

# Monthly Newsletter

July Edition 2024

## Let's talk about ...

- Alcohol Awareness Week 2024
- The Try Dry App: Help cut down your alcohol levels
- Hill Street Youth Hub: Rugby
- Samaritans Awareness Day 2024
- Signs that someone may not be ok
- The School Readiness Health Questionnaire
- Support over the Summer
- SPARK Youth Music Summer Band Programme

Want to make sure you don't miss health & wellbeing updates from your school nursing team? [Sign up here!](#)



**youth hub**  
**every friday**  
**4pm - 6pm**  
**ages 11 - 16**

meet new people **chill out**  
make new friends  
**have fun**  
safe and welcoming

**CHILD FRIENDLY**

**www.hillstreetcentre.org**  
HILL STREET YOUTH & COMMUNITY CENTRE  
HILL STREET  
RUGBY  
CV21 2NB

**HILL STREET** **CHOICES**

# Alcohol Awareness Week

This years theme is: 'Understanding alcohol harm'

**1st July - 7th July**

Alcohol awareness week is a week of awareness-raising, campaigning for change and more, coordinated by Alcohol Change UK. Tips for changing your lifestyle...

Think and drink in units

Have a few alcohol-free days each week

Keep track

Choose a smaller glass and a lower ABV

Set a limit

Practise your drink refusal skills

Try low-alcohol alternatives

'Although 16-24 year olds are less likely to have drunk alcohol in the past week, when they do drink, they are more likely to drink at high levels (2017)'

## DID YOU KNOW?

'Alcohol is a causal factor in more than 60 medical conditions.'

## Track your drinking all year round...

You can download the Try Dry: the Dry January app for free to help cut down your alcohol levels and live a healthier lifestyle.

- Track your units, calories and money saved when you cut down
- Understand your drinking patterns
- Monitor your wellbeing





# Hill Street Youth Hub

Based in Rugby @ Hill Street Centre

Hill Street Youth & Community Centre has opened a youth hub every Friday between 4pm and 6pm. Young people can come along after school and use this designated safe place to meet new people and see their friends.

The hub is free to attend and has been created, coordinated and delivered by their own staff and selected professional partners.

Turn up this Friday and join in!

**youth hub**  
**every friday**  
**4pm - 6pm**  
**ages 11 - 16**

meet new people  
make new friends  
chill out  
have fun  
safe and welcoming

 **CHILD FRIENDLY**  
WARWICKSHIRE

[www.hillstreetcentre.org](http://www.hillstreetcentre.org)

HILL STREET YOUTH & COMMUNITY CENTRE

 **HILL STREET**

 **CHOICES**

HILL STREET  
RUGBY  
CV21 2NB

# Samaritans Awareness Day

**24th July: "We're here to listen"**

On Samaritans Awareness Day and throughout July, they'll be raising awareness to remind people that they're here for anyone who needs someone to listen.

They aim to share one simple message: **Samaritans are here 24/7 for anyone who is struggling to cope. Talk to us, we'll listen.**

## Contact a Samaritan

'If you need someone to talk to, we listen. We won't judge or tell you what to do.'

### Call any time, day or night

Whatever you're going through, call any time, from any phone for **FREE**.

Call 116 123



[Find out more about the helpline](#)

### Write us an email

Sometimes writing down your thoughts and feelings can help you to understand them better.

jo@samaritans.org



[Find out more about the email service](#)

## Signs that someone may not be ok...

Many people struggle to cope at one point or another of their lives. Reaching out to someone could help them know that someone cares, that they are valued, and help them access the support they need.

### Signs to look out for:

- Feeling restless and agitated
- Feeling angry and aggressive
- Being tired and lacking in energy
- Not wanting to talk or be with people
- Not wanting to do things they usually enjoy
- Using alcohol or drugs to cope with their feelings
- Finding it hard to cope with everyday things
- Not replying to messages or being distant
- Talking about feeling hopeless, helpless or worthless

You might not always be able to spot these signs. These emotions may be more difficult to spot if you're seeing less of the people you're close to.

Is your child starting school in September?

