

Nottinghamshire Children and Young Peoples

Voluntary Sector Newsletter

General news:



Improving children's
mental health

About Children's Mental Health Week

Children's Mental Health Week 2024 will take place from **5–11 February 2024**. This year's theme is **'My Voice Matters'**.

My Voice Matters is about empowering children and young people by providing them with the tools they need to express themselves. During Children's Mental Health Week we want all children and young people, whoever they are, and wherever they are in the world, to be able to say – and believe – "My Voice Matters".

We have **free resources** available to download so that everyone can take part in Children's Mental Health Week. Take a look and see what's available for **schools, families** and how you can **take part** and raise vital funds for children's mental health.

Place2Be launched the first-ever Children's Mental Health Week in 2015 to **empower, equip and give a voice to every child in the UK**. It has since become a well-recognised event, with hundreds of schools and colleges participating across the UK (and beyond!) as well as hundreds of children, parents and carers.

Every year for the week, Place2Be's expert team develops **free resources** to help people participate in the week devoted to children's mental health. Our highly adaptable Children's Mental Health Week resources include things like:

- assembly guides
- group activities
- show and tell activities.
- top tips
- fundraising packs
- posters.

We also provide our resources in the Welsh language for schools participating in Wales.

[Children's Mental Health Week - Place2Be](#)



LGBT+ History Month

Who is UK LGBT+ History Month for?

LGBT+ History Month is for everyone; whether you work in education, a museum, a library or an art gallery, a business, a service, or are a member of a network/social group or an individual.

When is it celebrated?



It is celebrated every February across the UK and was founded in 2004 by Schools OUT UK co-chairs, Paul Patrick & Professor Emeritus Sue Sanders. It was first celebrated in February 2005.

Why was it founded?

For so long LGBT+ people's history was hidden, following the repeal of Section 28 (link to Section 28,), UK LGBT+ History Month was created to:

- claim our past
- celebrate our present
- create our future.

We wanted to create a dedicated opportunity to share our rich and diverse history so everyone could learn more.

We are delighted to announce that the UK 2024 LGBT+ History Month theme is:

Medicine – #UnderTheScope

The 2024 theme celebrates LGBT+ peoples' contribution to the field of Medicine and Healthcare both historically and today.

We want to showcase the amazing work of LGBT+ staff across the NHS and in other healthcare settings, in providing healthcare, especially during the pandemic. Whilst still shining a light on the history of the LGBT+ community's experience of receiving healthcare which has been extremely complicated leaving LGBT+ people still facing health inequalities even today.

At a time when the LGBT+ community is experiencing a rise in hate crime and hate instances we also encourage you to look 'Under the Scope' and listen to LGBT+ peoples' lived experiences from LGBT+ people.

When you're planning your events, please remember to include LGBT+ people in all our diversity and add your events to the official LGBT+ calendar. You can easily show your support in person by buying the 2024 Badge and/or lanyard and on social media by including the hashtags: #LGBTplusHM & #UnderTheScope in your post.

We do hope you will join us to celebrate UK LGBT+ History Month 2024.



Chinese New Year 2024

When is Chinese New Year 2024? Saturday, February 10th

Chinese New Year 2024 falls on Saturday, February 10th, 2024, and celebrations culminate with the Lantern Festival on February 24th, 2024.

How Long is Chinese New Year? 16 Days.

Celebrations last up to 16 days, but only the first 7 days are considered a public holiday (February 10th–February 16th, 2024).

What is the 2024 Chinese Zodiac? Dragon.

Dragon is powerful, endlessly energetic and full of vitality, goal-oriented yet idealistic and romantic, and a visionary leader. They know exactly who they are and possess the keenest sense of self among the 12 zodiacs of Chinese astrology.

Personality Traits of Dragon Signs

Dragons present themselves as magnificent yet benevolent rulers who're confident, generous, idealistic, and ambitious. In Chinese culture, these mythical creatures are in a class of their own, regarded as the givers of abundance and longevity.

Dragon's confidence is neither false nor empty, as they hold lofty ideals they're striving toward— usually for the benefit of their community instead of themselves. They are independent thinkers who'll never yield their highest conviction.

Dragons are strong and independent figures, but they yearn for support and love.

Dragons are wise and adventurous and, at times, temperamental and impulsive. They'll be loved and admired by many but find it difficult to return such affection. This will be one of Dragon's most important lessons.

Even though they may not care to invest in relationships, Dragons cannot stay alone for too long without feeling desolate. Once they find that special someone, Dragons will guard that person as their treasure horde.

Dragon Strengths

Dragons are upright characters themselves and scorn any hypocritical or dishonourable behaviour and have a self-respecting pride that's matched by Dragons' wisdom, generosity, vigour, and talent. They're full of energy and can attract followers with their charisma.

