

# Young People Newsletter

## Topics Covered

### In this Newsletter

#### Opportunities:

- Shout Out
- Youth Panel: Taster Session
- Transition: Top Tips for Young People by Young People
- 'NOTHING ABOUT US, WITHOUT US'
- East Summer School
- Film Project
- Feel Good Fashion

#### Ongoing Opportunities:

- Youth Panel Sign Up
- Your Time
- Bounce Back Online
- Newham Stories
- Boxing
- Walking Group with Active Newham
- Pan Disability Football
- Girls Football
- Youth Football
- RDLAC
- Start your own Business
- Empower Youth

You've  
GOT  
this!



# In this newsletter...

We bring to you a variety of opportunities within the London Borough of Newham.

These may vary between ongoing opportunities that take place on the same day/time to one-off opportunities or workshops you can take part in.

Continue reading to see a list of ongoing opportunities to one-off workshops, activities and even tips/ tools to support you.

# SHOUT OUT TO...

**Laiba who was on the board and part of the planning team at the event "Integration, Diversity & Equity: Children & Young Peoples' Vision for Mental Health & Emotional Wellbeing"**

**It would be great to see more young people in Newham taking part and getting involved. If you'd like to join the board and be part of the planning, please speak with Sarah Reeves to find out more: [sarah.reeves@newham.gov.uk](mailto:sarah.reeves@newham.gov.uk)**



# Come and join us for our first ever Youth Panel Taster session!

Friday 30th July 2021

3:00 - 5:00 pm



All 10 - 16 year olds living or studying in Newham

The HeadStart Youth Panel is designed to give young people aged 10 - 16 years old the opportunity to have their voices heard on a fortnightly basis.

We cover a variety of topics with our underlying theme being mental health and well-being. You can get involved in lots of exciting opportunities such as the creation of our young people podcast.

**We have created our 'Youth Panel Taster Session' to give you an opportunity to meet some of the current youth panel members, meet other new members and see some of the amazing work HeadStart youth panel does!**

If you would like to attend our taster session, please book by completing the HeadStart referral form here:

<https://www.headstartnewham.co.uk/get-involved/sign-up-to-headstart/>

You will also need to complete a consent form before attending.

# Are you transitioning from Primary to Secondary?

## TOP TIPS FOR SCHOOL TRANSITION

From HeadStart Youth Panel

**HEAD  
START**  
NEWHAM

**Know the route to your school, you don't want to get lost on your first day**

**Look at the pro's and con's and think about how you can overcome any challenges**

**Try your best to do your homework as early as possible to allow you time to ask for help if needed**

**Promise to reward yourself when you have been through it**

**Make sure your school bag is packed with everything you need**

**Don't be afraid to ask for help or talk to someone you trust**

**Spend time doing things you enjoy instead of overthinking things**

**Talk to your classmates as it will help you to make new friends**

# Calling all young East Londoners aged 12-17!

East Summer School is BACK for in-person delivery 26 July – 6 Aug 2021!  
Check out the FREE programme featuring world-leading organisations at  
<https://bit.ly/3w71LiB>

Spread the word coz summer school is back for realness #eastsummerschool



Brought to you by  
**Queen Elizabeth  
Olympic Park**

# EAST SUMMER SCHOOL 2021



# FOCUS: FILM PROJECT

10-16 YRS

IN PERSON  
@ STRATFORD YOUTH ZONE

ROSETTA  
ARTS

HEAD  
START  
NEWHAM

STARTS MON 9 - FRI 13 AUGUST, 10-4PM

CONTACT Cassandra on 07866153094 or  
email [cassandra.delisser@newham.gov.uk](mailto:cassandra.delisser@newham.gov.uk)

OR DM us @stratfordyouthzone1bn

YOU  
TH  
EMPOWERMENT

# PRACTICAL: FEEL GOOD FASHION

10-16 YRS

IN PERSON  
@ STRATFORD YOUTH ZONE

ROSETTA  
ARTS

HEAD  
START  
NEWHAM

STARTS MON 2 - FRI 6 AUGUST, 10-4PM

CONTACT Cassandra on 07866153094 or  
email [cassandra.delisser@newham.gov.uk](mailto:cassandra.delisser@newham.gov.uk)

