- Do you have tips and tricks for others to keep entertained?

Send us your stories and images



Check out what some young people have been up to...



“Spending time with family”

“Drawing, writing, listening to music and exercising”

“Lots of singing”

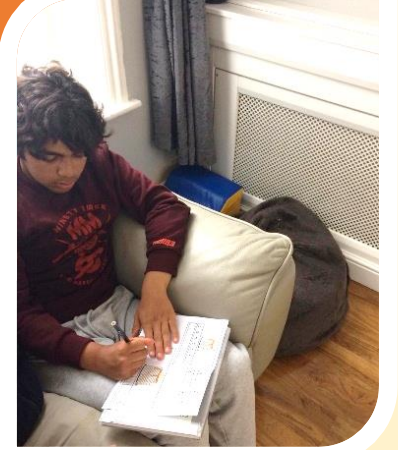
“Help with housework”

“College work and fun creative activities”

“Cooking, cleaning and colouring in”

“Talking to friends using the laptop”

Tips and tricks for surviving lockdown



Do something you love

Stay calm at all times

Check out this fun activity

We know lockdown can be tough, here is a fun activity you can do in your own home!

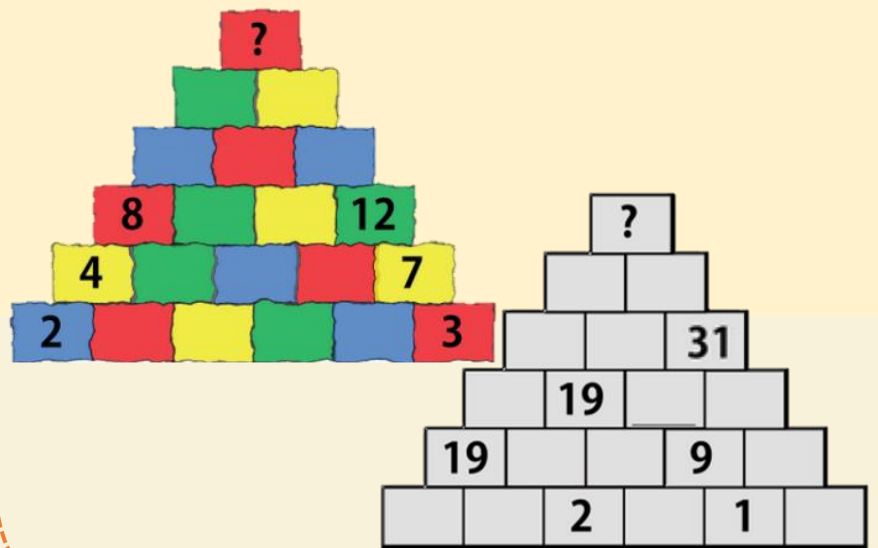
Explore ideas or plans for the future

Enjoy life as it comes

Chill. It will be alright in the end

Be creative

Can you figure out what the top number in each pyramid is? Add each pair of blocks together to find out the number that appears in the block just above them.



Walid from St Quintin Centre tells us what he has been doing during lockdown



Can you tell me what 'lockdown' is?

Swimming pool closed, schools closed, shops closed, everything closed!

What have you missed most in the lockdown?

The teachers and Antonio, the man who helps me at school. He speaks Spanish like me!

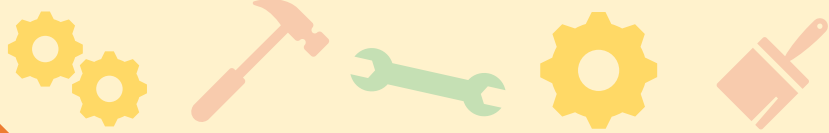
What is the first thing you would like to do after lockdown?

That's a good question... Do you know what, I was thinking I would like to go on a bus trip with Freddy to the theatre or go bowling.

What have you learned during lockdown?

I am learning to be patient and I have been learning more English, how to speak and say things.





Useful Tools Recommended by you!

Websites

Click on Young People's Support Services

Kooth

Childline

Young Minds

Westminster Information, Advice and Support Service

Kensington Full of Life

Young Westminster Foundation

Young K&C OurCity

Broadening Horizons Mentoring Service for Young People

Caxton Youth

Apps

NETFLIX

Netflix



Candy Crush



Temple Run



Sandbox

Could you name our newsletter?!

Please complete this survey to tell us what you think of the newsletter and be in with the chance of winning a £20 Amazon voucher.

Thank you to everyone who sent us images and stories

Email your images and stories for the next edition to this email address

Marianna.Lill@rbkc.gov.uk

