



Us Plus

# Mental Health and Wellbeing Bulletin 14

Hello everyone,

This is the final bulletin of this half term! Well done to everyone who participated in Children's Mental health Week last week. Maisie shared her picture of the cookies she baked, Paige shared her bingo card, Delphie shared a lovely picture from her early morning walk and Charlie shared the images from his rainbow walk - fantastic work from all of you!

Alongside the images from these students is some information about an amazing group that supports mental health and well being. HSK youth are a group of young people, based in Cornwall, who have developed a mental health and wellbeing website - it's definitely worth a look! <https://www.startnowcornwall.org.uk>

I hope you all have a relaxing half term, have a break from your screens and Show My Homework and look after yourselves!

Mrs Taylor



Paige 7AS



Maisie 7AS



Delphie 7SW



Charlie 7JH

START NOW

RUOK? Coronavirus **Get involved** Youth in Mind Five ways to wellbeing  
Wellbeing Action Plan Blog Events Gallery Get help

Get involved

Get involved

We help Headstart Kernow as film makers; board members; event organisers; web designers; musicians; artists; interviewers and young people who want to help improve resilience and emotional wellbeing for all 10 - 16 year olds in Cornwall... To tell you all about #HSKYouth and how you could #StartNow and get involved

Amy, Chair of #HSKYouth, says

*We are going to build the resilience and emotional wellbeing of a child until they can spread the word and help others themselves.*

*Wouldn't that be just amazing!...*



What is Headstart?

HeadStart will spend the next five years looking at how to help young people with their wellbeing and how to stop young people from developing serious mental health issues. To do this, HeadStart is providing different types of help and support to young people in schools, online and where they live.

HSK can help you understand what mental health is and how you can look after it! So you can:

- Know how to look after your own wellbeing
- Realise when you need help
- Know where to get help
- Be confident to ask for help
- Help your friends
- Make sure your voice and your views are heard

If you are aged 10-16 in Cornwall you could:

- Join YOUTHinMind, our film project with Pirate FM
- Learn new skills / have fun at our wellbeing workshops
- Connect with other young people
- Make Friends
- Help your school look after your wellbeing better
- Create content for the website - artwork, animation, blogs, music, stories...
- Join our wellbeing Book Club
- Take part in the #HSKYouth Board to help run Headstart Kernow
- Have your say about Cornwall Council services as part of the Youth Engagement Strategy
- Share your top tips for looking after your wellbeing
- Take part in #YOUthFest - our amazing wellbeing festival planned and run by YOU!
- Help create our very own exhibition at the Royal Cornwall Museum in Truro
- Just have Fun

Every 10-16 year old in Cornwall is welcome...

Why don't you join us!

Remember that you can contact the TIS team at Penrice if you need to discuss any worries or anxieties you might be feeling. You can do this by emailing me at [ktaylor@penrice.org.uk](mailto:ktaylor@penrice.org.uk)

