



Child Friendly Nottingham Updates

CHILD RIGHT OF THE MONTH:

As part of our Child Friendly Nottingham Action Plan, we're dedicated to promoting a different child's right each month. Please see the link below for a resource to support your engagement with children and young people. We hope you find this Rights Respecting School resource helpful!

The full year's calendar of 'Child Rights of the Month' can be found in the ChalleNGe <u>Cultural-Rucksack</u>.

Please tell us if you are doing any activities around the Rights of the Month, we'd love to hear about any activities you're doing around this month's rights! Please share your ideas with us.

This Month:

Article 24 Resource

This month, we will be **highlighting Article 24** again from the United Nations Convention on the Rights of the Child (UNCRC), but this time our focus is on **Mental Health Awareness Week** running from **12th May - 18th May 2025**.



Mental health awareness links with our Healthy Badge from the CFN Action Plan.



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Article 24: Health and Health Services

 \circ Every child has the right to the best possible health.

 Governments must provide good quality health care, clean water, nutritious food, and a clean environment and education on health and well-being so that children can stay healthy. Richer countries must help poorer countries achieve this.





Within the CFN Action Plan, the Healthy Badge Outcomes 1 and 2 are targeting to support children and young people's mental health highlighting:

Outcome 1: Mental health and wellbeing solutions

- Children and young people are aware of what mental health and wellbeing support is available and are able to access local services.
- Children and young people are able to identify gaps in mental health and wellbeing support; collaboration and co-design enables children and young people in Nottingham to suggest solutions for these gaps.

Outcome 2: Supporting Good mental Health

 Timely support for children and young people with identified mental health needs and preventative action to maintain good mental wellbeing is available.

Highlighting **Article 24** and the **CFN Healthy Badge Outcomes**, below are some Mental Health Services you can signpost Children and Young People.

NottAlone Website

 Multiple resources for all ages across Nottingham and Nottinghamshire to access information and there is direct support to other services available.

Child and Adolescent Mental Health Services [CAMHS]

- CAMHS has multiple services including self-referral for anyone under 18 as well as support for Adults and Parents to help support their Child if they are struggling.
- <u>Kooth</u>
 - Kooth is a Free, Safe, and Anonymous Online Mental Health Support Service for anyone aged 10-18 and up to age 25 in some areas.

NHS Children and Adolescent Mental Health Services Herefordshire and Worcestershire









Next Month:

Next month, we will be **highlighting Article 32 and 35**, to raise awareness for **World Day against Child Labour** on the **12th June 2025**.

Article 32: Child labour

 Governments must protect children from economic exploitation and work that is dangerous or might harm their health, development or education. Governments must set a minimum age for children to work and ensure that work conditions are safe and appropriate.



TRAINING UPDATES

Training dates in 2025

Upcoming Training: An Introduction to Children's Rights in Practice

To support Nottingham's ambition to become a globally recognised Child Friendly City, we are supporting partners across Nottingham city to be working to a Child's Rights Based Approach by offering **FREE** training, delivered by the UNICEF UK Child Friendly Cities Team.

Join child rights experts from UNICEF UK for a practical and interactive introduction to children's rights as set out in the United Nations Convention on the Rights of the Child.









Please see the upcoming training dates below and email <u>child.friendly@nottinghamcity.gov.uk</u> to book a training space.

塞 May 2025

Thursday 15th May 2025 – MS Teams Online, 09:00am - 1:00pm

🖲 June 2025

Thursday 19th June 2025 – MS Teams Online, 09:00am - 1:00pm

遼 July 2025

🛞 Wednesday 23rd July 2025 – MS Teams Online, 1:00pm - 5:00pm

Further 2025 dates for the Children's Rights in Practice Training will be featured in our next bulletin.



Bespoke Training

Bespoke Child Rights in Practice Training can be organised for teams of 10 colleagues or more.

To discuss it with us please email <u>child.friendy@nottinghamcity.gov.uk</u>

Would you Like to be a Child Right's Trainer?

UNICEF UK are opening a programme to 'Train the Trainer', so we can cascade child rights training to a wider audience across Nottingham.

If you are interested in becoming a Child Friendly Nottingham trainer, please contact the Child Friendly Nottingham Team at <u>child.friendly@nottinghamcity.gov.uk</u>







CFC Shorts 2025

As part of the Child Friendly City partnership and Nottingham's Child Friendly City programme, the UK Committee for UNICEF (UNICEF UK) Child Friendly Cities and Communities (CFC) Team offer monthly webinar series.

