

January 2024

2024

# ALL FOR YOUTH



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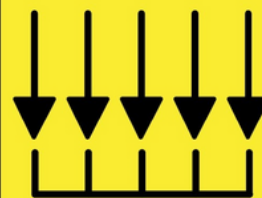
This month you can find out about:

- Youth Council Elections
- Travel Training Stories!
- Sense Saturdays at Step Change Studio
- Siblings Group
- Kooth



Happy New Year

Send in your photos, pictures and thoughts to Afsara by email at [afsara.tasnim@rbkc.gov.uk](mailto:afsara.tasnim@rbkc.gov.uk)



All

for



Youth

## Westminster Youth Council Elections

Westminster Youth Council is a group of young people aged 11–25 led by members of UK Youth Parliament. Their job is to listen to young people and share what is important to them with people in the Council. This helps the Council make decisions and create a community which is good for everyone to live.

### Westminster Youth Elections 2024!

Calling ALL young people who live, work or study in Westminster.

Are you interested in becoming the next youth member for Westminster Council?

This year our Election Finale will be held on Monday the 18th of March 2024 at Marylebone Town Hall, London.

To find out more about how you can apply, follow the QR code below.



You will need parental consent, please contact Shofa Miah if you would like support joining or have any questions.

[smiah@westminster.gov.uk](mailto:smiah@westminster.gov.uk) 07984017263



## Travel Care and Support Service

Independent Travel Training can make a difference to the lives of young people with special educational needs and/or disabilities as it gives them the confidence to be able to use public transport .

### **Student: Sammy**

**Sammy says his confidence has vastly improved since taking this course. Sammy's favourite parts about the course were the patience and reassurance he was given. He would definitely recommend this course to a family member or friend, it's easily accessible for everyone.**

### **Student: X**

**X, has been doing well traveling independently. Mum says, X, was happy about how I trained him and the family appreciated it. Presently, he's been enjoying traveling on his own and mum says, 'Thank you for that and to your department'.**



Independent Travel Training can help young people learn how to use buses or trains safely to get to school or college independently. If you're interested to get support like Sammy, visit the SEND Local Offer website:

RBKC Local Offer for Royal Borough of Kensington and Chelsea  
WCC Local Offer for Westminster City Council

## SENSE SATURDAYS AT STEP CHANGE STUDIO

Step Change Studios is a dance company making dance accessible for all ages and abilities. They provide classes in the community and produce professional dance performances.

**Free 45-minute Zoom 'Exercise through Dance' for disabled people.** Start the weekend with our Zoom dance sessions every Saturday at 11am. Have fun while getting active, learning new routines from Contemporary dance to Hip-Hop. Classes are suitable for all abilities and can be done seated or standing. Please email to register your place.  
[sense.active@sense.org.uk](mailto:sense.active@sense.org.uk)





# **CALLING ALL SIBLINGS!**

**Are you the brother or sister to a sibling with a disability?**

**Do you want to play fun games with your brother or sister?**

**You can get involved in cooking, watching films, and sports in St Quintin Centre.**

**Follow the QR code to find out how you can register with the Sibling Group.**



**St Quintin  
Centre**



For Disabled Children  
and Young People

## **Siblings Group**

### **Younger & Older Activities**

**Meet at St Quintin, 2A Wallingford Ave. W10 6QB**

Sessions are for children and young people aged 5-17 years in RBKC and WCC who have a sibling with a disability.

# Kooth

'Nathan', aged 12 used Kooth as he described that nobody cared about him. Nathan used Kooth to speak to someone about his feelings and after speaking to the Councillor online 3 times, Nathan felt safe and happier.

If you feel worried and would like someone to speak to about your feelings like Nathan, click on the QR code below.



The image shows a hand holding a smartphone displaying the Kooth app interface. The app's header includes the Kooth logo and navigation tabs for Home, Chat, Articles, Forum, and More. The main content area is titled 'Hey, how do you feel today?' and features a journal entry form with a date selector, an emoji picker, and a text input field. Below the form, there is a 'Submit' button. The background of the app interface is a light blue and yellow wavy pattern.

**kooth**

**Free, safe and anonymous  
mental health support  
whenever you need it.**

-  Chat with our team of friendly practitioners
-  Helpful articles
-  Self-help tools and activities
-  Support from the Kooth community

Visit **kooth.com** to find out more



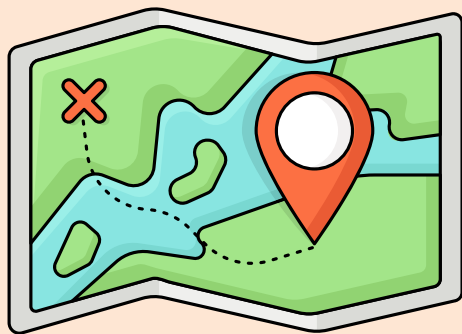


# NEWZ CREW

*Your*  
**VOICE  
MATTERS**

**Please send in your:**

- Stories
- Recipes
- Adventures
- Places to visit
- Artwork



**PLEASE EMAIL IN YOUR SUBMISSIONS  
TO [AFSARA.TASNIM@RBKC.GOV.UK](mailto:AFSARA.TASNIM@RBKC.GOV.UK)**



**News Crew**



THE ROYAL BOROUGH OF  
**KENSINGTON  
AND CHELSEA**



**City of Westminster**