OR DM us @stratfordyouthzone1bn

YOU  
TH  
EMPOWERMENT

# 'NOTHING ABOUT US, WITHOUT US'

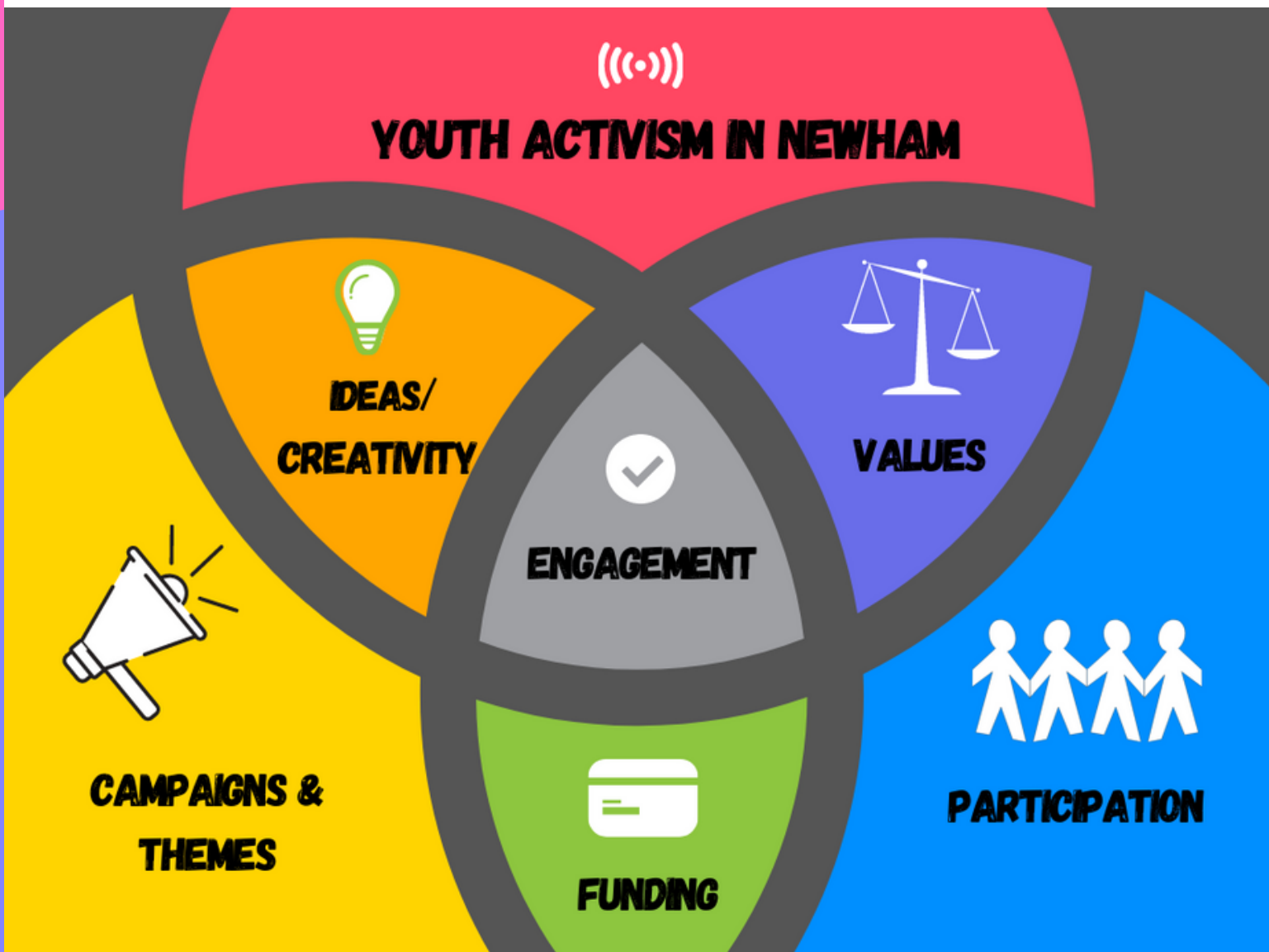
## Youth activism in Newham blog

The first output from the 'NOTHING ABOUT US, WITHOUT US' – coproduction approach to research project exploring whether being involved in activism has the potential to improve youth mental health has been published.

