

Supporting Teenagers During the Pandemic

Newham
Together

The best place
for Children and
Young People



The Year of the Child and Young Person

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Youth Empowerment - Digital Youth Zones

A screenshot of a Padlet board titled "Youth Empowerment Weekly Programme" for the week beginning 18th January 2021. The board is organized into four columns, each representing a different Youth Zone: Beckton Youth Zone, Forest Gate Youth Zone, and Little Ilford Youth Zone. Each column contains a "Contact" section with phone numbers and Instagram links, and a "Registration" section with a link to sign up. A fifth column, "Zones info", provides general information about the Youth Zones and digital sessions. The board is displayed on a desktop screen with a Windows taskbar visible at the bottom.

padlet SIGN UP LOG IN

YOU TH Youth Empowerment Service - LBN + 8 • 3d
Youth Empowerment Weekly Programme
Week beginning 18th January 2021

Zones info	Beckton Youth Zone	Forest Gate Youth Zone	Little Ilford Youth Zone
<p>Our Youth Zones are open during lockdown to provide youth support sessions, 1 to 1 support and outreach as well as our digital sessions!</p> <p>While there are limits on the number of young people we can work with at each session, there is still plenty of opportunity to come together online in our new Digital sessions, and other small group support sessions at a variety of places in Newham.</p>	<p>Contact</p> <p>To speak with one of the team at Beckton Globe Youth Zone you can call them on:</p> <ul style="list-style-type: none">• 07563 546 726 <p>You can also follow their Instagram here</p>	<p>Contact</p> <p>To speak with one of the team at Forest Gate Youth Zone you can call them on:</p> <ul style="list-style-type: none">• 07999 601 878 <p>You can also follow their Instagram here</p>	<p>Contact</p> <p>To speak with one of the team at Little Ilford Youth Zone you can call them on:</p> <ul style="list-style-type: none">• 07563 546 725 <p>You can also follow their Instagram here</p>
	<p>Registration</p> <p>Click here to sign up and register online with Beckton Youth Zone.</p>	<p>Registration</p> <p>Click here to sign up and register online with Forest Gate Youth Zone.</p>	<p>Registration</p> <p>Click here to sign up and register online with Little Ilford Youth Zone.</p>