You can find full details in the resource sections on the Child Friendly Nottingham website, or by clicking below for dates and further details:

CFN Shorts: January - June 2025

The CFC Shorts are delivered **online via MS Teams**, with a facilitator from the UNICEF UK CFC team. The monthly shorts also include PowerPoint slides, a highlight of good practice and the opportunity for attendees to ask questions and share reflections.

These take place on the **third Wednesday of every month** from **2pm-3pm**. Each one-hour session will offer practitioners across the CFC network the opportunity to take a deep dive into discrete areas of child's rights-based practice and the CFC programme.

We will update the remaining CFC Shorts dates for 2025 as they are announced by the UNICEF UK CFC Team









WHAT'S BEEN HAPPENING?

OutRight 2024/2025 – UNICEF Campaign on Children's Rights

OutRight is a **UNICEF UK campaign on Children's rights** by children and young people, FOR children and young people.

The aim of the campaign is to help develop children's knowledge of:





Children's rights and the UNCRC

The different mechanisms for using their voice and making change (including democracy and global citizenship)

How to use their voices, calling on decision-makers to act on the children's rights issues that children themselves see as the most important

This year's Campaign launched in August 2024, but groups can participate in activities at **any time of the year** to help encourage children and young people to get involved.

To find out more information and access more resources please visit the UNCIEF UK website: <u>Campaign on Children's Rights - UNICEF UK</u>







UPCOMING DATES / EVENTS:

Event / Description	Date	Additional Details
World Mental Health Week	12 — 18 May	<u>Mental Health Awareness Week 2025 -</u> <u>Mind</u>
Voice of Children and Families- Questionnaire Closing	14 May	Voices of Children and Families Questionnaire Form
Introduction to Child's Right's in Practise Training	15 May	09:00 - 13:00 (online). To book, email <u>child.friendly@nottinghamcity.gov.uk</u>
Mini Police Fun Day	17 May	12-3pm Forest Recreation Ground (NG7 GHB) <u>Event Information</u>
Walk to School Week	19 – 23 May	Walk to school
CFC Short: CFC Community Champions: their role	21 May	14:00 – 15:00 (online via MS Teams) <u>CFN Shorts: January - June 2025</u>
Elmer Day: City's Libraries	24 May	Celebrate inclusion and kindness Nottingham's Central Library Event
Walk in my Shoes – Survey Closing	26 May	<u>Walk in My Shoes Survey </u> <u>Nottinghamshire Police</u>
Green Hustle Festival	31 May	<u>Old Market Square</u>
World Day Against Child Labour	12 June	
Mini Police Fun Day	14 June	12-3pm Melbourne Park (NG8 5HL) Event Information
Nottingham Refugee Week	16 – 22 June	Nottingham Refugee Week
CFC Short: Advocating children's rights locally and nationally	18 June	14:00 – 15:00 (online via MS Teams) <u>CFN Shorts: January -June 2025</u>
Introduction to Child's Right's in Practise Training	19 June	09:00am - 1:00m (online). To book, email <u>child.friendly@nottinghamcity.gov.uk</u>
Positively Empower Kids Festival	22 June	10:00am – 17:00pm at Nottingham Castle Positively Empowered Kids Festival
Relationships and Sex Education (RSE) Day	26 June	RSE Day Information: <u>RSE Day</u> ChalleNGe RSE Day: Communication
Introduction to Child's Right's in Practise Training	23 July	1:00pm – 5:00pm (online). To book, email child.friendly@nottinghamcity.gov.uk







WHAT'S COMING UP?

Walk in my Shoes Campaign and Survey

'Walk in My Shoes' is a campaign by Nottinghamshire Police designed to empower all women and girls, including those who identify as a woman, to **report where they feel unsafe** and to understand how women and girls feel in our city and county. This includes the voices of young women and girls in our city, linking to our **Child Friendly Nottingham Safe and Secure Badge**.



The campaign aims to help tackle violence against women and girls, starting by listening and understanding the women and girls in our communities across Nottingham and Nottinghamshire.

We encourage all partners who are girls and women to complete the survey and please pass this on to others.

The survey closes on 26th May 2025



To fill out the survey and find out more please click here: <u>Walk in My Shoes Survey | Nottinghamshire</u>





Voice of Children and Families Questionnaire.

The Nottingham City Safeguarding Children Partnership (NCSCP) is undertaking a mapping exercise to understand what organisations are currently doing in regard to engaging with children and families in their everyday practice.

