



20th July 2022

Young Hackney Summer Holiday Programme

Dear Parent/Carers,

There is a wide range of activities available to young people in Hackney over the summer. Please see the attached booklet for further details or go to the link below:

<https://www.younghackney.org/news-post/2022/summer-holiday-programme-2022/>

In the addition to the above there is also a lot of mental health and wellbeing support available for young people:

Kooth: an online mental wellbeing community, provides anonymous online counselling to young people <https://www.kooth.com>

Self-care strategies: to look after your mental health, written by young people for young people <https://www.annafreud.org/on-my-mind/self-care/>

The Mix: free and confidential multi-channel service supporting young people with expert advice on a wide range of topics. They also offer an online community, free, confidential helpline and counselling service <https://www.themix.org.uk>

Young Minds: a mental health charity for young people. They offer help to understand more about how you're feeling and find ways to feel better, or if you want to support someone who's struggling <https://youngminds.org.uk>

First Steps: helps children and young people experiencing many common problems with emotional wellbeing, relationships and behaviour. Our aim is to provide prompt and easily accessible support – the first steps – to tackle problems early before they can become more of a worry. Young people over 16, and the parents or carers of younger children, can go to them directly. Contact First Steps: 020 7014 7135 (9am – 5pm Monday to Friday), First Steps, Hackney Ark, Downs Park Road, London, E8 2FP

Off Centre: a confidential counselling, art therapy, advice and information service for young people aged 16-25 in City and Hackney. They also run an art therapy group and an LGBTQI+ youth group. They help young people take greater control over their lives and offer support with all kinds of emotional and practical issues. Off Centre is provided by



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Family Action. For more information contact: 020 8986 4016, Off Centre, Unit 7: The Textile Building, 29a 31a Chatham Place, London, E9 6FJ (Entrance on Belsham Street) <https://www.family-action.org.uk/what-we-do/children-families/off-centre/>

Growing Minds is a service that aims to improve African, Caribbean and mixed heritage children and young people's emotional health and wellbeing in City & Hackney, during the important transition years from primary to secondary school and adolescence to adulthood. The project provides culturally aware counselling, emotional and practical support for African, Caribbean and mixed heritage children, young people and their families. Staff working on this project are of African, Caribbean and mixed heritage and so will have an awareness of some of the issues you may be facing <https://www.cityandhackneycamhs.org.uk/services/growing-minds/>

If experiencing a mental health crisis, young people and/or their parents in City of London and Hackney can call the **City and Hackney Crisis Line** to speak with a professional 24hrs 0800 073 0006.

We hope you will find the above information useful.

Take care and have a great summer!

The Cardinal Pole Wellbeing Team

Many thanks,

P McEvoy

Peter McEvoy

Safeguarding Coordinator



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Diocese of Westminster