

The Be U Crew Newsletter

May 2024



Summer is approaching!

Meet two more members of the team!

Antonietta Sacco (she/her) Senior Practitioner



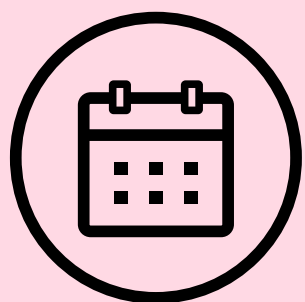
Hi, I 'm Ant. I 'm a Senior Practitioner, Neurodiversity Lead and Art Psychotherapist for Be U Notts. Over the last 10 years I've worked within different communities in Nottingham finding creative ways to support mental health. Outside of work, I like to go for walks, read books and enjoy spending time with my family- including my bearded dragon and guinea pigs!

Jasmine (she/her) Psycho-therapist



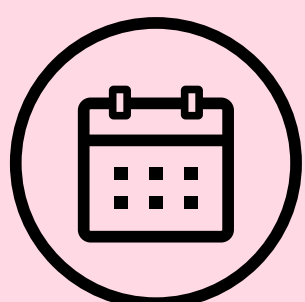
Hey, I'm Jasmine and I'm a Psychotherapist and Advocate Champion for children and young people. I work with the Person-Centred Approach using empathy, unconditional positive regard and congruence within my therapeutic structure. I am passionate about helping young people to gain control of the mind, body and soul to be able to feel free, at peace and have a more enjoyable and fulfilled life!

Upcoming Events:



