

FIND YOUR BRAVE

#ChildrensMentalHealthWeek



www.childrensmentalhealthweek.org.uk

THANK YOU FOR JOINING US FOR CHILDREN'S MENTAL HEALTH WEEK 2020

We are thrilled that you'd like to support **Place2Be** during **Children's Mental Health Week 2020**. Not only will this provide an opportunity to raise awareness about mental health, the money you raise will also make a difference to the lives of children and young people across England, Scotland and Wales. Thank you.

There are so many ways you can take part in the week. Here are just a few of our favourite ideas...

- **Show & Tell:** ask your colleagues, friends or family members to bring in something themed around bravery. An object, photo, picture or story about them doing something where they **FOUND THEIR BRAVE**, with a donation for **Place2Be**.
- **Bake sale:** show off your baking skills and organise a bake sale at school, work or home.
- **Quiz night:** who doesn't love a good pub quiz! Find a venue, invite your friends and get them all to pitch in £10 to come along.
- **Go without:** give up something you love this **#childrensmentalhealthweek**. It could be coffee, public transport or eating out...as long as you'll struggle without it!
- **Sponsored silence:** if you're a classic chatter box then this fundraising idea is perfect for you! £1 equals 1 minute of silence.
- **Time to show off:** got a special talent? Whether it's busking, sewing or martial arts – be brave and showcase what you're good at!

HOW YOUR SUPPORT WILL HELP

- **£19** could give a child one-to-one support with a counsellor
- **£50** could pay for a child to have a 50-minute one-to-one session with a qualified counsellor
- **£500** could support our vital work with vulnerable parents

TELL US YOUR PLANS

We would love to hear about your exciting plans. You can call us on **0207 923 5057** or email events@place2be.org.uk to discuss your ideas, ask questions, request additional materials (such as posters and sponsorship forms), or simply tell us what you are up to. We are here to help!

You can also join our incredible community of schools, organisations and individuals already taking part in **Children's Mental Health Week** at www.justgiving.com/campaign/CMHW2020

Thank you again, and I look forward to hearing your plans!

Yours sincerely,

Nikki Twallin
Community Fundraising Manager – **Place2Be**

FIND YOUR BRAVE

#ChildrensMentalHealthWeek



www.childrensmentalhealthweek.org.uk



HOW YOUR MONEY MAKES A DIFFERENCE

GEORGE

George had to move to a new school and was feeling very sad. He didn't have any friends and was very quiet in the classroom, sometimes not remembering what the teacher had asked him to do.

George's teacher realised that George's mum was feeling very sad too. His dad had gone away, and she was looking after George all on her own. The teacher suggested that George and his mum both go and talk to someone from **Place2Be** to help them.

When George came to the **Place2Be** room each week it was very quiet and peaceful, and he could talk to someone all about the worries in his head. He could also draw pictures to explain how he was feeling. He especially liked drawing a picture of a dog that would always run away. George explained it was because his dad had also gone and he missed him a lot.

Talking about his feelings helped George. His teacher started to notice him playing with the other children in the playground, he even made a best friend. George even said that **Place2Be** was his favourite lesson in school. When his teacher asked why it was his favourite as it wasn't a real lesson, George said "Happiness, **Place2Be** teaches you how to be happy."

George was able to access the support he needed because people like you donate to Place2Be.

PLACE2TALK

Aneena visited Place2Talk because she struggled to make friends. She told the counsellor about how the children bullied her and called her names. With Aneena's permission, **Place2Be** spoke to her teacher and arranged a Place2Talk session to discuss how to best support her.

Place2Be met with Aneena for some more Place2Talk sessions and she disclosed a past bullying incident which wasn't resolved when she was at primary school. It was clear that this was still having an impact on her today and her ability to make trusting friendships.

Aneena used drawing and talking to explain the pain and emotional hurt she was feeling when she was in primary school. She said she felt much better for talking and was glad that she could keep coming back to talk whenever she needed. The teacher reported that Aneena is much more open, less resistant to play and more open to having friends. Her mother told the teacher that she is playing outside more and not burying herself in her computer games.

Aneena was able to access the support she needed because people like you donate to Place2Be.

Thank you on behalf of George, Aneena and their families.