

ALL FOR YOUTH



Share your voice

Welcome to the All for Youth newsletter!

Previously named the Inclusive Youth newsletter, this is a platform for you to share your voice across Westminster and Kensington and Chelsea.

In this issue you will find:

- **Useful tips for returning to school**
- Tools and information for looking after your **mental health**
- A brand-new **speaker's corner** with Grace talking about her first job
- The **games room** and **competitions** for you to enjoy
- Information about **clubs and groups** you can join

Congratulations to Ted for submitting the winning name!



Ted has received a voucher for winning the competition!



Games room

Fill in the grid so that each column, row and diagonal add to the sum.

The sum is 195

51	72	3	24	
			42	
	18		60	66
30		57	63	9
33	54			

The sum is 65

11	10			17
18	12	6		24
25		13	7	
	21		14	
	3		16	

Mental health tips

Looking after your mental health

It is important to look after your mental health in times of change. Take a look at the links below for some useful information and games to boost your wellbeing!

[Click here](#) to view a pack on what mental health is with activities for you to complete.

[Click here](#) to check out the resilience ladder, a tool to help you achieve your goals.

For more information to support your mental health, [click here](#).



Safe Haven Basketball

Safe Haven is a basketball club open to everyone aged 14 to 25. Whether you are new to the sport or have been playing for years, Safe Haven is a fantastic place to learn new skills and make friends.

Find out more about club sessions and how to become a member on their website:

<https://safehavenbasketball.co.uk/>

[Click on this link](#) to find out more!



Speaker's corner: 'How I got my job' by Grace

I am Grace and I am writing this to tell the story of how I went from college to getting my current job.

During 2016-17, one day a week I did an internship as part of my course while I was at City of Westminster College.

When I left the college, I did a two year Supported Internship at Guys and Thomas's Hospital with Care Trade's Autism Project. The supported internship was four days a week working and one day a week studying Functional Skills. A job coach supported me in each work placement. I worked in different departments: Dermatology, Haematology, the Education Centre, and Health Records. I learnt a lot about working in administration in the hospital and decided this was the sort of job suited to me.

When I finished my supported internship in August 2019, with the support and guidance of Westminster IASS service and Care Trade, who helped me apply for a job and go through the recruitment process, I was successfully offered a paid job two days a week in the Records Management department of the hospital.

I got trained to use the Patient Information Management System (PIMS) for all the filing tasks in my role.

Nearly a year into the role, I am still supported by my Care Trade job coach who is there if I need to ask for help. I like what I do because I learn a lot of new tasks. If a task is new, I get shown how it is done before I do it myself – this helps me understand and learn.

The people I work with are nice to me and working in a hospital during the Covid-19 pandemic and lockdown made me feel especially proud to be part of the NHS.

Plus, I earn my own money! I like having a routine and feeling useful which having a job has brought me.

For more information about supported internships and routes into getting a job, contact Rachel Edwards at rachel.edwards@rbkc.gov.uk. You can also find more information on these links: Westminster and RBKC.



Do you want
your story to
appear here?
Email it to
[Marianna.Lill@
rbkc.gov.uk](mailto:Marianna.Lill@rbkc.gov.uk)



Useful tips for returning to school

Going back to school can be stressful. But whether you're going back after a long break or starting a new school, there are things that can help:

Keep yourself calm

Take a few deep breaths if you're panicking about going back, or [try these ideas on how to stay calm and cope with anxiety](#).



Don't put up with bullying

Bullying is never okay, and your school can help it to stop. Whatever's happening, [there is advice to help](#).



Ask questions

It's always okay to ask questions or for help. Try to think about who could best support you at school.



Remember to follow instructions about social distancing

Listen to what your schoolteachers tell you and follow instructions you're given to keep safe

Manage your workload

Homework and revision can be a big part of school, but it can also be stressful. Plan what work you need to do from the start of the year and tell someone if you need help.



Talk about what's happened during lockdown

Lockdown has been hard for lots of people but support is always available. If you're worried or feel unsafe, you can always talk to an adult you trust. Not sure who to talk to? [Contact Childline](#).



Get more tips
on returning
to school
from
[childline.org.uk](https://www.childline.org.uk)

Competition time

Photo competition

Take part in our photo competition by sending us a photo of you returning to school or doing something fun!

The best three photos will have a chance of winning a £10 Amazon e-voucher!

How to enter: email your photo and name to Marianna by Monday 2nd November 2020.

Thank you to everyone who sent us images and stories

Email your images, stories and photo competition entries to this email address

Marianna.Lill@rbkc.gov.uk

Movie Giveaway

Movie Ticket Giveaway! To celebrate their re-opening, our friends at Ciné Lumière in South Kensington are giving away two tickets for a screening of your choice. For more information about what's on, please visit their website [here](#).

For your chance to win, email your full name and age of the young person to Marianna.Lill@rbkc.gov.uk by Thursday 15th October with the subject line: Ciné Lumière