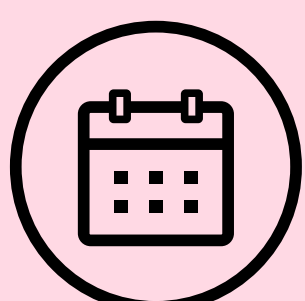
Be Unity

4th June @ 4:30pm
Nottingham Playhouse



Be Male

4th June @ 6:30pm
Nottingham Playhouse




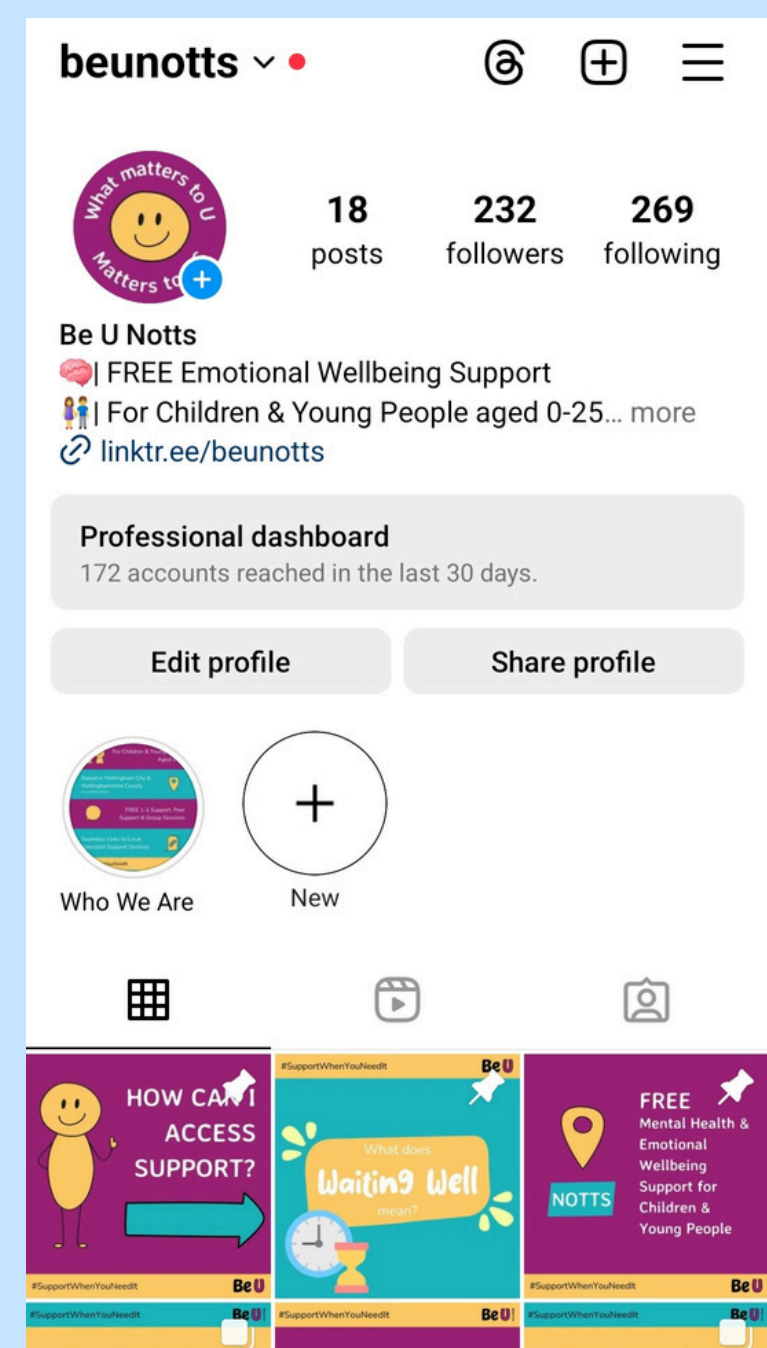
PEK Festival

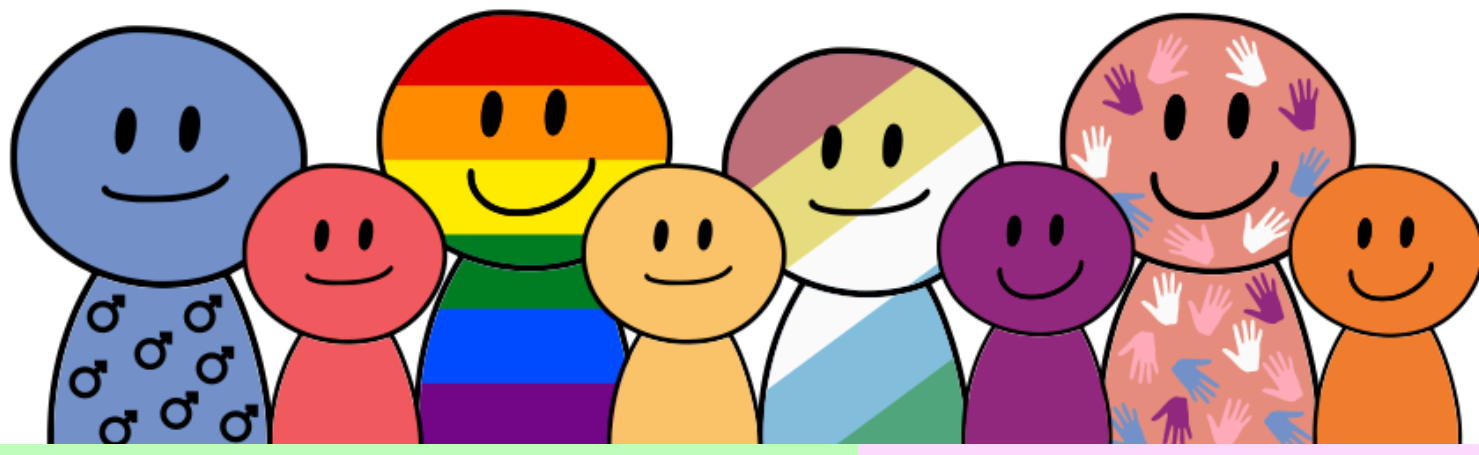
23rd June @ 10am
Nottingham Arboretum

Follow us on Instagram!

Follow us on our official Be U Notts Instagram account! We are sharing lots of useful information on there about us and hope to do some fun polls on our stories.

