

CAMPAIGN

Children's Mental Health Week returns to district for a second year of action

Introduced to St Albans last year by mental health awareness campaign It's OK To Say, Children's Mental Health Week has returned for a second year.

Although the week itself is only from February 3-9, events organised by It's OK To Say are continuing into next week due to demand.

Children's Mental Health Week is an extension of the charity, Place2Be, and this year's theme is 'Find your Brave'.

The idea is that sharing a worry or asking for help can be one of the most courageous things you can do. However, if learned from an early age then this approach to life means not only do we surround ourselves with the support needed, but this openness allows us to connect with others in a way that doesn't cause us to shut people out.

Stacey explained: "Learning skills early in life can provide children with tools to cope with future challenges."

"While we're consistent with our messages all year, this special week shines the light on

MATT ADAMS

Matt.Adams@archant.co.uk

children's mental health, championing the importance of providing psychological, social and emotional support for children and young adults to support their mental health.

"It's OK To Say uses a collective approach by our experts and partners to develop work in order to deliver our shared ambitions of preventative steps, promoting communication and self-care."

"By getting involved with as many organisations as possible, the message that It's OK To Say spreads further. By being consistent with our communication, we hope we're layering our support, brick by brick slowly, but surely encouraging anyone who needs it. "We want to spark conversations and help people feel more confident in looking after their mental health."

The week started with a visit to How Wood Primary School for Monday morning's assembly,

where the whole school sang M People's 'Search for a Hero'.

Headteacher Cynthia Rowe said: "It was lovely to welcome Stacey Turner to How Wood School for our fundraising assembly supporting the charity, School in a Bag. The whole school performed a song they have been rehearsing for 'Feeling Good Week' and Siena Sahota, Ruben Sahota and Oscar Leigh played their guitars for our special visitor. Stacey talked to the children about her charity, It's OK to Say, reinforcing the school's message that talking helps and we are always here to listen."

"It was so moving; the students broke off into choir groups and all took part in singing this inspirational song."

On Tuesday, Stacey visited St Albans library to see their new Reading Well for Children collection. This boasts beautifully curated books, chosen by children, carers, health experts and librarians to help young people deal with worries, feel better and boost their mood. The books on the Reading Well list have been specifically chosen to help young people understand their feelings

and cope with tough times.

Library manager Sally King said: "St Albans Library is delighted to launch its full collection of the books, which is now available for borrowing by parents and children. Children's reservations are free of charge, any book from the collection can be borrowed from any library in Hertfordshire, the books can even be borrowed as a group. All children need to access the new books is a library membership."

St Albans teen band Princes To Kings have recorded a cover of 'Breathin' by Ariana Grande in support of Children's Mental Health Week following their recent TV debut on the Michael McIntyre Show, which again highlights the importance of talking and surrounding ourselves with support.

Today (Thursday) is Time to Talk Day, hosted by the Department of Health and Social Care. This initiative encourages everyone to be more open about mental health – to talk, to listen, to change lives.

Stacey said: "Talking about mental health doesn't have to feel



awkward. Time to Talk are using the popular game, 'would you rather?' to help break the ice and inspire the conversation to flow.

"It's OK To Say recognises that a big problem is that people don't talk, so we work to reject the stigma attached and help normalise talking about mental

ONLY *enjoy* **GARDENING** *more!*
£19.99 "Discover Repeat Flowering
PER TREE! **Standard Lilac 'Palibin'...**
WHEN YOU ...Beautiful Blooms In Summer & Early
BUY TWO Autumn, Highly Fragrant & Winter Hardy!"



SAVE £20!
when you buy
2 trees!

"Add height, drama and sweet perfume to your garden with this repeat flowering, compact lilac tree!"

Our **DOUBLE GUARANTEE** to you...

1. If you're not totally happy with your order, return it within 30 days and we'll replace or refund in full!
2. Should any hardy plant fail to thrive thereafter, we'll replace free of charge – you just pay the P&P

Peter

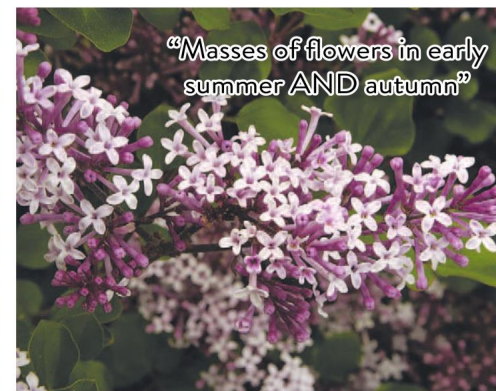
Peter McDermott
Head Gardener



The stunning, lilac-hued blooms first arrive in May, flush through summer and reach a second crescendo of colour in September – all the while giving off an exquisite sweet fragrance too!

This compact, slow growing beauty is so easy to care for and will look great for many years to come with a minimum of fuss – perfect as a feature in a sunny border or pots on a patio. It is very hardy too – withstanding even the worst of our British weather! Eventual height 1.5m.

- "Repeat-flowering" – May-Jun **AND** Aug-Sept!
- Beautiful, highly fragrant flowers!
- Perfect as a compact feature tree.
- Totally winter hardy and very easy to grow.