<https://padlet.com/YESLBN/YESProgramme>

Connecting with others



The Mix

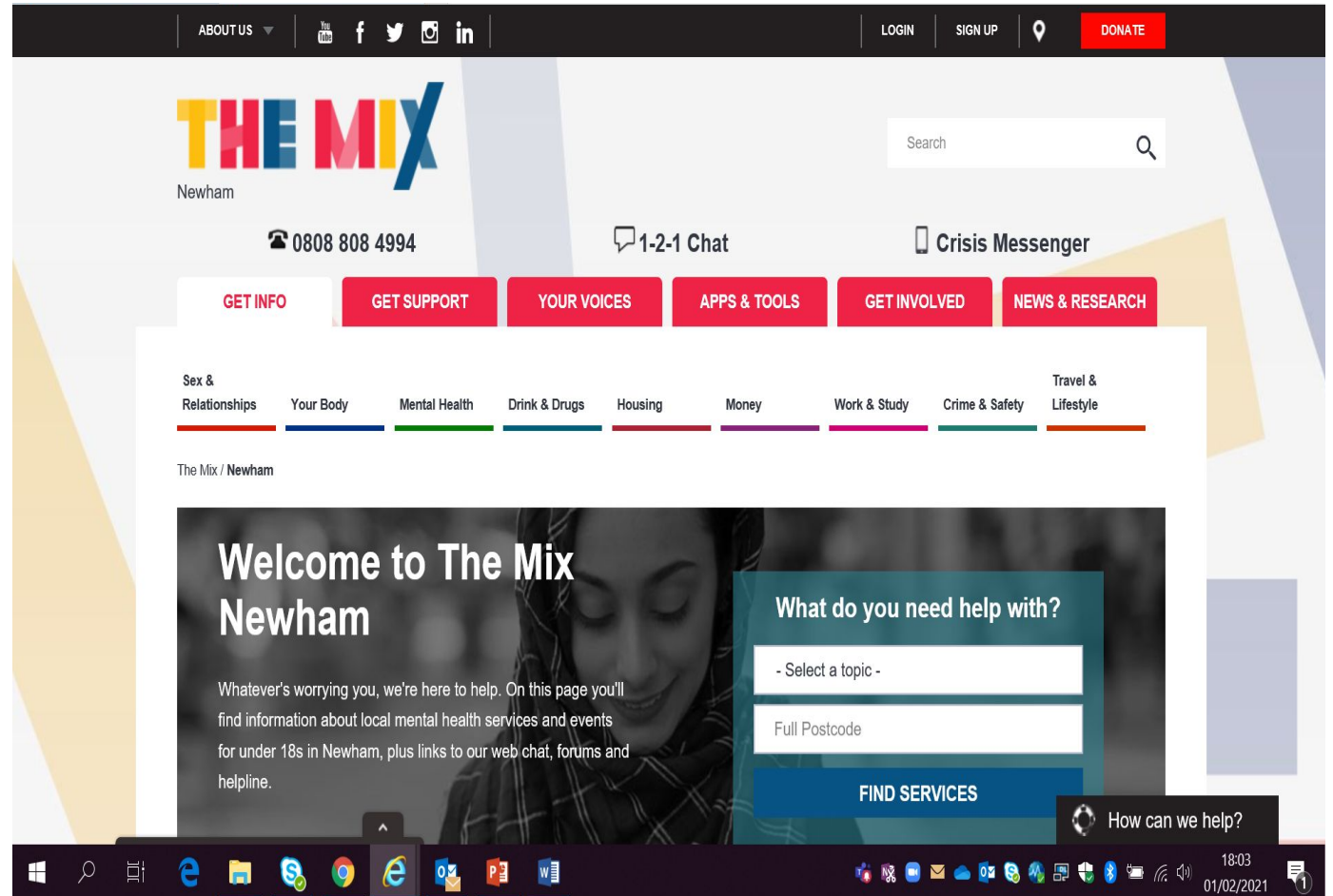
<https://www.themix.org.uk/>

Information and advice for young people

Support Links

Information on a range of topics

Opportunities for young people to get involved



Connecting with others - Headstart



Headstart Newham

www.headstartnewham.co.uk

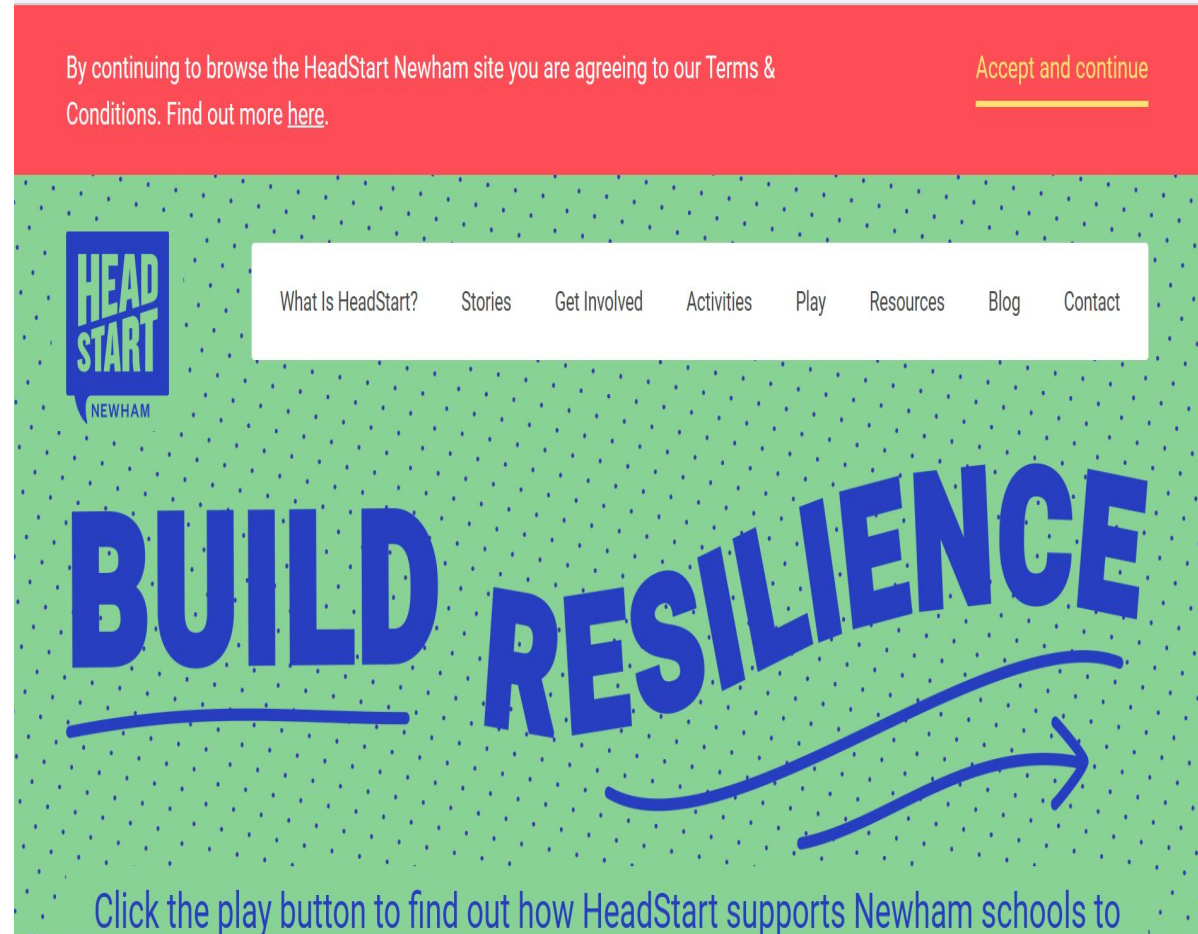
<https://www.headstartnewham.co.uk/homepage/covid-19/>

Activities

Events

Resources and much more....

<https://www.youtube.com/watch?v=eAV-db8TJVA&feature=youtu.be>



Peer Led Parenting: Support For Parents By Parents



1. **Coffee and Chat**; monthly informal space for parents to come together share experiences, tips and strategies.
2. **Workshops** for parents led by parents exploring topics like:
 - The Teenage Brain
 - Mental Health and Wellbeing
 - Boundaries and Negotiation
 - Staying Safe and getting the most from the online world
3. **Being a Parent groups**, an opportunity to share your parenting skills and build on your own tools and strategies.
4. **Peer befriending** an opportunity to work through the stresses and pressures you are experiencing as a parent.

<https://www.headstartnewham.co.uk/parents/>
E:HeadStart.ProgrammeTeam@newham.gov.uk

WE ARE NEWHAM.

"It is the only job that we don't get training for and it is the most important"

Kooth

Kooth overview: <https://vimeo.com/318731977/a9f32c87de>

Kooth's new Don't Do it Alone
campaign: <https://www.youtube.com/watch?v=PEShtD0vTzc&feature=youtu.be>





Kooth is an online **mental wellbeing** community for young people

Here are some of the features young people can access on Kooth:



Magazine

The Kooth magazine shares personal experiences and tips from young people and our Kooth team



Discussion Boards

Young people can start or join a conversation with our friendly Kooth community, with lots of topics to choose from



Chat

Young people can chat with our helpful team about anything that's on their mind



Daily Journal

Young people can view their daily journal to track feelings or emotions and reflect on how they're doing