# DON'T FORGET THEIR SCHOOL READINESS HEALTH QUESTIONNAIRE!

There's lots to think about when your child starts school for the first time, but it's important to complete their School Readiness Health Questionnaire so that they can receive the support they deserve.

## WHAT IS THE QUESTIONNAIRE FOR?




Parents and carers who have a child due to start school for the first time in 2024, at a Warwickshire school, should complete the School Readiness Health Questionnaire. It helps to identify if they have any health and wellbeing needs that they may require support with in order to reach their full potential as they enter education.

[Start your questionnaire now](#)

Compass

Call us: 03300 245 204

Email: [connectforhealth@compass-uk.org](mailto:connectforhealth@compass-uk.org)

 @c4hwarwickshire  @schoolhealthC4H  @compassc4h



## Support over the Summer

If you need support over the Summer holidays with any health and wellbeing needs for your child, you can contact your School Nursing Team using the service number or our ChatHealth text messaging line.

**Call our service line:** 03300 245 204

**Text our confidential message service:** 07507 331 525

**Email our service:** [connectforhealth@compass-uk.org](mailto:connectforhealth@compass-uk.org)



# Join a band this Summer!

## SPARK Youth Music Summer Band Programme

On Samaritans Awareness Day and throughout July, they'll be raising awareness to remind people that they're here for anyone who needs someone to listen.

They aim to share one simple message: **Samaritans are here 24/7 for anyone who is struggling to cope. Talk to us, we'll listen.**

Email: [sparkmusicuk@gmail.com](mailto:sparkmusicuk@gmail.com)



The poster features the Warwickshire County Council logo, the HAF logo, and the SPARK Youth Music Summer Band Programme logo. It includes silhouettes of a band performing and a list of activities and benefits. The text is primarily in white and yellow on a blue background.

**Warwickshire County Council**

**HAF**

**spark** Youth Music summer Band Programme

Ages 10-16

#haf2024

**JOIN A BAND THIS SUMMER!**

**One Nation Studios, St. John's, Warwick**  
**Monday - Thursday, w/c 22nd & 29th July 2024**

- No previous experience needed/instruments provided
- Learn Guitar, Drums, Bass, Keyboard or Sing!
- Design and keep band t shirt
- Take part in a band photo shoot
- Perform in a professional gig (free tickets for friends & family)
- Lunch provided each day
- Free for HAF code holders

[@sparkyouthmusic](https://www.facebook.com/sparkyouthmusic)

Band members must be able to attend all or most of the 8 rehearsals which will be held 9-12 or 12-3 on Monday to Thursday of weeks commencing 22nd and 29th July, plus the gig at The Greig Hall, Alcester on the evening of Thursday 1st August

*SPARK Youth Music is The Regional Winner for The Midlands and finalist for The Department for Education National HAF Provider of The Year Award for dedication and commitment to outstanding youth provision*

To Book: ☎ 07711 372538 ✉ [sparkmusicuk@gmail.com](mailto:sparkmusicuk@gmail.com)



# Useful Contacts

## Mental health & wellbeing

### **CW RISE**

Rise is a family of NHS-led services providing emotional wellbeing and mental health services for children and young people in Coventry and Warwickshire.

### **Dimensions Tool**

A web-based app that will help you to find well-being support in the local area specific to your needs, or someone else's needs, after you answer a series of questions.

### **Relate**

Counselling service for young people.

### **Kooth**

Join Kooth, the free online mental health community for young people in Warwickshire. Includes counselling via text service.

## Family support

### **Family Lives**

Support for a wide range of topics relating to family life.

### **Warwickshire Family Information Service**

Advice and support provided by Warwickshire County Council.

### **Warwickshire Health Visiting**

Support and advice for parents/carers with a children under 5.

[Click here for useful apps and websites for young people.](#)

Our service is here to support school-age children, young people and their parents/carers in Warwickshire with all things health & wellbeing - just get in touch to find out more.



**Text ChatHealth (11-19 years): 07507 331 525**

**Text ParentLine: 07520 619 376**

**Call us: 03300 245 204**

**Email us: [connectforhealth@compass-uk.org](mailto:connectforhealth@compass-uk.org)**