Dragon people are usually courageous and fearless leaders who'll never back down from any challenge. This enterprising spirit, coupled with their innate talent, will, without a doubt, make Dragons the movers and shakers of this world.

Dragon Weaknesses

On the flip side of Dragons' confidence and courage, they can also become domineering, temperamental, self-centred, and gullible. This last possibility seems difficult to understand until you realize Dragons believe themselves to always know best.

On the social side, Dragons can be prone to desperation in their younger years because they hate being alone, especially in love. They can come off as overbearing when they're only showing that they care.

[Chinese New Year 2024 – Year of the Dragon](#)

Training News:

Contact Andy Marks if you need any information with regards to youth work training:
andy.marks@nottscg.gov.uk



Training Programme 2023- 2024

We still have places on our training programme for 2023-2024. The training will continue to run virtually as it has proved to be very popular. The virtual registration training will run from **9.00am to 1.00pm** to ensure we can cover all the important aspects of C Card Registration, with the usual short e-learning module that is completed a week before the training. The Refresher will continue to run from **10:00am-12.00pm**

To view and book onto the 2023-2024 Training Programme, click on the link below and book through Eventbrite.

<https://www.nottinghamshire.gov.uk/care/health-and-wellbeing/sexual-health/c-card-training>



Ashfield Play forum in partnership with the national lottery community grant offer free training to the residents of Ashfield.

They have kindly offered unfilled spaces to anyone who receives the voluntary sector newsletter.

February 2024

- Saturday 10th February – Epilepsy awareness – 9:00am – 12:00pm
- Saturday 10th February – Autism awareness – 12:30pm-16:00pm
- Saturday 17th February – Drug awareness – 9:00am – 12:00pm
- Saturday 17th February – stroke awareness – 12:30pm – 16:00pm

March 2024

- Saturday 16th March - Lone working - 9 am to 12.00 noon
- Saturday 16th March – Conflict resolution/Break away techniques – 12:30pm to 15:30pm
- Saturday 23rd March - Emergency First Aid - 9.00am to 4.00pm

All training is held at Ashfield Play Forum and is free to attend including materials, certificates and exam fees if applicable Please note a refundable deposit of £20 per person is required.

For further information or to book a place we can be contacted by email: info@ashfieldplayforum.co.uk or Telephone 01623 441168



Nottinghamshire County Council, Nottingham City Council and NHS Nottingham and Nottinghamshire ICB have commissioned Harmless to deliver a range of funded CPD accredited evidence-based training courses in:

- Mental Health Awareness
- Suicide Prevention / Intervention
- Suicide Bereavement
- Self-Harm Awareness

We aim to provide funded training to equip individuals with the confidence and skill to be able to respond and support individuals in distress.

Relationship Breakdown Training as a Suicide Risk Factor

- Monday 12th Feb - <https://www.eventbrite.co.uk/e/776370784917>

Children & Young People – Self Harm Prevention

- Wednesday 14th Feb - <https://www.eventbrite.co.uk/e/772898699817>
- Thursday 29th Feb - <https://www.eventbrite.co.uk/e/776298719367>

Vacancies:

Job Vacancies for voluntary groups who wish to advertise within their organisation. If you have any upcoming vacancies, please let us know and we will put your request in our newsletter



Youth Support Worker

Closing date: **11th February 2024**

Type of vacancy: Part time – Term time

Location: **Hawtonville Young People Centre**, Windsor Road, Newark, Nottinghamshire, NG24 4HX
Department: Children and Families

[Youth Support Worker - Nottinghamshire County Council \(tal.net\)](#)

Location: **Dukeries Young People Centre**, Main Road, Boughton, Newark, Nottingham, NG22 9JJ

[Youth Support Worker - Nottinghamshire County Council \(tal.net\)](#)

Hourly Rate: £11.18 - £11.86 per hour

Advert text

We are seeking a Youth Support Worker starting as soon as possible to cover a colleagues maternity leave. The session is a Link Clubs session, offering young people with disabilities aged 13 to 25 to provide a safe and fun environment by trusted Youth Workers professionals.

Voluntary Sector Development

The Voluntary Sector Development Team forms part of Nottinghamshire County Council's Youth Service. Our team covers the seven districts in Nottinghamshire working to support Voluntary Sector Organisations that work primarily with Children and Young People between 4 and 19 (25 if the young people are looked after or young disabled people).

www.nottinghamshire.gov.uk/education/youth-services/voluntary-sector-development-team

voluntarysectordevelopmentteam@nottscc.gov.uk 01623 411 300 07870 111156