



# FAMILY SERVICES NEWSLETTER



# ABOUT US

## EVERY CHILD THRIVES

### What We Do

We are passionate about empowering every child, irrespective of their circumstances, to thrive. We advocate an active and healthy lifestyle that positively influences various aspects of a child's life through a holistic approach which has sustainable lifelong benefits.

We recognise that the surroundings in which children grow play a crucial role in enhancing their outcomes. Consequently, whilst holding children at the centre of our work we actively support the three main environment's that impact children. By supporting schools, families and communities we seek to establish nurturing, positive and stimulating environments that will enable all children and young people to live an active and healthy lifestyle.



#### CHILD AT HEART

We hold the child at the heart of the decisions we make and the way we work.



#### WORK TOGETHER

We work together and support each other as a team, as well as working collaboratively with other organisations as the current challenge is larger than any one person or organisation.



#### MAKE A DIFFERENCE

We strive to create lasting, meaningful impact with empathy and compassion.



# MEET THE MOVE MORE FAMILY SERVICES TEAM

## **Marijana Filipovic-Carter**

Marijana is Head of Family Support. Her academic background is in Sociology and Psychology, while she has also been trained in understanding and supporting behaviour, interpersonal neurobiology, sensory needs, neurodiverse conditions, sleep issues and trauma. Guided by this professional background and lived experience of parenting children with complex needs, Marijana has been supporting parents and carers for over 10 years now through bespoke 1-1 sessions, parent groups, webinars, newsletters and family programmes.

Contact: [marijana@move-more.org](mailto:marijana@move-more.org)



## **Jennifer Protheroe-Minett**

Jen is Family Engagement and Support Practitioner. The core of her work has always centered around facilitating individuals to achieve better quality of life for themselves and their families. Her history includes Play work, Social Care and Social Work before moving into education and working with animals and Early Years classes for babies and their parents/carers. Jen is passionate about providing opportunities and supporting families to get the best from life and their time together.

Contact: [jen@move-more.org](mailto:jen@move-more.org)



Both Jen and Marijana can help you with all aspects of parenting, including managing your child's worries, anger, tantrums and meltdowns, low self-esteem, morning and evening routines, starting/moving school, parental separation, fussy eating, sleep issues, toileting...

# “THIS IS MY PLACE”

## CHILDREN’S MENTAL HEALTH WEEK 2026

Children’s Mental Health Week is an annual UK-wide campaign led by the charity Place2Be, created to raise awareness of the importance of children’s emotional wellbeing. It has taken place every February since 2015 and encourages families, schools, and communities to help children thrive.

This year, from 9-15 February 2026, organisations across the country will join together to help children learn how to look after their mental health, connect with others, and feel a sense of belonging.



### USEFUL LINKS

- Place2Be's Children's Mental Health Week [childrensmentalhealthweek.org.uk](https://childrensmentalhealthweek.org.uk)
- Children’s Mental Health Week 2026: This is My Place [westspace.org.uk](https://westspace.org.uk)
- Children's Mental Health Week - Place2Be [place2be.org.uk](https://place2be.org.uk)
- Children's Mental Health Week 2026 | YouthLink Scotland [youthlink.scot](https://youthlink.scot)
- This is My Place: Ideas for Children's Mental Health Week 2026 [worthit.org.uk](https://worthit.org.uk)

# “THIS IS MY PLACE”

## CHILDREN’S MENTAL HEALTH WEEK 2026

The 2026 theme “This is My Place” centres around the powerful idea of belonging - feeling valued, accepted and safe in our friendships, schools, families, and communities. As we say time and time again at Move More, a strong sense of belonging plays a vital role in children’s mental health, supporting confidence, resilience, motivation, and overall wellbeing.

As part of this week children are encouraged to explore the question; **“Where do I feel I truly belong?”** Throughout the week, families, schools, and communities are invited to create nurturing environments where children can proudly say: **“This is my place.”**

### WHAT IS BELONGING?

- Feeling understood and accepted by the important people in our surroundings
- Feeling loved, liked and accepted without pressure to be anyone but themselves.
- Feeling that you have a place where you are always welcome and valued.
- Feeling a part of something e.g. a group or society.
- Feeling included, not left out.
- Feeling a connection with something, feeling like I am meant to be there with no stresses or worries.

**Ultimately , it is about feeling safe.**



# WHY BELONGING MATTERS

Research shows that children who feel they belong build stronger friendships and social connections, experience better emotional wellbeing, and feel more confident and ready to learn. They are also more resilient when dealing with challenges. Because of these benefits, a strong sense of belonging acts as an important protective factor for children's mental health.



