

# ALL FOR YOUTH



## Share your voice

### Welcome to the All for Youth newsletter!

This inclusive youth newsletter is a way for you to share your voice with other children and young people across Westminster and Kensington and Chelsea.

Welcome to our December edition. In this issue you will find:

- Spotlight on **Caxton Youth Club**
- **Recipe and top tips** from **Tresham Centre**
- **Meet Ava** from our **News Crew**
- Brand new **poetry corner**
- **Art competition** and **games corner**

We hope you enjoy your Christmas break and we look forward to seeing you again in 2021! 😊

### Picture of the month



"I drew and painted when I had to stay at home because school was closed. This picture reminded me of how I feel sometimes."

By Ted, age 10



## We need your help!

### **Want to have your say while meeting new people and having fun?**

Then join our brand-new group for young people with additional needs or disabilities (SEND). This group will speak about important issues, plan events for young people, check information is accessible and lots more.

### **Are you interested in being a writer for our newsletter?**

We are looking for young writers to contribute to future editions of the newsletter. You could write articles or reviews, submit recipes, artwork and photos or recommend apps, movies or places to go!

Find out more information on both groups by [emailing Marianna](#) or visiting our [Young People's Participation Page](#).

# Spotlight on Caxton Youth Club

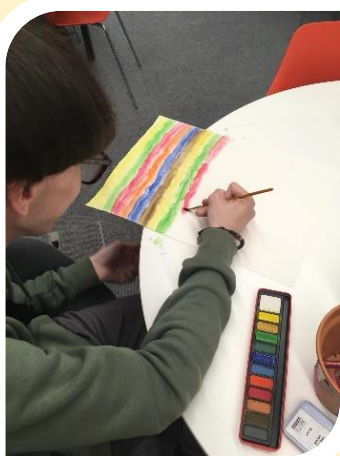
Caxton Youth Club is a safe space in the city, where young people can come to meet their friends and meet new friends.

The club is open for young people up to 25 years with physical and/or learning disabilities who live in Westminster.

It is open Monday, Wednesday and Friday evenings, with different age groups attending on different evenings.

The club aims to offer a fun atmosphere, and the chance to learn new skills. Take a look at their photo gallery below to see what members get up to!

Find more information about Caxton Youth Club including how to join, by [visiting their website](#). The club is running slightly differently due to Covid-19, see their website for more information.



Looking for  
activities to do over  
the Christmas  
break?

Visit the Local Offer  
for [Westminster](#)  
and [RBKC](#)

# Recipe and tips from Tresham Centre

## Banana Smoothie - Cardell's 'Oaty Yummy Goodness' (serves 2)

### Ingredients:

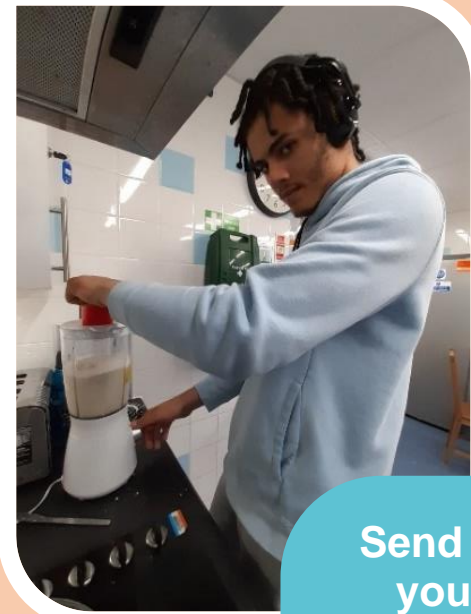
- 2 bananas
- 1 tsp oats
- 150ml milk
- Squeeze of honey
- 4-5 ice cubes

### Equipment:

- Blender
- Cup

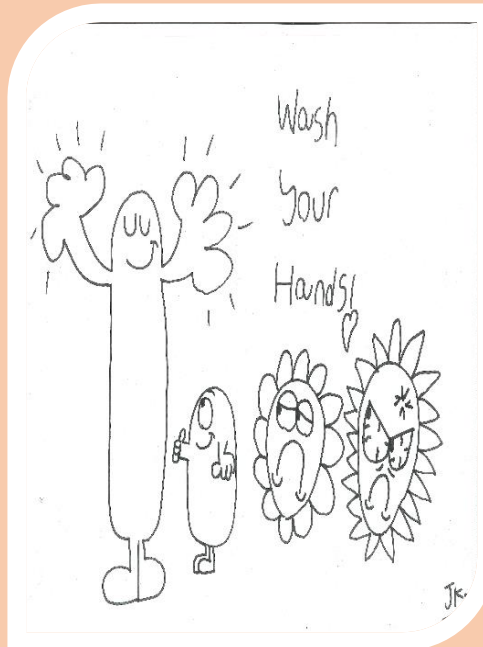
### Instructions:

1. Peel bananas and put them in blender
2. Add oats, honey, milk and ice cubes
3. Close lid: Make sure closed properly and sealed tightly.
4. Turn on blender, leave for 45-60 seconds
5. Pour and enjoy



Send us  
your  
favourite  
recipe!