For ages: **10-16**



Sign up for free at **Kooth.com**

Connecting with others (Your Time)



Children's Befriending Offer – 10-16 year olds

Your Time offers young people a safe space to connect with one of our experienced team to help them:

- Understand their thoughts and feelings
- Find ways that help them feel in control in the aspects of life where they are in control
- Connect them with community activities
- If you know a young person who may benefit from Your Time and they 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) or Email: your.time@newham.gov.uk
- Online referral: https://newham-self.achieveservice.com/service/COVID19_Youth_Befriending_Referrals

Connecting with others (Chat Health)

ChatHealth

<https://www.healthforteens.co.uk/health/about-chathealth/>

ChatHealth is a confidential text messaging service that enables children and young people (aged 11-19) to contact their local public health nursing (school nursing) team.



Connecting with others (Chat Health)

11 - 19
YEARS
OLD?

Send a message to

07507 326 645

and chat with a
school nurse

NHS

 Chat Health

Find @NwhmSchHealth at chathealth.nhs.uk

Relationship and Sexual Health Support



Shine – Sexual Health Services for Under 25s

Shine provides safe, friendly, free and confidential sexual health services in Newham for young people aged 22 and under.

The service provides:

- Further information about sex and relationships
- Advice and information about pregnancy
- Advice if you've had unprotected sex
- Information about contraception such as the pill

<http://shine.bartshealth.nhs.uk/>

Young Carers

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What is a Young carer ?

- **You're a young carer if you're under 18** and help to look after a relative with a disability, illness, mental health condition, or drug or alcohol problem.
- **You're a young carer, if you probably look after** one of your parents or **care** for a brother or sister.
- You may do extra jobs in and around the home, such as cooking, cleaning or helping someone get dressed and move around.
- **You may also give** a lot of physical **help** to a brother or sister who's disabled or ill.
- Along with doing things to help your brother or sister, **you may be giving them and your parents emotional support**, too.

How can we help ?

Be part of the young carers youth panel to bring change

Be someone who you can talk to ?

Help find your personal space ?

Help build a space for young people

help you deal with everyday challenges ?

Help change Newham by having your say !

YOUTH

ZONE

Newham London

Support for Young Carers



Carers FIRST provides an Integrated Carers Support Service, this means they offer support to all Carers from the age of 5 and upwards. Any Carers who would like support can refer themselves, or they may be referred by a school or professional who knows the family with their permission.

The service can help with:

- tailored information, advice and guidance, including specialist support for Young Carers aged 5-18;
- the opportunity to talk in detail about your caring role and co-produce a plan to support you, linking into other local services;
- help you access and prepare for a carer's assessment;
- support with conversations with people and services including GPs, social care and hospitals;
- practical training to help you with your caring role;
- supporting families to maximise household income by providing information about welfare benefits and financial support;
- opportunities to access groups, activities and our Carers on-line forum so you can meet and chat to others in a similar situation to yourself;

