

# Mental Health Support for Children, Young People, Parents and Teaching Staff

## Summer 2021

It is important that children, young people, parents and teaching staff are provided with mental health support. This resource provides information for the support available over the summer 2021. The following organisations and council services are listed below:

- Mind in Havering, Barking and Dagenham
- NELFT Havering 0-19 Children's Service
- Lifeline Projects
- Kooth
- HBBS Counselling
- 
- London Borough of Havering - Integrated Adolescent Safeguarding Service
- **Relate**
- London Borough of Havering – Early Help
- AddUp
- 
- 

## Mind in Havering, Barking and Dagenham



#BeNiceToYourNoggin

[www.havering.gov.uk/benictoyournoggin](http://www.havering.gov.uk/benictoyournoggin) 01708 457 040

In partnership with:    

## We are here for you

If you are struggling with your mental health, you are not alone. 1:4 of us will experience a mental health problem at some point in our lives. Right now, you might be worried about COVID19 and how it is continuing to affect your life and those around you. Your worries may be around lockdown easing, staying safe at home or worries for your pupils, their families and your colleagues during the summer break. This may feel difficult or stressful for you. Whatever your worries are, we are here to help you, please get in touch on 01708 457040 or email [reach.us@haveringmind.org.uk](mailto:reach.us@haveringmind.org.uk)

We are here for you 7 days a week,  
evenings and weekends

# London Borough of Havering - Integrated Adolescent Safeguarding Service



**Wednesday 28th July**

**Dance workshop £3**

11.45am-12.45pm 8-14 years

**Monday 2nd August**



**Cinema (SEND Friendly) FREE\***

11am-1pm 6-12 years - How To Train Your Dragon

2-4pm 14-21 years - Bend It Like Beckham

(Films subject to availability)

\*Popcorn & drinks will be available to buy



**Musical Theatre Workshop £5**

**Little Mermaid**

12.30-2.30pm 5-8 years

3-5pm 9-13 years

**Tuesday 3rd August**

**Seaside Crafts £3**

1-2pm 2-4 years

2.30-3.30pm 5-8 years

4-5pm 9-13 years



**Wednesday 4th August**

**Ribbon Dance £3**

10-11am 2-4 years

11.30am-12.30am 5-10 years

**Alice in Wonderland Adventure £3**

2-3.30pm 5-13 years



**Tuesday 10th August**

**Around the World Crafts £3**

1-2pm 2-4 years

2.30-3.30pm 5-8 years

4-5pm 8-13 years



**Wednesday 11th August**

**Table Tennis Competition £3**

10-11am 7-10 years

11.30-12.30pm 11-16 years



**Disney Crafts £3**

12-1pm 2-4 years

1.30-2.30pm 5-8 years

3-4pm 9-13 years



**Monday 16th August**

**Musical Theatre Workshop £5**

**Descendants**

12.30-2.30pm 5-8 years

3-5pm 9-13 years



**Tuesday 17th August**

**Space Craft Workshop £3**

1-2pm 2-4 years

2.30-3.30pm 5-8 years

4-5pm 9-13 years



**Wednesday 25th August**

**Sweet Making £3**

10-11am 7-13 years



**Cake Decorating £3**

11.30-12.30pm 3-6 years



Completed booking forms must be handed in to reception

**How we'll use your personal data**

Here at myplace we take your privacy seriously and will only use your personal data to process your booking and provide the services you have requested from us.

However, from time to time we may contact you by email with details of other services the London Borough of Havering provide. If you consent to us contacting you for this purpose, please tick the box  I agree

View [Havering's Privacy Policy](#) to find out more.

If at any time you wish to withdraw your consent please send an email to [myplace@haverling.gov.uk](mailto:myplace@haverling.gov.uk)

Activity & Date:

Activity & Date:

Activity & Date:

Activity & Date:

**CONSENT FOR THE RECORDING AND USE OF IMAGES**

During the course of the activity, we may sometimes wish to take photos and videos of children taking part, either for our own records, or for inclusion in our promotional material such as on our website/ social media accounts.

To comply with data protection laws, we need to ask your consent before we record any images of your child. In view of this, please read the statements below, and tick the box if you agree:

1. We may use your child's image in publications for promotional purposes.
  2. We may use your child's image on our website and social media accounts.
  3. Your child's image may appear in the media
  4. Your child's first name may appear with their image in the media
- I agree

**YOUNG PERSON'S DETAILS**

NAME OF CHILD:

AGE:

GENDER: M / F / Other

POSTCODE:

CONTACT NUMBER:

MY CHILD WILL BE:

COLLECTED / CAN LEAVE ON THEIR OWN AT THE END OF THE SESSION (delete as appropriate)

**EMERGENCY CONTACT & MEDICAL DETAILS**

NAME OF PARENT/CARER:

EMERGENCY CONTACT NO.:

EMAIL ADDRESS:

MEDICAL CONDITIONS OF CHILD THAT WE SHOULD BE AWARE OF, EG ASTHMA / DIABETES:

Signature & Date:



Join us for a multitude of fun filled activities this summer!

