

NEW!

Vol. 1, Issue 2

Under 18's Health & Wellbeing Network

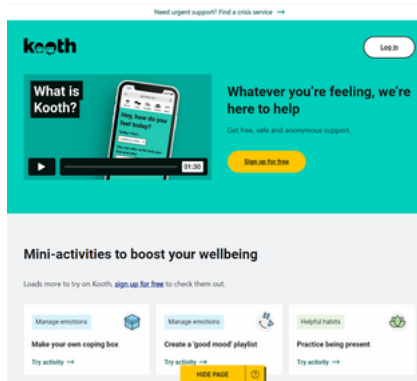


MONTHLY NEWSLETTER SEPTEMBER 2024

DID YOU KNOW?

Kooth is a free, safe and anonymous online service for young people in South West London to access support with their mental health and wellbeing.

Go to: www.kooth.com to find out more



UPCOMING U18 EVENTS

Sign up to the network to hear about our upcoming sessions in Pollards Hill and Phipps Bridge Youth Centres!



WHAT'S TRENDING?

On 21st August, we held our picnic and sleeping well session in Morden Hall Park. It was amazing to see some of you there! We particularly enjoyed the talk from Off the Record and the yoga session which was especially relaxing.

If you missed this session, be sure to attend the next one by signing up to the U18 Health & Wellbeing Network. Scan the QR code above to sign up!

If you have any questions get in touch with Anna and Nicola today on:

Under18sHWN@merton.gov.uk

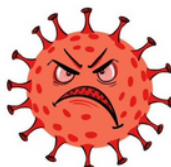


VACCINATIONS

Are you up to date for your vaccinations?

Vaccinations offered to young people through school:

- 3 in 1 teenage booster – Year 9
- HPV vaccine – Year 8
- MenACWY vaccine – Year 9
- Flu vaccine – Years 7-11



If you think you may have missed a vaccination, you can get in contact with your GP.

[Click here](#) to take our quiz and test your vaccine knowledge!

@myvoicemerton



Under 18's Health & Wellbeing Website



THE LONDON BOROUGH OF **MERTON**