STANDARD LILAC (SYRINGA) 'PALIBIN'
Potted 0.8 - 1m Tall Tree Item Code S10317

WAS £29.99 NOW £22.99 SAVE £7.00
BUY 2 TREES £39.98 SAVE £20.00!

enjoy **GARDENING** *more!*

3 EASY WAYS TO ORDER NOW
www.enjoygardeningmore.co.uk/EGMP305

Tel: 0844 502 4444

OR SEND YOUR COUPON TO
PO Box 637, Wetherby, York, YO26 0DQ

Code	Product Name	Qty	Price	Total
510317	Standard Lilac SAVE £7.00		£22.99	
510317	2 X Standard Lilac SAVE 20.00!		£39.98	
Get Enjoy Gardening More Membership NOW! Get £20.00 free vouchers & Save 10% on plants & 5% on outdoor living!				
820009	Renewal Subscription Membership*: Was £20.00 NOW 75% OFF - SAVE £15.00!		£5.00	
820008	1 year membership: was £20.00 now 50% off - save £10.00		£10.00	
DON'T FORGET! Deduct 10% if you joined Enjoy Gardening More				
OFFER CODE: EGMP305			TOTAL P&P	£6.99
TOTAL				

Keep me up to date on daily special promotions, products and services from Enjoy Gardening More by email or occasionally by post *

Name _____

Address _____

Postcode _____

Email _____

Signature _____

I enclose a cheque for £ made payable to **Enjoy Gardening More** Please write your name and address on the back of your cheque. Or please debit my...

Card Type VISA

Card Number

Start Date Expiry Date Issue Number Security Number

Orders dispatched within 7 working days. Delivery to UK only and a £6.00 surcharge may apply to the following postcode areas: AB, BT, DD8-11, GY, HS, IM, IV, JE, KA27-28, KW, PA20-80, PH19-50, TR21-25 & ZE. Offer subject to availability and in the event that this offer is oversubscribed, we reserve the right to send suitable substitutes. Images show mature plants in situ. See website for product details and T&Cs. © You Garden Ltd 2020.

CAMPAIGN



(Left) Children's Mental Health Week at How Wood School, and (above) Stacey Turner and library manager Sally King highlight the Reading Well for Children list at St Albans Library.

factbox

Support available

Visit www.reading-well.org.uk to discover the collection of books, and www.time-to-change.org.uk where you can download materials and resources.

I always recommend parents and carers with any concerns of children and young adults to go and see their GP. Doctors' surgeries work hard to promote that it is OK to go and see them for any mental health concerns.

The following organisations offer support and counselling:

Samaritans - Samaritans.org, 116 123, 24/7.

Childline - Childline.org.uk, 0800 11 11, 24/7.

YoungMinds - Youngminds.org.uk, Text YM to 85258, 24/7.

health. The health of the mind is so important and one we should take very seriously. "Talking is a preventative and supportive step. It's brave and the best thing you will ever do and encourage your children to do, so lead by example. It is one of the most important steps in reducing

mental health problems. "Please don't struggle on your own! Ask for help!" "You might like to try leading a conversation by showing your children this article and starting with something along the lines of, 'I feel really good about how there is so much importance placed on

encouraging children to be open, talk and ask for help, as when I was little..." "You might also talk about an experience you had when you did open up and it made the world of difference, even if you were worried." Come and say hello to Stacey at

Westminster Lodge this Friday between 3.30-5.30pm in the soft play area, with face painting, glitter, activities, some cupcakes (get them before they go!) and furry hugs with the It's OK To Say mascot bear. **More on p24.**



Relocating Sale

FULLY OPERATIONAL DURING SHIFT

- 20% OFF PICTURE FRAMING IF USING STOCK MOULDINGS
- SPEND £100-00 AND GET 20% OFF
- MANY BARGAINS. UPTO 70% OFF SELECTED ITEMS.
- BULK PURCHASE FRAME MOULDINGS .70% OFF

MANY MANY ART PRINTS AND ORIGINALS FOR SALE AT KNOCKDOWN PRICES

Southdown Industrial Estate, St Albans, Herts. AL5 1PW till end of February, relocating to the new premises in the March onwards, 100% fully operational during shift.

AL5 1PW till end of February

ChipsAway

Scratches and scuffs won't dent your pocket

Don't delay, repair it today!

Professional quality repairs for less than your insurance excess!

We specialise in repairing everyday car paint and bodywork damage. **ChipsAway Mobile Service** we come to you and carry out the estimate and repair at your home or work address. **ChipAway CarCare Centre** we can carry out larger repairs at our new bodyshop at the address below. You can pop in for a free no obligation estimate at a time convenient to you.

Don't lose out on your no claims bonus, call or pop in today!

- ✓ BUMPER SCUFFS
- ✓ PAINTWORK SCRATCHES
- ✓ KERBED ALLOYS
- ✓ DENTS

For a free no obligation repair estimate, call Brian Palmer on: **07807 665380** www.chipsaway.co.uk

ChipsAway CarCare Centre, Unit 4, The Gryphon Industrial Park, Porters Wood, St Albans, Herts. AL3 6XZ.

FIND US HERE

