

SUPPORTING YOUNG PEOPLE TO THRIVE

LATEST NEWS FROM ST ANDREW'S YOUTH CLUB



Welcome to the St Andrew's e-newsletter. I'm delighted to share some of the incredible work the St Andrew's team has been doing to support young people in our community.

A DECEMBER TO REMEMBER

December was full of festive cheer at the Club. Young people came together for Christmas themed crafts, lively seasonal games, and even cooked a roast during our weekly cooking class. Highlights of the month included an ice-skating trip to Greenwich and a roller-skating outing.

As the season came to a close, everyone loved celebrating alongside friends and their Youth Workers at two Christmas parties. Each young person received a gift, kindly donated by our corporate partners, helping to make the holidays feel special for every child in our community.



FESTIVE FUN

OUTDOOR ADVENTURE RESIDENTIAL

It was an adventurous October for St Andrew's, as we took 31 young people on a five-day residential at Hindleap Warren Outdoor Adventure Centre, in East Sussex. Young people enjoyed exciting challenge activities such as tree climbing, archery, axe throwing, abseiling, tower climbing, muddy obstacle courses and more.



ADVENTURE RESIDENTIAL

Our annual adventure residential pushes young people out of their comfort zone, supporting their development, building their independence, and confidence to face their fears. The trip helps young people learn key skills such as teamwork, communication, and problem-solving, helping to build resilience and perseverance.

MENTAL HEALTH SUPPORT – INTRODUCING VERA

We are thrilled to welcome Vera, our Children's Wellbeing Practitioner, to the St Andrew's team. This full-time role, commissioned through WCL MIND, strengthens the emotional and mental-health support available to our young Members.

Since the pandemic, we have seen a growing number of young people experiencing low mood, anxiety, and challenges with emotional regulation. Having a dedicated Mental Health Worker embedded in daily Club life ensures that young people can access support in a trusted environment.



VERA

Vera delivers group workshops, one-to-one sessions, and outreach in local schools, with a particular focus on children preparing for the transition to secondary school. This role is critical as it helps to normalise conversations about mental health, reduces stigma, and gives young people the tools to understand and manage their wellbeing.

Speaking about their work, Vera says:

"Promoting positive wellbeing for children and young people is more important than ever – pressures of school, navigating friendships and social media can be tough. I understand that life can sometimes feel challenging, and I'm here to give young people and families at the Club someone to talk to and to provide additional support if needed."

We are deeply grateful to John Lyon's Charity, Westminster Abbey, and Westminster City Council for funding this vital work.

We hope you enjoy reading about our work over the last few months, to see all the latest news from St Andrew's please visit the news section of our website or scan the QR Code

