



Happy February everyone! We hope you all had a good first month back into the routine! In this issue we will be talking about this year's Children's Mental Health Week and the digital service 'Good Thinking'.

## Children's Mental Health Week

This month we celebrate Children's Mental Health Week from **the 6th to the 12th of February**

This initiative was launched by a relevant London charity in 2015 and this year's theme is **'LET'S CONNECT'** to encourage people to connect with others in meaningful, rewarding and healthy ways.

Connecting with others is a big part of our day to day and is vital for our survival. Our mental health is hugely influenced by our interactions and healthy connections are beneficial for our wellbeing. However, when we don't have these connections or these are unhealthy, we can feel lonely and isolated, having a negative impact on our wellbeing.



Here are some ideas of ways which you can put into practice to connect with others in healthy and meaningful ways:

- **Check-in** with someone that you haven't spoken with for a long time.
- **Volunteer in your community.** Look for charities in your community that are recruiting volunteers to make a big difference to someone's life. You can search online for different opportunities that are out there and that fit your availability and capacity.
- **Plan a trip with your friends or family.** This can be a long trip or just a one-day return trip to a place near your home. At the end of the day, is not where you go but who you go with.
- **Send a message** to someone that might be going through a difficult time at the moment, reminding them that you are thinking about them and that you are just one call away.
- **Plan a fun evening with the people you live with.** This can be playing board games, making some arts and crafts, watching a movie eating popcorn, anything that includes spending quality time with others.
- **Call a friend on your way to school or work.** When it is difficult to find time to meet with someone because your schedules don't match you can try to find a moment in the day where you can call them. This could make your start of the day much better!
- **Connect with yourself!** Spend time alone relaxing, going for a walk, listening to music or doing something that brings you joy. Connecting with yourself is as important as connecting with others.



Schools can find plenty of resources to take part in this year's Children's Mental Health week [here](#). Through this link you can also see how many schools and people are already involved in this initiative, and you can add your school to show your involvement.

# Good Thinking

As part of our service, we also signpost parents, carers, young people and staff to other organisations and support networks. Therefore, we would like to talk about a service that we think would be very useful to everyone.

Good Thinking is a free, digital service that supports Londoners to look after their mental health and wellbeing. In their website you can find a great number of resources on how to tackle anxiety, stress, low mood, sleep problems and other concerns.



Some of the resources that you can find include psychoeducation workbooks, quizzes which give tailored support recommendations, self-assessments, and mobile apps.

Explore their website by clicking [here](#) and see the different resources available that are updated constantly to respond directly to the needs that we face nowadays.

## Half Term Activities

As part of helping you to create spaces for relax and reduce stress, [here](#) is a link to a range of great activities for the oncoming half term, including sports camps, Arts&Crafts, cultural activities and day trips.

## Meet Our Team corner

In this issue I am happy to introduce **Alice**. She is a **Children and Young People's Wellbeing Practitioner** in the Mental Health Support Team.

### Meet Alice:

I grew up in a quiet village in Norfolk and then moved away from the countryside to study Psychology at the University of Sussex in Brighton. Whilst I was there, I completed a placement year with the NHS at the 'Hearing Voices Clinic' which confirmed to me that I wanted to pursue a career in mental health. After graduating I enjoyed travelling in Southeast Asia and then spent a few years gaining experience working with children in a variety of settings. Over the past year I have loved working for BWW Mind whilst training with King's College to become a Children and Young People's Wellbeing Practitioner! I am excited to be a qualified practitioner and to continue supporting children and young people across Westminster.

### A few things Alice likes:

I have always loved listening to music and dancing. During my teens I spent most of my time attending dance classes after school and continued this whilst at university where I became a cheerleader. I also enjoy food (mainly eating it but cooking it too!), running, going to the theatre, and spending time with my friends and family.

### Your perfect day:

It would be a hot summers day in London. I would begin the day with a yoga class in the park, taught by my talented friend. I would then visit the local market and find a post-yoga treat! Following this, I would have an alfresco lunch with my family and play card games together in the sun. In the evening my closest friends and I would go out for an Italian dinner. We would drink cocktails and then dance!



Thank you for reading!