

JANUARY 2023

ALL FOR YOUTH

SHARE YOUR VOICE.



This looks so much fun, Oska and Ibrahim!

This month you can...

Read our New Years resolutions

Learn how to look after your mental health

Find things to do

Find out about Dance Westminster



Send in your photos, pictures and thoughts to Marianna by email marianna.lill@rbkc.gov.uk or phone/text 07967 760095.



THE ROYAL BOROUGH OF
KENSINGTON
AND CHELSEA



City of Westminster

NEW YEAR'S RESOLUTIONS

The start of a new year is a chance to start a new habit or learn a new skill. Some people decide to exercise more or to eat more vegetables. These goals are called New Year's resolutions.

What are your New Year's Resolutions?

"My goal for this year is getting better at digital art and improving on making YouTube videos" - Jamie

"To continue building up my self confidence" - Samir

"I want to hit 1m subscribers by the end of the year" - Alex

"I want to pass my GCSE English this year" - Alex

Did you know...

The first countries in the world to enter 2023 were the small Pacific islands of Tonga, Samoa and Kiribati (part of the country of Kiribati).

If your New Years Resolution is to start a new activity...

Renegade Theatre runs a free children and young people's drama club every Saturday from 10:30am - 12:30am at the Venture Centre.

To sign up contact The Venture Centre at info@venturecentre.org.uk or 0208 960 3234.

Where to go: 103A Wornington Road, North Kensington, W10 5YB

Did you know...

People in Turkey sprinkle salt on their doorstep as soon as the clock strikes midnight on New Year's Day. They believe this will bring them peace and abundance throughout the new year

SIBLINGS GROUPS

Are you aged between 5-17 and have a sibling with Special Needs or Disabilities?

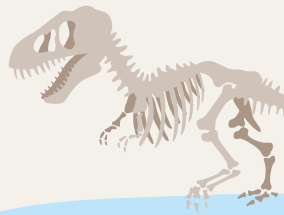
Then join a siblings group and participate in activities such as cooking, drama, boxercise and games, as well as visit local parks and museums.

Siblings groups provide a space for young people to share their experiences of having a sibling with SEND.



For children and young people who live in Kensington and Chelsea, siblings groups take place at St Quintin Centre.

For information & referral forms please email:
caroline.baker@rbkc.gov.uk



For children and young people who live in Westminster, siblings groups take place at Tresham Centre. For more information please contact Fateha at 020 7641 1553 or fbegum@westminster.gov.uk



Share your concerns

A safe space to discuss your worries and anxieties



“It was a place to understand more about my brother. A place of safety, people in the same boat as me, all the same emotions. A place to just say what you feel with no judgement. It was fun.”

LOOKING AFTER YOUR MENTAL



HEALTH

Here are 5 ways that can help you to look after your mental health:

Take Notice:

How to take notice:

- Get a house-plant
- Switch off your phone
- Talk to a friend
- Have a tea-break

Looking after a houseplant reduces stress and improves the air you breathe. They also look really cool!



Connect:

How to connect:

- Meet up with a friend
- Speak to someone you trust when you are upset
- Phone a friend for a chat



Free Children's Cooking classes @ The Venture Centre

Make friends and cook some delicious food every Tuesday from 4:30pm - 6:00pm

To sign up contact:
info@venturecentre.org.uk or
0208 960 3234.

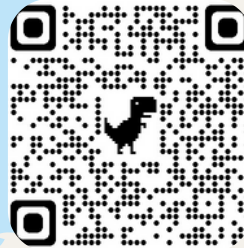
Where to go: IO3A Wornington Road, North Kensington, W10 5YB



Give:

How to give to others:

- **Make a present for a friend**
- **Volunteer your time**
- **Thank someone**



Scan the QR codes to find some volunteering opportunities



volunteer centre
kensington & chelsea



Supported Access

Keep Learning:

How to learn new things:

- **find something out about a friend**
- **research something that you are interested in**
- **Sign up to a course**

Games design club

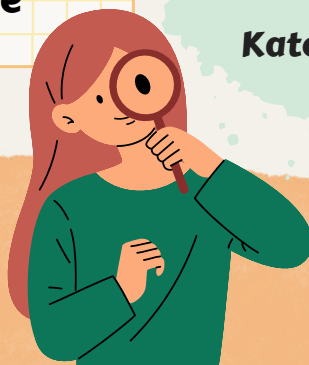
Urban Screen & The Screen Film Community is running a free games design project for 13 - 25 year olds. You can learn games design techniques, use professional software, and create your own game.

When; Fridays from 5:00 - 8:00pm, starting on 27/01/23 (for 6 weeks)

Where to go: The Reed, 28 Covent Garden, W1J 9JH

To take part, please send your name, age, mobile and post code to:

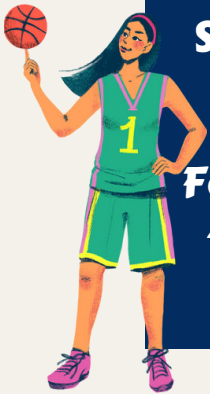
Kate.Herron@TheScreenCommunity.com or phone. 07703 312 296



Be Active:

- **Try yoga**
- **Go for a walk**
- **Follow a workout video online**
- **Stretch in the morning and at night**

Want to play basketball?



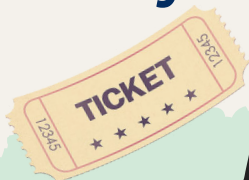
Safe Haven is an inclusive basketball club for young people with SEND aged between 14-25.

For information about session times and prices, scan the QR code or contact Emma at 07813 778 409 or emmacolverd@safehavenbasketball.co.uk



If you are worried about your mental health you can contact Young Minds anytime by texting 'YM' to 85258.

If you are under 19, you can call Childline at 0800 11 11.



Movie

Ciné Lumière are playing a relaxed screening of E.T The Extra Terrestrial.

Cert. U.

Date: Sunday 29th Jan at 1:30pm

Where: Cine Lumiere, 17 Queensberry Place, SW7 2DT.

Visit their [website](#) or scan the QR code for tickets.

Relaxed Screenings are suitable for those with ASD or sensory processing needs and their families.



DANCE WESTMINSTER

Scan to watch the highlights



Dance Westminster is a fun, free, dance competition for anyone with a disability. It aims to encourage disabled people to be more active through dance.

The Grand Final took place at Porchester Hall in November last year.

Students from College Park and QEII school took part.

"I enjoyed watching my friends dance at Porchester Hall and I feel proud of them" - Amine

Amine (Esen's friend)



Esen



Faiq

"I am really excited to be performing" - Faiq

"Dancing makes me feel very happy" - Faiq