Telephone – 0300 303 1555

e: info@carersfirst.org.uk

w: www.carersfirst.org.uk



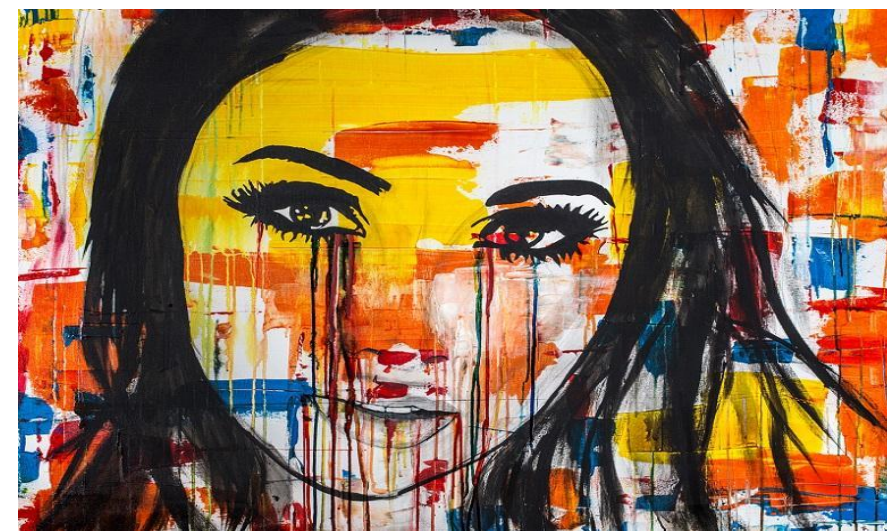
Young carers awareness day 2021



**Pick your OWN theme ,
your COLOURS ,
Show your SKILLS
To have the chance to
show your work
displayed in the
Borough of NEWHAM .**



**Create your own art
piece chance to win
an amazing prizes**



Support with Drugs and Alcohol Use



CGL – Change, Grow and Live

A free drug and alcohol service for young people.

If you're worried about your drug or alcohol use, we're here for you. We can provide advice, support, one-to-one key work, harm minimisation and more. We'll meet you at a location that's convenient for you - which might be school or a coffee shop. We are also available on the phone, via email, Facebook and Twitter.

Call 0800 652 3879 or email Newham.referrals@cgl.org.uk

Open Monday - Friday: 09:00 - 18:00.

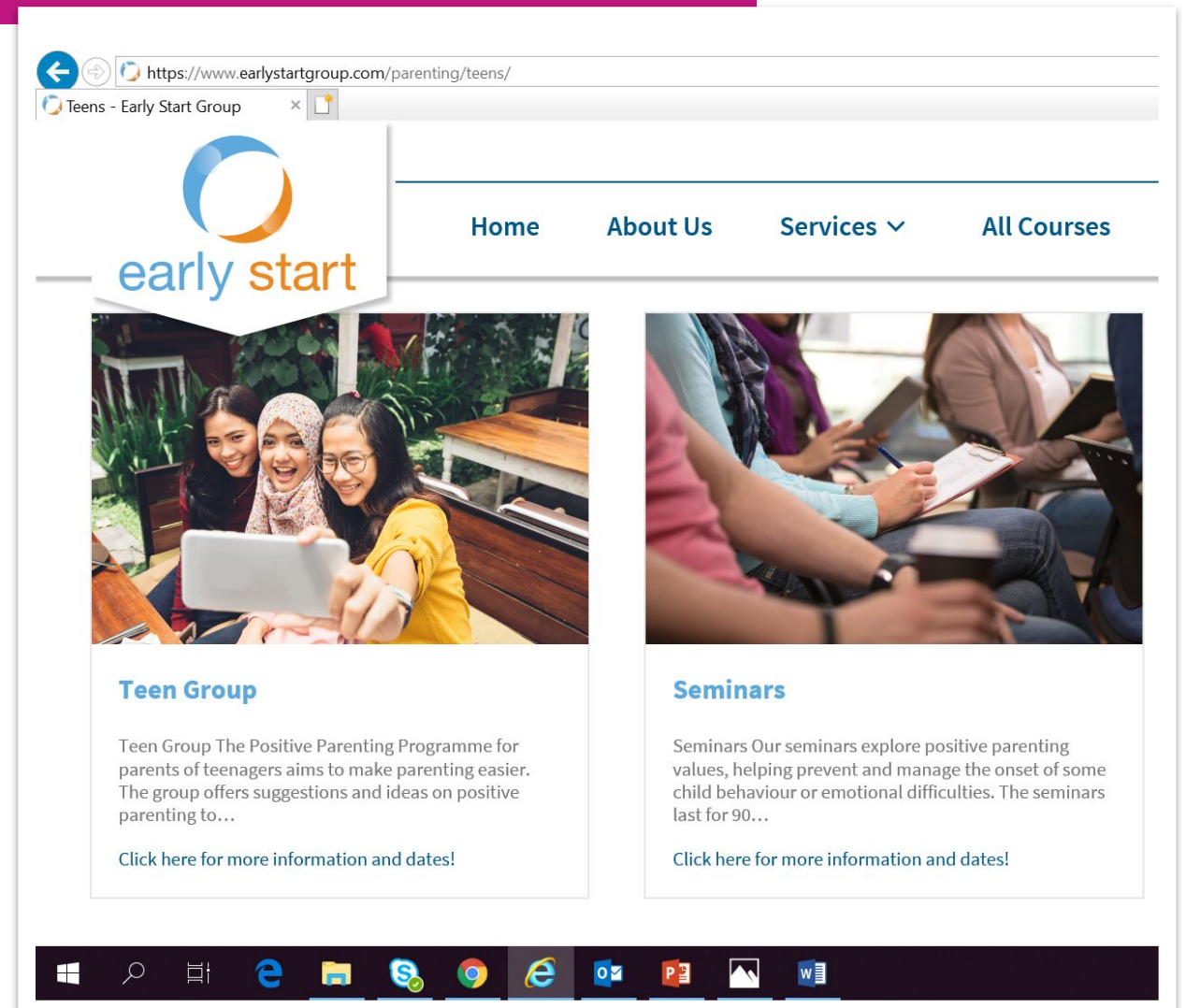
Open access Monday - Friday 10:00 - 11:00. You can just turn up during this time, you don't need an appointment.

