

NEWHAM CAMHS PARTICIPATION

NEWSLETTER

June/July
2024

Hello and welcome back to our CAMHS Participation newsletter!

We can't wait to update you on the fantastic work our Participation Team has been getting up to.

In this month's "Youth Matters: Voices in Focus" column, we're reflecting on what inspires us by showcasing some incredible artworks created by talented young people from our team.

Get involved!

If you are interested in Participation but would like some more information, please email Steph (Newham CAMHS Participation Worker)

at

ppgncamhs@nhs.net

FEATURING:
CAMHS
SUMMER
PROGRAMME OF
ACTIVITIES &
ONLINE SIGN
UP!

GROUPS

YOUTH

Meets every other
Monday from 12th August
(5:00 - 6:00)

Online and
In-person @ York House

PARENTS & CARERS

Meets online
On the last Monday
of every month

(5:00-6:30pm)

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CAMHS Gardening Group

On Friday 26th July, we're kicking off our CAMHS Gardening group with a visit to Forest Gate Community Garden.

Here we hope to find some inspiration for our CAMHS garden, and (of course) eat some ice



creams too! It's not too late to sign up for the gardening group. Scan the QR to join!

ADHD & Me Film Project

We are recruiting young people with ADHD to join our Film Project!

We are working with a production company 'Into Film' to create a short film about what it's like living with ADHD from a young person's perspective.

Production will take place in August.

Interested?

Scan the QR code to sign up



CAMHS Digital Review

We're currently doing a review of the patient-facing digital resources available at ELFT CAMHS, (e.g. Digital therapy, digital self-help and Mental health education.)

If you have a spare few mins, please scan the QR to complete our survey and let us know which digital resources you think would be most helpful.



Your feedback is vital in the ongoing improvement of our service!

Smoking and Vaping Focus Groups with UEL



CAMHS are working with researchers from the University of East London to gather data around the impact of smoking and vaping on young people.

We are recruiting Young People and Parents/Carers to be a part of the project.

Please email

elft.ppgncamhs@nhs.net if you are interested in taking part in the research!

First session date TBC.

SCAN HERE TO REGISTER FOR CAMHS PARTICIPATION:



What else would you like to see in the Participation Newsletter?



elft.ppgncamhs@nhs.net

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CAMHS Participation Summer Activity Programme

JULY/AUGUST 2024



Monday	Tuesday	Wednesday	Thursday	Friday
29th Visit to Royal Courts of Justice & Old Bailey 10-4	30th Jewellery Making Session 1-3	31st	1st Hood Rich supported by Natwest - fun with finance and money 1-3	2nd
5th Planting project at City & Hackney 1-3	6th Visit to Tate Modern Gallery - South Bank 10-4	7th Online Creative Art 1-3	8th Art Activity 1-3	9th

CRIMINAL COURTS VISIT

Are you interested in a career in law?

CAMHS is visiting the Royal Courts of Justice, where some of the country's most significant legal judgements are made. We will learn about the history of the judicial system and how it works today.

We shall also visit Central Criminal Court (The Old Bailey) to watch a trial. This is a government building. Minimum age 14 years. Please ensure you have ID as security at the Old Bailey may turn you away. Meet at Trust HQ.

TATE MODERN VISIT

Enjoy art? Wonder what it's all about? We will take a wander round the wonders of the Tate Modern and eat lunch on the riverbank. Meet at Trust HQ.

HOOD RICH | MONEY MANAGEMENT

Do you want to make your money last longer?

Join us online to learn how to make better choices to manage your finances.

This workshop will share information and guidance to help to stay money wise.

JEWELLERY MAKING SESSION

Make yourself a unique piece of jewellery or a gift for family or friends.

PLANTING PROJECT AT CITY & HACKNEY

Join us at Homerton Row to create sustainable planters for the clinic and plant up your own choice of herbs, tomato plant or indoor plant to take home.

ONLINE CREATIVE ART

Join our virtual workshop to create either a vision board showcasing your goals & dreams OR a soothing sensory board. We will supply you with a pack of art materials to use for this workshop.

ART ACTIVITY

Fold, doodle & paint workshop

You are invited to this creative journey where simple doodles transform into masterpieces! Perfect for all skill levels. All materials provided. Join us and create your own special artworks to take home with you.

Trip into London

At Trust HQ

Online

SIGN UP

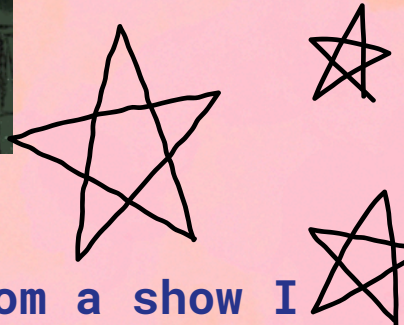
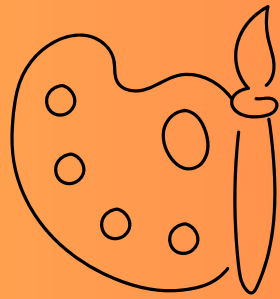
Use the link below to sign up. It's a straightforward online form where you can choose which activities you would like to go to.

<https://forms.office.com/e/4YikqWviqt>



All activities are open to Young People using CAMHS Services across East London (Newham, City of London, Tower Hamlets, Hackney)

Youth Matters: Voices in Focus



“The piece is fan art of a character from a show I really enjoy called Demon Slayer. I drew the main character and wanted to experiment with different textures and lighting whilst doing so!”

Artwork by K.H