

# NEWHAM CAMHS PARTICIPATION

## NEWSLETTER

Feb/March  
2024

**Hello!** And welcome back to our CAMHS Participation newsletter, where we keep you in the loop with all the exciting work which goes on in our Participation Team.

To kickstart this month's issue, we are introducing our "Youth Matters: Voices in Focus" column, where young people will share something meaningful to them, which they would like to share with others.

Young people are actively involved in shaping our services, and in this space we hope to celebrate the voices of the youth, the positive change they continue to make, and the purpose of meaningful participation.

### Participation Groups:

#### Young People:

Every other  
Monday from 1st April  
(5:00 - 6:00)  
Online and  
In-person @ York House

#### Parents/Carers:

Online: Every 2nd  
Wednesday of each month  
from 10th April  
  
In-person: Coffee Morning  
@ York House, last Monday  
of every month

***Does your child have Learning Disabilities or Autism?***

***Are you from a South Asian background?*** If so, we want to hear from you!

CAMHS are running 5 sessions for Parents/Carers with children with Learning Disabilities and Autism, to share information about these diagnoses.

**GROUP DATES:** 15th April, 22nd April, 29th April, 13th May, 20th May 2024 - 10:00 AM to 12:00 PM

@ Newham CAMHS, York House, 411 Barking Road, E13 8AL



## CAMHS Gardening Group



Service users met with CAMHS staff to kickstart the planning for the Gardening Project. The group's focus is to transform the small garden space behind one of the CAMHS buildings in Newham.

We are recruiting Young People and Parents/Carers to get involved in gardening, creative and sustainability workshops taking place between now and summer.

Email



[elft.ppgncamhs@nhs.net](mailto:elft.ppgncamhs@nhs.net)  
to sign up!



## CAMHS Safety App Product Review



Young People met ELFT App Developers at the Trust's HQ to feedback on the CAMHS Safety App that is currently being created.

The app will contain a digital version of Service User's Safety pla. It will also provide helpful Mental Health resources, and personalised tabs and functions.

Uppcoming group session TBC!

Email



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to sign up!

## Improving CAMHS Websites Workshops



Young People and Parents from across East London attended a series of Focus Groups to review and improve the CAMHS website.

The workshops are still ongoing while the web pages are being created. Service users have brought some fantastic ideas and contributions which will be reflected on the new site.

## Interview Skills Training

CAMHS ran an Interview Skills Training Workshop for Service Users interested in joining interview panels to recruit CAMHS staff.

If you would like to have a say in who works for the Trust, and learn some valuable skills, the next Interview Skills Training session will be held on Tuesday 23rd April from 5:00 - 7:00pm

Email



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to sign up!

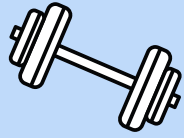
What else would you like to see  
in the Participation Newsletter?  
Let us know!

Email: [elft.ppgncamhs@nhs.net](mailto:elft.ppgncamhs@nhs.net)  
Text: 07827284458

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FOR CAMHS PARTICIPATION:



# Physical Activity and our Mental Health



Written by N.E (age 14)

There's no doubt about it: exercise is undoubtedly beneficial towards our physical health; we all know how important it is to stay active. But do you know how exercise can be a positive influence on our mental health as well? There's so much more to getting active than just "being fit" - exercise can be enjoyable and a great way to boost your wellbeing and confidence.

Exercise has been synonymous with tiring relentlessly at the gym to the point of exhaustion, being something that you have to force yourself to get up and do. It might appear on our New Year's resolutions, alongside "eat healthier", and then we forget about it after a few weeks. Physical activity isn't just exercise: it's any movement that uses energy, and even daily activities like cooking count! Exercise doesn't have to be boring or a chore, really! There have been countless studies that show that exercise can contribute towards managing stress levels, reducing levels of anxiety and depression, and improving your sleep and energy levels.

When struggling with mental health difficulties, it can be really difficult to stay active, but it's worth remembering that even a small amount of physical activity counts! Any movement is good movement and will benefit you in countless ways. However, exercise isn't a magic solution for mental health issues - as many as you will know - but it can be a useful tool in addition to other healthy coping mechanisms to combat them. Even going on a short walk for ten minutes could help clear your mind.

## Youth Matters: Voices in Focus



I think the most important aspect of getting active is to find activities that you enjoy. Forcing yourself to exercise regularly can take the fun out of it, and it may be hard to find the motivation to keep up with it. Maybe you just haven't found the right activity for you yet! There are so many options out there for you, all it takes is a quick Google search or asking around, either in school or locally.

If you're a competitive person or enjoy company, you may like team sports such as football, volleyball or cricket? You don't have to exercise alone! People who prefer something more calm can enjoy a gentle yoga or Pilates flow. It's okay to try different things before you find something that you enjoy, or you could do a few different kinds of things; with exercise, the options are endless.

While we know exercise boosts our physical and mental well being, it is just as important to not overdo it. Over-exercising and addiction is unfortunately a very real and valid problem, and it's crucial to open up and seek support if you think you're struggling. Even if you don't have these problems, it's worth taking breaks sometimes and giving yourself a chance to relax. After all, physical activity is there to help you feel your absolute best, both physically and mentally, so why not take the opportunity to try something new and potentially find a new hobby!