Click Here to fill out the form Survey Deadline: 14th May 2025

Please share across your organisation and colleagues. The data collected will be invaluable in regard to further development of how we as a partnership capture and advocate the voice of children and families within practice.

Any further questions, please contact: jesse.keene@nottinghamcity.gov.uk









Green Hustle: - Citizen Science: Welbeck School

The Green Hustle Festival is back on Saturday 31 May 2025.

Green Hustle Festival is a free, vibrant, and interactive day packed with live performances, workshops, talks, and hands-on activities designed to inspire greener, more connected living.

Working in collaboration with the Koli School in Finland, Welbeck Primary pupils will be sharing their research and ideas about 'How Much Nature Do Children Need?' as part of the day. Look out for them! Find out about Green Hustle



Nottingham Games- Bulwell Arts Festival, Bulwell Academy Thurs 10 July, 3-5pm

The Nottingham Games Project, has been researching the games children play today in playground and how they are the same or perhaps changed. Join in with Bulwell schools to share their celebration of their research into the games that children play today as well as the games that were played in earlier times by parents and grandparents. This includes celebrating games that are played in other languages or that have been brought to our playgrounds by families who have recently come to Nottingham.

There is still time for schools to get involved in the <u>Nottingham Games project</u> Contact Rick Hall, <u>rick@rehearsal.org.uk</u>







Relationships and Sex Education (RSE) Day

RSE Day is nearly here!

This year, RSE Day will be celebrated on **26 June** with the theme of 'Communicate'. RSE Day is a day to **celebrate great education around healthy relationships and positive sexual health**. Schools and organisations around the country in the celebration with activities and sharing on social media. helps children to make informed choices and stay safe.

You can now visit the <u>website</u> to download lists of things to do on the day for primary and secondary age children and parents, as well as fun resources and display materials.

Share your celebrations

Show you are celebrating by **plotting yourself on the <u>sharing map</u>**. Click on the pink plus button in the bottom right, type in your school's name or area, add something about how you plan to celebrate the day, press publish. You can also



share photos on the day, there is no limit to the amount of times you can add yourself to the map!

Share your celebrations on social media using the hashtag #RSEday. We are excited to see how schools celebrate.

ChalleNGe RSE Day: Communication -

Taking part in RSE Day, our partner ChalleNGe are working with artist, Millie Yarwood, to create a mural at the Arboretum, featuring the views of children on communication in healthy relationships.



Using Padlet they will gather children's views using 5 questions from children throughout Nottingham so the children's views will shape the content of the mural.

To find out more and get involved click here: ChalleNGe RSE Day: Communication Mural









SKATE FOR SCHOOLS - Free Ice Skating for Children

To celebrate 25 years of the National Ice Centre, children have the opportunity to **skate for free** throughout June and July 2025!

Schools can sign up from across the city, so check with yours and make sure your child doesn't miss out on the ice-skating excitement.

Find out more by visiting the website here: SKATE FOR SCHOOLS





UK Parliament Week Kits 🔗

November 24th – 30th is UK Parliament Week, this is a chance to empower students, and to encourage them to share their views and voices.

You can still order **a free kit resource kit**, with multiple resources to engage the Children and Young People you work with.



Marking the tenth anniversary of <u>UK Parliament's petitions website</u> there is the launch of their new **Petitions Pursuit board game**! A game to help young people understand how petitions work and the steps they can take to get their voices heard on issues they care about.

Click Here to get involved!







Positively Empower Kids Festival

On **Sunday 22nd June 2025**, Positively Empower Kids (PEK) celebrate their annual Family Festival which is back for its fifth year at **Nottingham Castle**.

This event is packed with fun, a family festival for 0-16 year olds with activities, performances and stalls to build positive mental health. The festival runs form **10am – 5pm** and is designed to help children see their brilliance and discover their capabilities.



For any partners that would like to **book a stall** at the event you can register via this booking link: <u>PEK Stall Booking Link</u>

For more information please visit the website here: <u>Positively Empowered</u> <u>Kids Festival Website</u> or by contacting: Jackie Wilson (PEK Director) for more information at: jackie@positivelyempoweredkids.co.uk

CFN Monthly Bulletins

Within our bulletin's, we regularly share news and information around Child Friendly Nottingham activity and related initiatives.

Please email us at <u>child.friendly@nottinghamcity.gov.uk</u> by the **last day of each month** with anything that you want to include in the following month's issue.

We hope that you find our bulletins useful and interesting.