We are working alongside co-research teams in Blackpool, Cornwall and Brighton and our role was to observe present day youth activism in the London Borough of Newham and to report on what it looks like, who is involved, and capture accounts of its impacts.

If you are interested, check the blog which is the first of two, and is a reflective account on working together on this project during a global health pandemic.

<https://www.boingboing.org.uk/youth-activism-newham/>







# Youth Panel and Signing Up

HeadStart Youth Panel meet every two weeks on an early Friday evening.

We meet and discuss:

Provide input to make HeadStart the best it can be for young people

Matters that impact young people

Produce podcasts as well as write blog posts to make an impact on our young people and their confidence

Organise events for the wellbeing of young people

We also work with other organisations that support young people's wellbeing in our community. For example: Public Health about Test and Trace to help other understand and get on. National Research Project: Civic Activism as a Mental Health Intervention, Kooth, Our Time, Youth Empowerment Service, CGL (Change, Grow, Live) and many others.

To join the HeadStart Youth Panel, please visit our website and complete the sign up form. One of our team members will then be in contact to provide you all the meeting details for the next session.

Sign up here today: [www.headstartnewham.co.uk/get-involved/sign-up-to-headstart/](http://www.headstartnewham.co.uk/get-involved/sign-up-to-headstart/)





# YOUR TIME

**MENTAL HEALTH AND WELLBEING SUPPORT FOR YOUNG PEOPLE**

HeadStart Newham work to deliver Your Time for young people who are being adversely affected by the uncertainty the coronavirus pandemic brings to their daily lives.

Your Time support offers young people a safe space to connect with one of our experienced youth workers.

If you are a young person who may benefit from Your Time and are aged 10 -18 (up to 25 for young people with SEND) live in or attend a Newham school you can contact us by:

Phone: 020 3373 9983 (select option 4 – HeadStart)

Email: [your.time@newham.gov.uk](mailto:your.time@newham.gov.uk)

Online referral: [https://newham-self.achieveservice.com/service/COVID19\\_Youth\\_Befriending\\_Referrals](https://newham-self.achieveservice.com/service/COVID19_Youth_Befriending_Referrals)

Your Time offers 8 weekly sessions on the phone or text with our experienced team.

# Bounce Back Online

Looking for ideas, inspiration and motivation? You'll find lots of useful tips and tricks to help you build resilience and achieve your goals.



We all face challenges at times. Sometimes they can be difficult to deal with and get on top of us. By building our resilience we can bounce back from difficulties and feel ourselves again. But it takes planning, practice and learning.

That's what BounceBack Online is all about. It's a fun, online programme designed to help you think about the challenges you face and to find ways to deal with them.

Visit [BounceBack Online](#) and start bouncing today!

# Newham Stories

Are you a young person from Newham, interested in mental health and wellbeing? Are there stories that you'd like to tell? Would you like to work with a national digital mental health company, and learn multimedia and digital production skills?

**If yes, then Newham Stories is a great opportunity for you!**

We'll be working with a group of young people to create digital media, sharing stories about mental health in Newham.

What we create is up to you! It could be a podcast, an animation, a short film, or something we haven't even thought of yet!



## When?

this project is currently on hold, but please email us to register your interest

## Where?

The first few meetings will be over Zoom, with a view to meeting up irl as the project goes on.

## How much?

Free!

## What will I get out of it?

As well as an opportunity to meet other young minded young people, and have fun creating digital media, you'll get some training around mental health and wellbeing to put on your CVs, and will have your work featured on Kooth's social media platforms!

**kooth**

**HEAD  
START**  
NEWHAM

If you're interested, please contact  
[headstart.programmeteam@newham.gov.uk](mailto:headstart.programmeteam@newham.gov.uk)



# Boxing

Tuesday 4:30 - 5:30



MBox, Railway Archers, 438 Cranmer Road  
Forest Gate, E7 0JN

ActiveNewham is working in partnership with Mbox London to deliver FREE Boxing sessions for young people 14 - 19yrs old.

