



Child Friendly Nottingham Updates

HAPPY NEW YEAR!

The Child Friendly Nottingham Programme is coming to an end, and we are in our journey to be recognised as a Child Friendly City. We would like to start this year in thanking all our partners for your ongoing support.

In this month's bulletin you will find links to the city-wide Children and Young People Survey, the Child Right of the Month, recognising Holocaust Memorial Day, and upcoming training and events.

Nottingham's Children and Young People's Survey

This survey is a chance for 7-18 year olds across Nottingham to raise their voices and share what it's like growing up and living in the city. Responses will help influence change and build a better city for children and young people.

Survey links and QR code:

[2025 Children and Young People Survey](#)

[Nottingham's Children's Survey \(7-11's\)](#)

[Nottingham's Youth Survey \(11-16's\)](#)

[Nottingham's Young People's Survey \(16-18's\)](#)



Child Right of the Month

This Month – January 2026:

month, we are highlighting **United Nations Convention on the Rights of the Child (UNCRC) Article 1,4 & 41** to raise awareness of the **Holocaust Memorial Day (27/01/2026)**. Holocaust Memorial Day reminds us of the devastating consequences when human rights are ignored.

UNICEF Resources: [Article 1,4 & 41](#) and [Holocaust Memorial Day Information](#)



The 'Child Rights of the Month' 2025-2026 Calendar is available in the Challenge [Cultural-Rucksack](#).

Are you doing any activities around the Rights of the Month? We'd love to hear more! Please share your ideas with us and tag [@childfriendly.nottingham](#) on Instagram.

Connecting UNCRC to Holocaust Memorial Day (Tuesday 27th January 2026)



Article 1 – Definition of a Child

Every human being under 18 is recognised as a child and entitled to all rights in the Convention. This ensures that children, regardless of background, are protected from harm and discrimination.



Article 4 – Implementation of Rights

Governments must take all appropriate measures to make these rights a reality. This includes creating laws, policies, and resources to safeguard children's lives and dignity.



Article 41 – Respect for Higher Standards

If national laws or international agreements offer stronger protections than the UNCRC, those higher standards must apply. This principle ensures children always benefit from the best possible safeguards.

UNCRC Rights Relating to the Holocaust:

One of the reasons we have UNCRC exists is because of events like the Holocaust, that demonstrated the need to protect children's rights. Articles 2, 19, 37 and 38 all underline the need for the convention.



Upcoming Training

FREE training to support partners across Nottingham city to be working to a Child's Rights Based Approach:

An Introduction to Children's Rights in Practice

Wednesday 11th March, 10:00am - 2:00pm (Online, MS Teams)

An introduction to child's rights as set out in the United Nations Convention on the Rights of the Child.



Children's Rights in Practice: Policy and Strategy (Child Rights Impact Assessment Training)

Learn to make decisions that are guided by children's rights.

Thursday 12th March, 10:00am - 11:30am (Online, MS Teams)

Contact child.friendly@nottinghamcity.gov.uk to book a place.

Events

| Event | Date | More Info |
|---|----------------------|---|
| Martin Luther King, Jr. Day | 19 th Jan | Martin Luther King, Jr. Day |
| International Day of Education | 24 th Jan | International Day of Education United Nations |
| International Day of Clean Energy | 26 th Jan | International Day of Clean Energy |
| Holocaust Memorial Day | 27 th Jan | International Day of Commemoration in memory of the victims of the Holocaust United Nations |
| Achieve well Sensory Wellbeing Training | 29 th Jan | Sensory Wellbeing Training 29th January 2026 15.30 to 17.30 |

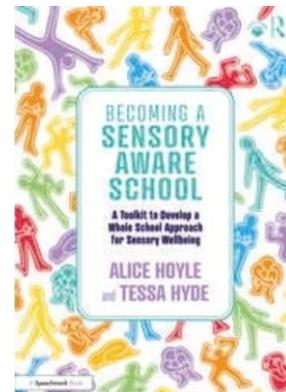
Find more information about these events on the next page.



www.childfriendlynottingham.org.uk

Sensory Wellbeing Training

The achieve well team are offering a practical workshop for sensory wellbeing training. Taking place on **29th January 2026** from **15.30 to 17.30**, it is designed for those working with children and Young people (particularly teachers) to build awareness of sensory needs and wellbeing.



What the workshop offers:

- What sensory wellbeing really means – and why it matters
- The 8senses (not just 5!) and how they affect us
- How to spot and understand sensory thresholds and the window of tolerance
- What 'sensory welldoing' looks like in real life

There are **50 FREE places available** for schools in Nottingham City with free resource. Click for more information and to [Book your place](#).

Free Autism and wellbeing Training

A two-day course developed by world leaders in the autism field, with resources co-produced by neurodivergent people of all ages.

On the course, you'll increase your understanding of neurodivergence and how to support the mental health of your autistic students. You'll also learn about:



- impact of autism myths and stereotypes
- communication and sensory differences between autistic and non-autistic children and young people
- causes and impacts of masking, meltdown and shutdown, and autistic burnout
- promoting wellbeing for autistic students and staff.

Funding criteria

Funded places are available for staff from mainstream primary and secondary schools working in KS2, 3 or 4. Each school that completes the programme will receive £150 to support their participation.

Find out more by emailing:

autism.schools@annafreud.org



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Travel Well

Nottingham was selected as part of a national trial to help promote more active lifestyles.

The trial will give healthcare professionals and social prescribers the ability to refer patients to services that promote walking, cycling and wheeling delivered within the community.

There are lots of events and opportunities to get more active. The project will take place around Aspley, Beechdale, Bilborough, Bulwell, Sneinton, St Ann's and Strelley.



For more information, click below:

[Nottingham Travel Well](#)

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 child.friendly@nottinghamcity.gov.uk 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.



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