

FEBRUARY 2021

HPA BULLETIN

INFO BOARD

LONDON PLAY - HAVE PULLED TOGETHER SOME FUN ACTIVE PLAY IDEAS YOU CAN USE WITH YOUR HOUSEHOLD'S
[CLICK HERE](#)

SELF-CARE TIPS FOR YOUNG PEOPLE | ONE YOU
TIPS ON EXERCISE, SLEEP AND HOW TO TAKE CARE OF YOURSELF ON SOCIAL MEDIA
[CLICK HERE](#)

KOOTH - OFFERS SAFE AND ANONYMOUS ONLINE MENTAL WELLBEING SUPPORT FOR CHILDREN AND YOUNG PEOPLE.
[CLICK HERE](#)

GET TESTED - INFORMATION ON COVID-19 TESTS, HACKNEY TESTING SITES IF YOU HAVE SYMPTOMS AND THE SITES IF YOU DON'T HAVE SYMPTOMS.
[CLICK HERE](#)



OUR NEW BULLETIN

Welcome to the first edition of Hackney Play Association's (HPA) bulletin.

The key focus of our new bulletin will be to share:-

- The work of our new Community Champions, who are existing playworkers
- Share useful links to ongoing COVID-19 information in Hackney and healthy living
- Showcase our children and young people's work
- Other important HPA updates.

If you have any ideas on what we could include in this new bulletin please email [**info@hackneyplay.org**](mailto:info@hackneyplay.org)

NEW COMMUNITY CHAMPIONS

Hackney Play Association now have 2 Community Champions (existing playworkers), who will be supported by our two new young people community champions.

To find out more of that they are doing and check out the useful links visit - [Click Here](#)

CHILDREN'S MENTAL HEALTH WEEK

Children's Mental Health Week 1-7 February 2021.

This year's theme is Express Yourself. Place2Be have put together a number of helpful resources that can be used for home-schooling, online lessons or independent learning.

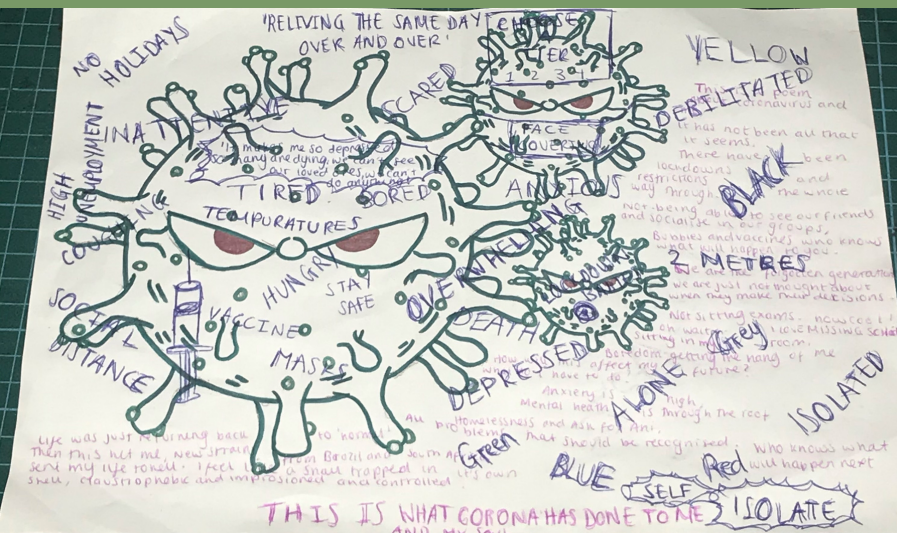
To find out more [Click Here](#)



HACKNEY
GIVING



EXPRESSING YOURSELF THROUGH ART



Coronavirus and me by Fern

This is a poem about coronavirus and me,
It has not been all that it seems,
There have been lockdowns and restrictions the
whole way through,
Not being able to see our friends and socialise
in our groups,
Bubbles and vaccines who knows what will
happen to you

We are the 'forgotten generation',
We are just not thought about when they make
their decisions,

Not sitting exams...
HOW COOL!
Oh wait...
I LOVE MISSING SCHOOL!
Sitting at home in my room,
Boredom getting the hang of me,
How will this affect my future?
What do I have to do?

Anxiety is high,
Mental health is through the roof,
Homelessness and Ask for Ani,
All problems that should be recognised.

Who knows what will happen next.

Life was just returning back to 'normal',
Then this hit me,
New strains from Brazil and South Africa sent my
life to hell.

I feel like a snail trapped in its own shell,
Claustrophobic and imprisoned and controlled.

This is what coronavirus has done to me and my
soul

Fern, HPA's young person community champion, pulled together the piece of art above with words from other young people describing, what they thought of Coronavirus and the colour they associate it with.



BEFORE AND NOW

Art Exhibition

Hackney Play Association is planning to host art exhibition at the end of 2021. As part of the exhibition we will also be producing a booklet showcasing your works of art.

We are asking you to draw, write a poem or song, reflecting your feelings/emotions towards the COVID-19 Pandemic right now.

Later in the year we will come back to you and ask for a follow up creative piece to see if your feelings/emotions have changed.

If you would put something forward then please email your work to the playground you are registered with :

pearsonstreet@hackneyplay.org
homerton@hackneyplay.org

We look forward to receiving your creative pieces

HACKNEY
GIVING

A HPA COMMUNITY CHAMPION PROJECT ACTIVITY

HACKNEY
PLAY
ASSOCIATION

HEALTHY TIP - 8 to 10 hours' good sleep on school nights is recommended for teens. For more info [Click Here](#)