# HOW YOU CAN SUPPORT YOUR CHILD'S SENSE OF BELONGING:

## 1. CREATE YOUR "BELONGING MAP" AT HOME

Sit together and draw a simple map of places where your child feels safe, happy, or connected; school, home, a club, a grandparent's house, a park. This activity helps children notice the supportive relationships and spaces in their life.

Check out this link for a downloadable pack with additional instruction and ideas for this activity:

[Families and communities - Children's Mental Health Week](#)



## 2. START DAILY "CHECK-IN CHATS"

Choose a short, calm moment each day (breakfast, school run, bedtime). Ask:

- How are you feeling today?
- What helped you feel like you belonged today?
- Was there a moment you felt left out? How can we help next time?

Prompts help children develop language for emotions and strengthen family bonds.



## 3. SPREAD KINDNESS TOGETHER

A sense of belonging grows when children show kindness to others. Simple ideas:

- Help a friend tidy up.
- Draw a picture for a neighbour.
- Invite someone new to play.

Being kind triggers "feel-good" hormones that boost wellbeing for both giver and receiver.



# HOW YOU CAN SUPPORT YOUR CHILD'S SENSE OF BELONGING:

## 4. CELEBRATE WHAT MAKES YOUR CHILD UNIQUE

Help children build confidence by celebrating what makes them unique, acknowledging the humour, kindness, creativity, and ideas they bring to their “place.”

**When children recognise the value they contribute, they are more likely to feel appreciated, respected, and connected within their groups.**

You can celebrate what makes a child unique by noticing and naming their strengths in the moment such as acknowledging how their humour lifts others' spirits or how their kindness helps friends feel supported.

Offering roles that make use of their natural abilities, like inviting creative children to design posters or encouraging children to share ideas helps them feel valued.

Displaying their work or sharing their achievements with others also reinforces their sense of contribution. You can further support them by asking for help in ways that match their personality, such as seeking their ideas for a new game or plan, and by encouraging them to talk about what they enjoy or feel proud of.

Creating opportunities for children to share their talents, interests, or cultural traditions within the group helps them recognise that everyone brings something meaningful, fostering a sense of connection and belonging.



# WHERE TO FIND SUPPORT

To support your child's wellbeing throughout the year, try to keep routines predictable and calm, make time to talk and really listen, and encourage plenty of play both independently and with friends. Modelling healthy emotional expression helps children learn to manage their own feelings, and celebrating small achievements boosts their confidence and sense of progress.

## Where to Find Support

If you're worried about your child's mental health, speak to:

Your child's school

Your GP

Local wellbeing services

You can also explore information and support via [Place2Be](#) and partner organisations

Together, we can help children feel grounded, valued, and confident in the places that matter most to them. By nurturing belonging, we give every child the foundation they need to thrive not just during Children's Mental Health Week, but throughout their lives.

If you are still wondering how to further support your child with this, please do reach out and get in touch, we are always happy to help.

**Email: [Jen@move-more.org](mailto:Jen@move-more.org) & [Marijana@move-more.org](mailto:Marijana@move-more.org)**

# TAKE A LOOK AT OUR OTHER PROVISIONS:

## TITANS SPORTS CLUB

This programme is perfect for children who enjoy being active but prefer a more relaxed, supportive setting.

Move More TITANS will be running weekly on a Thursday at Cleeve Sports Centre, 5:30-6:30pm during term times.

[HTTPS://WWW.MOVE-MORE.ORG/TITANS/](https://www.move-more.org/titans/)

## SEND SPORT & SOCIAL SATURDAY

Our SEND Sport & Social Saturdays are designed for families with children who have Special Educational Needs and Disabilities. These sessions aim to keep families active, connected and supported.

[HTTPS://WWW.MOVE-MORE.ORG/SEND-SPORTS-AND-SOCIAL/](https://www.move-more.org/send-sports-and-social/)

## FEBRUARY HALF TERM CAMPS

CHARLTON KINGS INFANTS SCHOOL 4-7YRS

BALCARRAS SPORTS CENTRE 6-12YRS

CLEEVE SCHOOL 5-12YRS

ST MARKS JUNIOR SCHOOL 5-12YRS

JOHN MOORE PRIMARY 5-12YRS

[HTTPS://WWW.MOVE-MORE.ORG/CAMPS/](https://www.move-more.org/camps/)

## QUICK LINKS



### WEBSITE

[HTTPS://WWW.MOVE-MORE.ORG](https://www.move-more.org)



### SOCIALS

[facebook.com/MoveMoreCIO](https://facebook.com/MoveMoreCIO)

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