Support with Parenting

Triple P Parenting Courses

☐ Teen Triple P

To register, go to
<https://www.earlystartgroup.com/parenting/>



Support with Parenting



Newham CAMHS Workshops

<https://www.elft.nhs.uk/service/48/Child-and-Family-Consultation-Service>

Newham CAMHS offers therapeutic workshops for young people and parents/carers who live in Newham and would like advice and support to improve their mental health and wellbeing. If you have any questions about the workshops you can contact us on 020 8430 9000.

DUE TO COVID-19, WE ARE NOW OFFERING OUR WORKSHOPS ONLINE INSTEAD OF FACE-TO-FACE. PLEASE SIGN-UP FOR WORKSHOPS AS USUAL, AND WE WILL SEND YOU A LINK TO ACCESS THE WORKSHOPS ONLINE.



Wed, 10 Mar 2021 15:30 GMT

Managing Arguments and Conflict with Teens



Wed, 10 Mar 2021 16:00 GMT

Sibling Space (12-18 years old) - Part 2



Wed, 17 Mar 2021 15:30 GMT

Managing Behaviours that Challenge: Part 1



Wed, 24 Mar 2021 15:30 GMT

Bullying

Newham CAMHS Workshops

<https://www.eventbrite.co.uk/o/newham-camhs-workshops-23209370238>

SEND



SEND services in Newham offer support to parents, children and young people, you can find out more on the Local Offer Page using the link below:

<https://families.newham.gov.uk/kb5/newham/directory/localoffer.page?localofferchannel=2>

We also would encourage families to attend our workshop below which will be specific to SEND families and young people and where we will go into more depth about the support available for children and young people with additional needs.

**Support for children and young people
with additional needs**

Thursday 25th February 2021, 4-5pm

Upcoming Parent Workshops.....



Workshops	Date/Times
Supporting teenagers during the Coronavirus pandemic	Thursday 4 th February 2021, 4-5pm
Supporting children during the Coronavirus pandemic	Thursday 11 th February 2021, 4-5pm
Taking care of yourself during the Coronavirus pandemic	Thursday 18 th February 2021, 4-5pm
Support for children and young people with additional needs	Thursday 25 th February 2021, 4-5pm
Immigration support for families	Thursday 4 th March 2021, 4-5pm
How to protect your children online	Thursday 11 th March 2021, 4-5pm
Keeping children and young people safe in their community	Thursday 18 th March 2021, 4-5pm