Sign up today - [craig.hughes@activeNewham.org.uk](mailto:craig.hughes@activeNewham.org.uk) or 07741293510

**Mbox London - [www.Mboxing.co.uk](http://www.Mboxing.co.uk)**



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ActiveNewham

Newham London

LONDON  
SPORT

active  
newham



# SOUTH NEWHAM WALKING GROUP

**Day: Monday Time: 5:00pm**

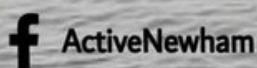
**Weekly walks exploring Custom House, Plaistow, Royal Docks & Canning Town**

**\*You Must book to Join the Walking Group\***

**Meeting Point: Shipman Youth Centre,  
340 Prince Regent Lane,  
Canning Town, E16 3JH**

**To register: Email [Craig.hughes@activeNewham.org.uk](mailto:Craig.hughes@activeNewham.org.uk) or  
call 07741 293510 for a sign up form**

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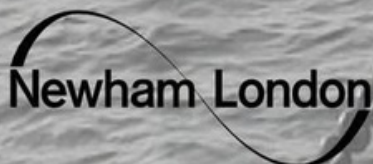
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newham

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**LONDON MARATHON**  
CHARITABLE TRUST



# LITTLE ILFORD WALK

Every  
**Day: Sunday**

Meet at  
**Time: 11:00**

**Starts Sunday 9<sup>th</sup> May**

**\*You Must book to Join the Walking Group\***

**Meeting Point: Little Ilford Learning Zone,  
Rectory Road, London, E12 6JB**

**To register: Email [Craig.hughes@activeNewham.org.uk](mailto:Craig.hughes@activeNewham.org.uk) or  
call 07741 293510 for a sign up form**



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CHARITABLE TRUST**

Saturdays 10-11am  
(fortnightly)

FREE

Newham Leisure  
centre  
281 Prince Regents  
Lane E13

to book:

[Sports@activenewham.org.uk](mailto:sports@activenewham.org.uk)

07741293506

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# Pan-Disability Football session age 16+

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Starts 5th June 2021



active



Forest Gate School, London E7 9BB

**Fridays 6–7pm  
Starts 21st May**



# GIRLS FOOTBALL SESSION

**13-16 year olds  
Years 9, 10 & 11**

**Pay what you can afford**  
No one turned away for lack of funds

**All abilities welcome**

**email [youngtons@claptoncfc.co.uk](mailto:youngtons@claptoncfc.co.uk) to register**

**Run by women + non-binary FA qualified coaches and volunteers**

# Youth Football

With Lymore Gardens Football Club

Thursdays

3:30 - 5:00

Shipman Youth Centre  
340 Prince Regent Lane,  
Canning Town, London  
E16 3JH



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ActiveNewham



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newham





# FREE ART & CRAFTS

TUESDAYS 4.30pm- 5.30pm  
CHILDREN AGED 4-12

CALL 020 7476 1666 TO BOOK  
ADMIN@RD LAC.ORG.UK

# SIGN

# UP



# FREE SPORTS SESSIONS MONDAYS 4.30pm- 5.30pm

CHILDREN AGED 4-12  
CALL 020 7476 1666 TO BOOK  
ADMIN@RD LAC.ORG.UK



# FREE CHILDREN'S GARDENING SESSION

WEDNESDAY 4.30pm- 5.30pm  
CHILDREN AGED 4-12

CALL 020 7476 1666 TO BOOK  
ADMIN@RD LAC.ORG.UK

# TODAY



Inclusiveness, Equality, Respect & Empowerment

## Want to start your own business?

Access a **£1,000 start-up grant** & business learning programme starting July 2021!

**18-30**, from **East London** & have an idea to change your community for the better?  
We want to hear from you!

*We value passion, drive and determination!  
No qualifications needed!*

### What's Involved?

- Expert 1:1 support
- 25 virtual & in person business learning workshops
- Corporate & specialised mentors
- £1,000 start up grant
- Peer-group sessions & teambuilding
- Help to pilot your idea & raise investment

Interested? Head over to our website  
[www.socialark.co.uk](http://www.socialark.co.uk) to apply!