## Top tips for staying safe





# Meet Ava from our News Crew

**Name:** Ava Doherty

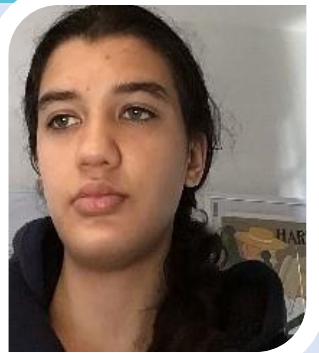
**Age:** 15

**Likes:** Classical music, politics, history and literature (of all kinds)

**Dislikes:** getting up early, some forms of social media and horror movies

**What do you like about the All for Youth Newsletter?**

I like the variety of articles and contributions; I learn a lot from reading it. Also, I like writing about unexpected things that sometimes people don't really think about, or about memorable events that shaped us into who we are today.

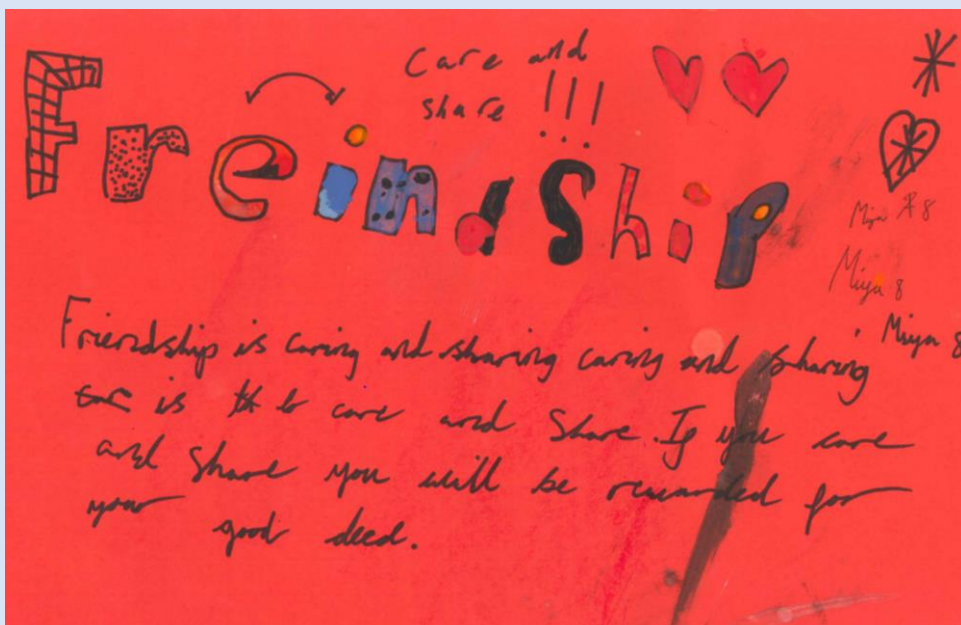


Email  
Marianna to  
get involved  
in the News  
Crew!

## Poetry corner

It is more important than ever to think about and look at our relationships with our friends and family and how we can still come together and be grateful during these times.

Miya Salhsalm wrote a poem about friendship and what it means to her.



### Friendship

Friendship is caring and sharing is to care and share.

If you care and share you will be rewarded for your good deed.

# Competition and games corner

Be in to win!

## Art competition

With winter fast approaching and Christmas nearly here, we are excited to announce a new art competition!

**How do I enter?** Easy, just take a photo of your art work (in landscape format) and email it to [Marianna](mailto:Marianna.Lill@rbkc.gov.uk) along with your name and age by **Monday 18<sup>th</sup> January 2021**.

Each entry will go in the draw to win a £20 voucher for a shop in your local area as well as being included in this newsletter.

Good luck!

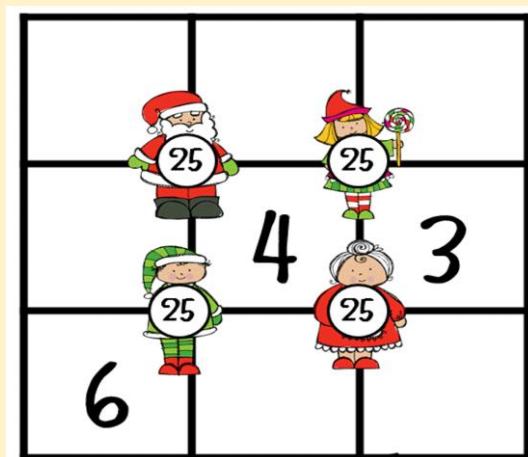
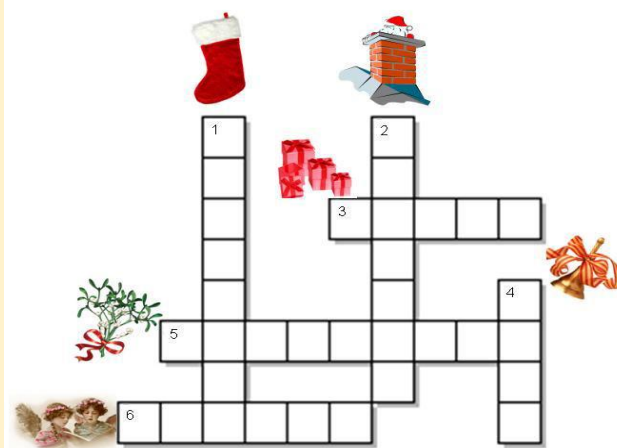
Thank you to everyone who helped us write this edition!

We want to hear from you!  
Please email your images, stories, drawing, artwork, poems or articles to this email address

[Marianna.Lill@rbkc.gov.uk](mailto:Marianna.Lill@rbkc.gov.uk)

## Games corner

### Crossword Puzzle



Hint: The numbers around the pictures should add to 25.

