

Summer Holiday Activity Planning

This month's newsletter is all about what activities are available in Tower Hamlets this summer. Please feel free to copy and share with students, parents and the wider network.

All of us here at THEWS wish you a relaxing summer holiday. Have a well deserved break to rest and recharge after all the hard work you have done this year!

Key SUMMER dates for the diary

THEWS Summer Programme

Thursday July 14th - Tower Hamlets Young People's Wellbeing Forum 2022

This event is open to all students and staff from all Tower Hamlets secondary schools and sixth form/colleges. The link to sign up is

here: <https://wearespotlight.com/mentalhealth/>

A video has been created to share with your pupils about the event, please share amongst the school community in assemblies and form time: <https://youtu.be/txTF-4RFzBQ>

If you have any questions about this event, please contact Kelly Rendell (kelly.rendell@nhs.net) for more details.

1st August till 26th August - THEWS Webinar Series for Parents

THEWS will be running a series of free, online workshops for parents (covering topics relevant to both primary and secondary school aged children). [This poster](#) shows the list of options, and contains the Eventbrite links to be able to sign up to the individual workshops. Please feel free to share however you wish.

2nd and 8th August - Brain Buddies Workshop (2 sessions)

This will be a 2-part workshop for primary school children aged 9 - 11 years old who are experiencing mild difficulties with emotional expression and regulation. It will run, with a group of up to 16 children, at CAMHS, Greatorex Street from 13:30 till 17:00 on the 2nd and 8th August. Parents will be asked to join from 16:30-17:00 each day to learn what the children have covered and how to implement it at home. If you are interested, please make a referral via the EWP in your school.

2nd August till 16th August - THEWS Seminar Series for Young People

THEWS will be running a series of free, in-person workshops for young people, aged 11-18 years old. The workshops will be held with a group of up to 10 young people at a time and will be at Step Forward, but run by THEWS practitioners, and are:

Managing Low Mood - 2nd August

Managing Anxiety - 5th August

Sleep and Wellbeing - 12th August

Self-care - 16th August

If a young person is interested in joining, they need to complete [this application form](#) and send it to elft.thews@nhs.net

Step Forward Summer Programme

[Step Forward](#)

26th July - 26th August - Fun summer activities

Step Forward's [Summer activities](#) are part of our Young People's Mental and Emotional Health & Wellbeing services aimed at young people 11-25 years and are built for fun and wellness and include an element of self-care. Our activities will be in small supportive groups and will suit young people who may be experiencing stress, anxiety, mild mental or emotional health difficulties, or for those who find it hard to access traditional holiday activities. They are also built around the 5 ways to Wellbeing so each activity is linked to themes of 'Connect, Be Active, Take Notice, Learn and Give.'

[Click here](#) for more details about the summer activities run by Step Forward this summer. For more information or to sign up, please email info@step-forward.org.

26th July, 11am-1pm - CBT Workshop

A fun, interactive CBT workshop for young people aged 11-14 years old to help manage feelings of anxiety or low mood. It will be held at Step Forward, Bethnal Green, E2 0AA. More information available [here](#).

Summer Activities Held by Other Services For Students

ELOP's Youth Out East - safe, inclusive spaces and activities for young LGBTQ+ people aged 12-25 years old. A young person can refer themselves to our youth service, or you can refer on their behalf. To make a referral email youth@elop.org or call 07908 553744 Mon-Fri during office hours. Services include:

- Free, online 1-1 mentoring
- Groups for LGBTQ+ people

Holiday Childcare Scheme - an Ofsted registered scheme for children aged 3 - 13 years old offering a range of activities to take part in. Further information can be found [here](#). Bookings close on 19th July.

Mile End Park and the Children and Families Centres Teams are hosting regular free creative and outdoor activities for children aged 5 - 15 years old at Mile End Play Pavilion. More information available [here](#).

Inventors Club Whitechapel - every Monday 7-8pm from August 1st, young people aged 8-16 can come and learn to code, design and invent for free. For more information click [here](#).

Trapped in Zone One presents **Club Zone One**, a free visual arts programme for young people aged 11-16 themed around freedom of speech with artist-led workshops and an exhibition. Held on Mondays starting from July 25th through to the end of August. More information [here](#).

Idea Stores around Tower Hamlets are hosting a range of summer activities for young people. Click [here](#) for more information.

For a list of free summer activities for children and teenagers around Tower Hamlets, [click here](#).

For Parents

[List](#) of free online parenting sessions (follow the link to sign up online)

Wednesday 13th July - Building Teenager's Survival Skills - This workshop will give parents practical advice and guidance to help teens manage problem situations in a supportive and non-judgemental way. This session will be held on Zoom. - [Sign up here](#)

Friday 15th July - Speakeasy - Speakeasy provides opportunities for parents and carers to gain the confidence and skills to talk to their children in an age-appropriate way about growing up, body changes, choices and consent and keeping safe. This session will be held in person - [Sign up here](#).

Wednesday 20th July - Coping with Teen Emotions - Learn about how you can help your teenager cope with their emotions in a healthy way. This session will be held via Zoom. - [Sign up here](#).