

Young People Newsletter

Topics Covered

Sparkly Moment:

Keyan along with 7 other young people 'grill' the Mayor of Newham in a friendly and non-formal zoom interview

Who are Youth Panel and What we do Opportunities:

Podcast with London Transport Museum
Open Workshop with Kooth
8 week workshop with Youth Zones

Take Part:

Children's Mental Health Week 2021

Youth Panel Meetings:

Update from last meeting
Next Meeting Agenda

**You are
Enough**

Sparkly Moment

Keyan, was amongst 7 other young people who took part in 'grilling' with Mayor of Newham, in what was a very candid and friendly zoom interview - with no formalities.

In fact, by the third question, many of the young interviewers were referring to Newham's Mayor as 'Rokhs', and by the end of the session, Rokhs and the young people were planning a Social Action project to support women, the group had been invited to meet with Cabinet Members and Council Officers to discuss the Newham Sports Strategy, and the Mayor had agreed to join some of the group, in a game of basketball, once lockdown lifts!

Here is one questions out of many that were asked to the Mayor of Newham, along with her response.

Question: What hopes do you have for the Year of Young People 2021.



Mayor's response: Do you know the biggest hope I have is that we can change the narrative about our young people and how they are perceived and bring them to the surface. I'd like for the voices of young people to really become amplified and prominent and for people to really get that building a Newham that will enable our young people to reach and achieve their best, is everyone's business – instead of turning a blind eye or shrugging their shoulders and saying 'I'm not interested or its not my business'. That's my hope.

To share your sparkly moment, please feed these back to Sarah Reeves so more sparkle can be scattered around :)

How does the youth panel co-operate and how it can help you!



want to create change
 very fun and calm
 impact hope easy
 entertaining positive
 exploring educational youthful
 mind blowing ideas
 inquisitive lively
 independent
 our voice isn't small
 informative
 professional

The work that we do

We meet every 2 weeks

Discuss matters that impact young people

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

Make podcasts as well as blogging to create an impact on our young people with their confidence

Organise events for the well being of young people

SIGN UP



The work that we do

We work with other organisations that support young people's wellbeing in our community

For Example:

Public Health about Test and Trace to help others understand and get on board



**National Research Project:
Civic Activism as a Mental
Health Intervention**



Opportunities



START PODCASTING

If you are aged 16-25 and live in the borough of Newham we would like to hear from you.

Join a team of young people and creatives to make a podcast episode exploring how Crossrail is changing the place you live.

This free creative project will bring young people together to share your views on what makes your area yours, how you see it changing, and how these changes might be affecting you and your communities. You will work with artists and creatives to gain skills in radio hosting, interviewing and production.

This project will also support you to complete a Bronze Arts Award and includes information and guidance on creative careers led by young people from London Transport Museum.

EVERY MONDAY 4-5.30PM

THE YOUNG PEOPLE SPEAK NEWHAM

ONLINE
POP-UP TALK SHOW
POLITICAL PIZZA-MAKING
YOUTH VOICE SESSIONS
AND MORE

YOU TH
EMPOWERMENT



Live or study in Newham? Are you aged 10-25? Become a Young Health Champion (YHC)

We're looking for young people who want to make a difference by working together across Newham. You will be supporting your peers and communities around the health challenges that we all face, especially during COVID-19.

HOW DOES IT WORK?

1. Sign up to be a YHC.
2. Receive up to date information from the council about COVID-19 and other health matters.
3. Share this information with your friends, families and communities.
4. Join regular workshops and Q&A sessions with health experts and share your thoughts and experiences.
5. Find out about training opportunities

WORKSHOPS

Regular workshops hosted by the council will be held every two weeks on Thursdays, 5-6pm.

TO REGISTER

Register to find out more about becoming a Young Health Champion at:
younghealthchampion@newham.gov.uk

People at the Heart
of Everything We Do

To find out more and how to get involved, please speak
with Sarah Reeves at HeadStart

Opportunities

Are you aged 16-19 and live or study in Newham?

Join Newham Youth Zones peer champions taskforce and get involved in shaping the boroughs agenda on tackling fake news!

The 8 weekly interactive workshops will start with an introductory session on Wednesday, 3rd February from 5-6pm.

The workshops will cover a range of topics from social media, covid-19 myths, hate crime and many more.

AGED 16-19 AND LIVE OR STUDY IN NEWHAM?

HAS YOUR MENTAL HEALTH EVER BEEN AFFECTED BY SOCIAL MEDIA?

ARE YOU TIRED OF FAKE NEWS AND CLICKBAIT CONTENT?

YES?

JOIN OUR PEER CHAMPIONS TASKFORCE (PCT) AND GET INVOLVED IN SHAPING THE BOROUGH'S AGENDA ON TACKLING FAKE NEWS TODAY!

FOR MORE INFORMATION, EMAIL PCT@NEWHAM.GOV.UK

Newham London **YOUTH** ZONES

To find out more and/or to sign up, please email: pct@newham.gov.uk



**NEWHAM
LGBT+
HISTORY
MONTH**

Throughout the month of February Newham will be running various activities/ workshops to celebrate LGBT+ History Month.

To find out more about their activities and how to get involved, head over to www.newhamlgbthistory.org

Opportunities

Interested in having your voice heard on young people's wellbeing?

Ever since HeadStart was launched nationally, Information and feedback has been gathered across all of the HeadStart areas, to shape and evaluate what we do. We'd love to learn what you think of these research findings.

We'd like to invite you to a one-off workshop, bringing together young people from across the UK.

Thursday 11th of February, 4.30-6.30pm on Zoom.
(Limited spaces available)

This workshop is an opportunity to:

1. Shape the way a Headstart National Youth group will run.
2. Help design a national conference

There will also be ways to get more involved, if you choose to.

Please contact Sarah.Reeves@newham.gov.uk, if you have any access requirements or questions about the event.

Register for it here:

<https://annafreud.zoom.us/meeting/register/tJcrd-CvrjsrG9GTDWksmRIYGs8QT4dCjauO>





Children's Mental Health Week 2021

With the current pandemic, many are finding the new lockdown difficult for various reasons. We have taken on board conversations where you highlighted the most hardest part was not being able to connect with other young people through activities, workshops etc.

So we have planned 3 exciting activities for all young people aged 9-16 to come together as we raise awareness for Children's Mental Health Week.

To find out about our activities and how to sign up, visit the HeadStart website here: <https://www.headstartnewham.co.uk/young-people/>

Youth Panel Meetings

Summary of last meeting

Group discussion held around how you are feeling about accessing everything online at the moment?

Collectively, you are missing the chance to connect with friends during classes as this isn't built in to zoom lessons. Many feel overwhelmed with the workload being provided and having to have cameras on during lessons.

Conversations were had over preparations for Children's Mental Health Week and workshops being held.

Task

Send in a 15s clip of how you look after your mental health

Next Session

5.02.2021

BAME Youth Voice
Media & Comms
Community MH Action Project
Games