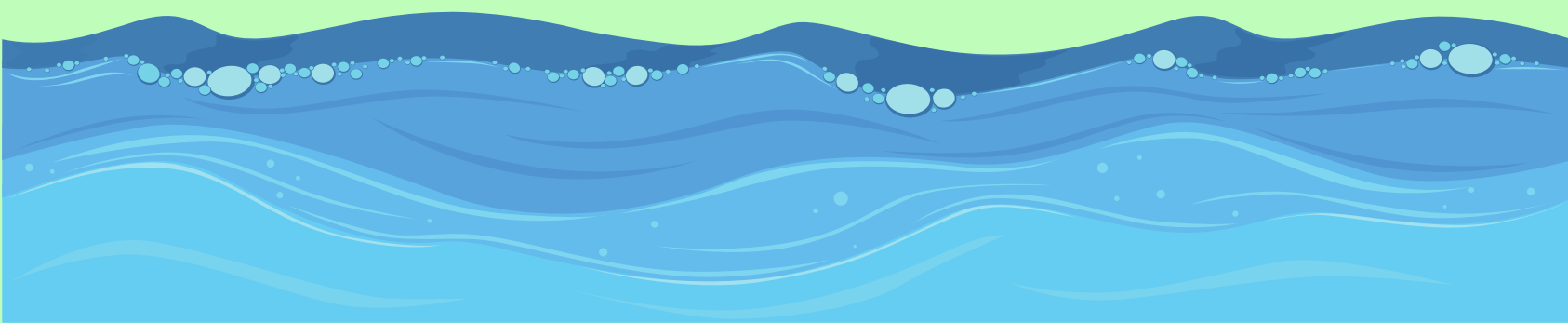
 @beunotts





Kick start your summer relaxation!

- Don't be afraid to relax! Chill days are so important to keep you rejuvenated
- Create a summer bucket list
- Take up a new skill
- Create a vision board for summer



Reminder!

We appreciate exam season is still under way. Make sure to look after yourself during this busy time by:

- Sticking to a good sleep pattern
- Eating nutritious meals
- Having a good balance of revision and breaks!




