

An update from your local team

NEWSLETTER 42

During Children's Mental Health week, our Cheshire and Wirral Children and Young People's services held an event to showcase the services we offer. We also held a number of local events for young people to participate in. Below is a link to a short video which captures the highlights.

The video also talks about the importance of participation; we are in the process of developing our vision and strategy for participation and engagement strategy which we will share with you as soon as we can. Children/young people and parents/carers we work with have said "When I felt listened to, it made a difference."

[Children's Mental Health Awareness Week](#)

Talking to children about Ukraine and Russia

Current events in Ukraine and Russia may be frightening for children and young people who may be hearing the news about Russia invading Ukraine.

Children in Need have created a list of resources for children, parents and teachers that can open conversations and may alleviate anxiety and fear related to current events for young people.

[Talking to Young People about Ukraine and Russia](#)

Podcast: Talking racism and mental health in schools

The Anna Freud Centre has released a new podcast series, 'Talking racism and mental health in schools'. In the series, experts in mental health, education and anti-racism explore topics including representation, culture and community, breaking them down into simple advice and practical steps for schools. Listen to the podcast series, discuss these issues

in your school, and support staff to create a whole school community which is anti-racist. [Racism and Mental Health in Schools Podcast](#)

Blue Apple Theatre: See No Evil

The Blue Apple Theatre has produced free education resources to raise awareness about hate crime including disability hate crime and the exploitation of vulnerable people within the context of county lines drug trafficking, following a grant from the Police and Crime Commissioner.

The resources include KS3 lesson plans, videos and workshops. These can be used by schools or those working with young people. Membership may be required to access lesson plans, however, membership is free.

For more information, or to access these resources please click the link below.

[Blue Apple Theatre: See No Evil](#)