Sessions suitable for a variety of ages from 2 years - 16 years

All activities need to be booked and paid for in advance



To book call 01708 376004 or email:

[myplace@haverling.gov.uk](mailto:myplace@haverling.gov.uk)

Payments can be made by cash or card.

Craft packs available if unable to come in

~ craft sessions only ~



343 Dagnam Park Drive,  
Harold Hill. RM3 9EN



 **Havering**  
LONDON BOROUGH

**CALLING ALL LGBTQ+  
YOUNG PEOPLE!**

**You are invited to...**

## **Hopscotch**

**Juniors (ages 11 - 13)**

Join us every Monday  
4.30pm - 6pm  
myplace Youth Centre  
343 Dagnam Park Drive  
RM3 9EN

## **OUR TRUE COLOURS**

**Seniors (ages 14 - 18)**

Join us every Monday  
6.30pm - 8pm  
myplace Youth Centre  
343 Dagnam Park Drive  
RM3 9EN

**GAMES | DISCUSSIONS | ARTS | FRIENDS**

**For more information contact Annie:**

**07890 394720**

**[anais.edwards@haverling.gov.uk](mailto:anais.edwards@haverling.gov.uk)**

**myplace**

 **Haverling**  
LONDON BOROUGH

**YOU'RE INVITED TO**

# **TEA & TALK**

**EVERY TUESDAY**

**NORTH - MYPLACE: 4PM - 6PM**

**SOUTH - RAINHAM ROYALS: 6.30PM - 8.30PM**

## **WHAT IS IT?**

Tea & Talk is a space for any young person to come and chat with a youth worker about anything you like! We are able to offer both face-to-face appointments as well as over the phone. We can help you to find another group or service if you feel like you need it, like mental health support, sexual health advice or another youth service activity

## **WHO IS IT FOR?**

Any young person aged 13-19, or up to 25 with SEND who lives in and/or attends education in Havering

## **HOW DO I SIGN UP?**

Due to coronavirus restrictions, it is essential to book your place at Tea & Talk. Young people can book themselves in, or a parent or another professional can, such as a social worker or another youth worker. myplace are taking bookings for both myplace and Rainham Royals

To book a place, please contact myplace:  
[myplace@haverling.gov.uk](mailto:myplace@haverling.gov.uk) | 01708 376004

**myplace**



**Havering**  
LONDON BOROUGH



***YOU ARE  
invited to***

***GRL  
academy***

***THURSDAYS  
at myplace  
5pm - 7pm***



***GAMES CHATS SNACKS***

***This is a girls-only space to come and meet with friends (or make new ones!), try new things and have fun. We're here to support you in all things, big or small, because GRL, you are amazing!***

***INTERESTED? CONTACT ANNIE:  
07980 394720 | [anais.edwards@havering.gov.uk](mailto:anais.edwards@havering.gov.uk)***

Good  
vibes



10 - 13  
yr olds

# WELLBEING WORKSHOPS

28th July for 6 weeks

3:30 - 5pm @ My Place

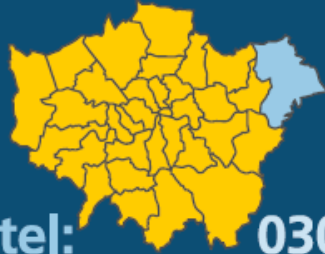


The workshops will include art,  
mindfulness, and chats about our  
mental health in a safe space.

Contact: [melinda.yems@havering.gov.uk](mailto:melinda.yems@havering.gov.uk)  
for more info or to reserve a place

**myplace**  
Havering  
LOCAL AUTHORITY

## NELFT Havering 0-19 Children's Service



**NELFT** **NHS**

NHS Foundation Trust

tel: 0300 300 1635

email: [nem-tr.haveringhv@nhs.net](mailto:nem-tr.haveringhv@nhs.net)

website: [www.nelft.nhs.uk/services-havering-childrens-services](http://www.nelft.nhs.uk/services-havering-childrens-services)

facebook: NELFT Havering 0-19 children's services

**Havering  
0-19 Service**



[www.nelft.nhs.uk](http://www.nelft.nhs.uk)





# HAVERING SCHOOL NURSING SERVICE DROP IN FOR PARENTS AND YOUNG PEOPLE

BULLYING

ONLINE  
SAFETY

SLEEP

SEXUAL  
HEALTH

COVID-19  
ADVICE

DRUGS

DIET

EMOTIONAL  
WELLBEING

ALCOHOL

HEALTHY  
EATING

TOILETING

RELATIONSHIPS

VACCINATIONS



This is a confidential service.  
Information will only be shared if we are concerned about your safety  
or the safety of others

All calls answered by a Havering School Nurse

MONDAY  
TO  
FRIDAY

NO NEED TO BOOK  
JUST CALL OR TEXT

1PM  
TILL  
5PM