Be Ukraine Exchange

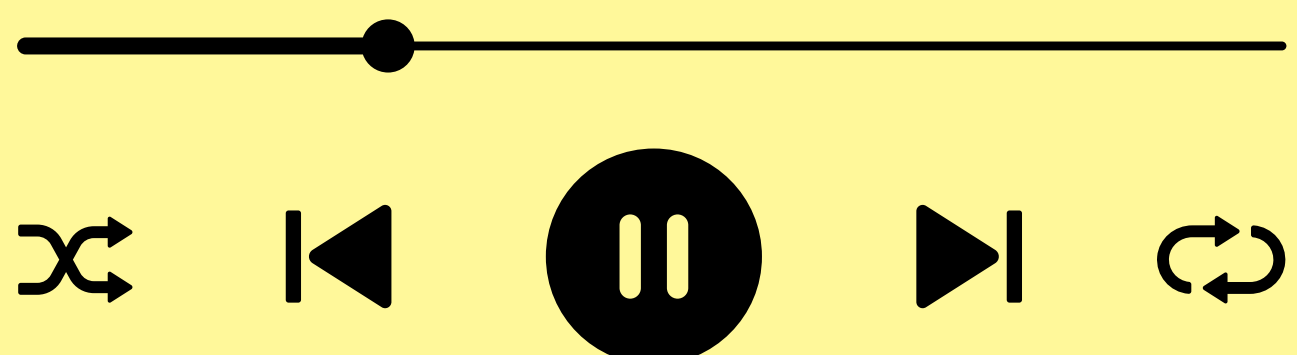


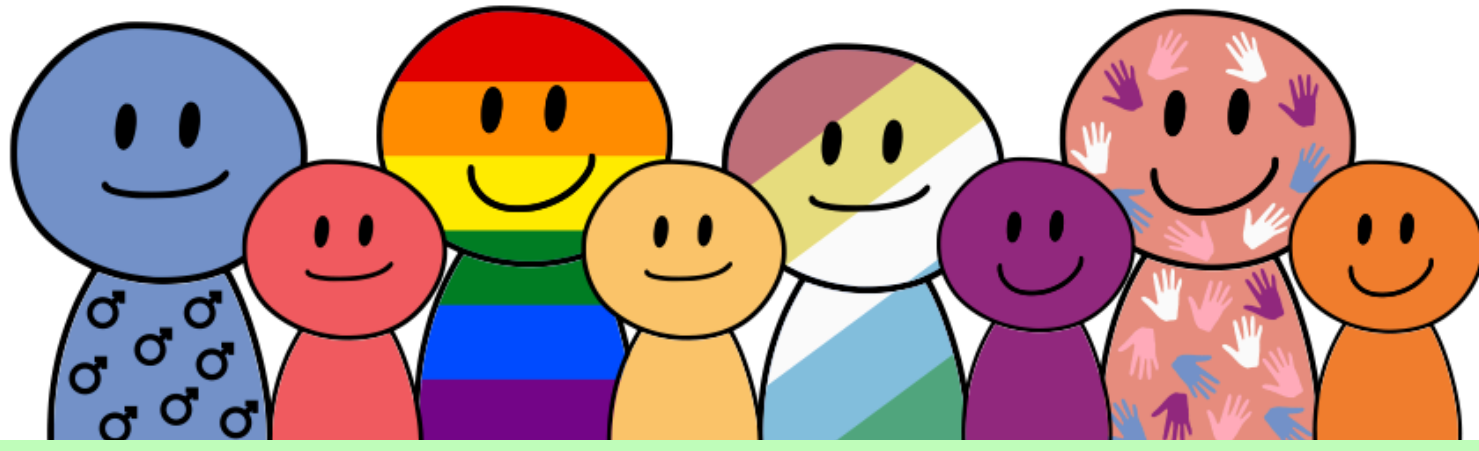
Be Ukraine Exchange

An exciting update following our visit to the Ukraine School this month! Our session plan included, Meditation, Mindful breathing, Yoga, Therapeutic storytelling, and a fundraising brainstorm for our first Be Ukraine Wellbeing Residential. Towards the end of our visit, we distributed the laptops to the children who thoughtfully made sure that 3 were put aside for their classmates who were not able to attend due to sickness. Following the generous donation of 30 laptops from ABL Health, the children were thrilled to receive them and couldn't believe that the laptops were theirs to keep. We told them about our colleague Ben who had worked so hard to prepare them and make them look like new.



With many talented individuals in our team, our Wellbeing Practitioner, Phoebe, is the lead of singer and guitarist of emo punk band from Nottingham, Retina. They have a lot of gigs lined up in Nottingham and lots of other cities. Follow them on Instagram to find out more about when and where they're performing! Follow them on Instagram @retina_bandofficial !!





We are going to the Positively Empowered Kids Festival!

Positively Empowered Kids Superhero Festival is back! Entry is FREE for families; you just need to register your attendance!

This year we have partnered with [Your Health Notts](#) who support children, young people, families, and adults across the county to improve their lives through healthy eating, physical activity, and other lifestyle changes. To receive support and advice around the above then please visit their website.

As a social enterprise, Positively Empowered Kids are dependent on funding and donations to deliver more and more around our county to inspire and support young people, their parents, schools & communities with a variety of wellbeing offers. So come join us, have a look out for our stall and freebies! We can't wait to meet you there!



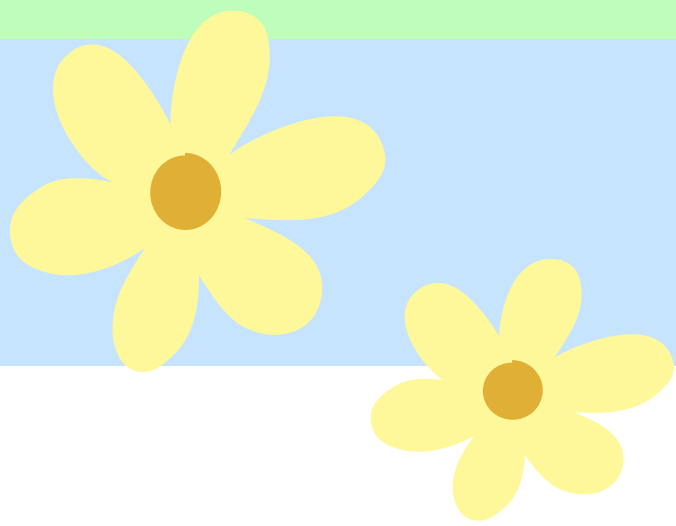
Where?

Nottingham
Arboretum



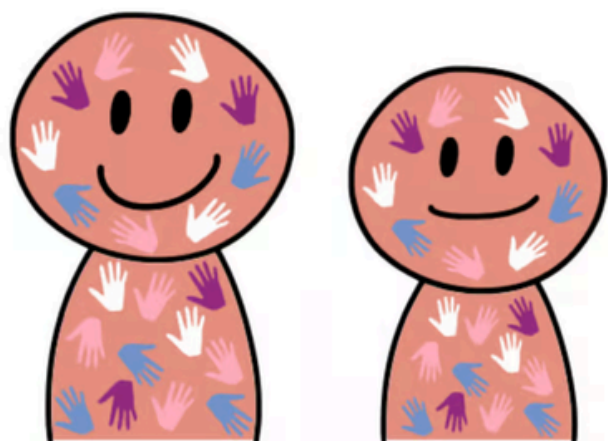
When?

Sunday 23rd June
10am - 4pm



Our Groups

Here's an overview of how this month's groups went!



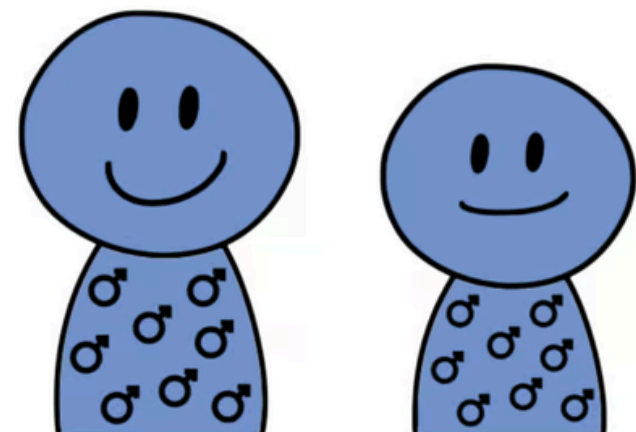
Be Unity

Be Unity

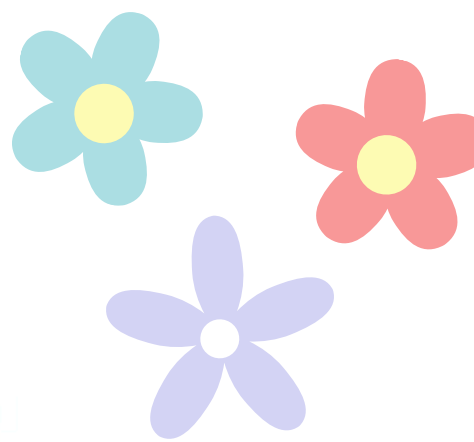
In our last session, we started with a detective game, guessing who was leading the group with movements. The detective had to guess who was the ring leader of the group. Then we created our own characters for a marathon runner - they needed a name, a backstory, a pose and also a catchphrase. We worked on these in pairs and asked our pairs to tell us about their character whilst demonstrating their character. We are going to continue to build on this next month, so why not come and join us!

Be Male

This month we had our best turn out so far which led to some great conversations and interactions. As a group we focused on the power of giving advice and the influence of our words. We had an exercise in trust and teamwork which gave everyone the opportunity to demonstrate leadership skills. There was a strong cohesion that was built between everyone during the night, this led to everyone expressing their personal thoughts on the value of having honest and non judgmental engagement.



Be Male



Feeling anxious? Bring a friend along to support you! Allies are welcome!

That's it for May, see you in June!