

# #ConnectCard

**#HSKYouth** are some truly amazing young people, who have helped steer the programme and created their own brand / logo; a website ([www.startnowcornwall.org.uk](http://www.startnowcornwall.org.uk)); social media; a film project; their own online wellbeing and resilience action plan (and an app based on the plan); and more....



Despite the challenges of lockdown YP have continued to be involved in the programme and concerned to support the wellbeing of others.

In September 2021 they are launching '**Connect**', essentially a wallet-sized card and key fob with a scannable QR code that will take users to an online portal linking to information / support / opportunities in their local area / fun stuff...

They want to raise awareness of **Connect** and help young people to feel they are not alone as they go back to school in September. They would like YP in Cornwall to:

- **feel positive about the school year ahead**
- **know how to find help / support and look after their wellbeing (e.g. using the 5 Ways to Wellbeing)**
- **feel OK to ask for help if they need it**



So we've come up with the....



## Back to School - Wellbeing Kit

"We hope that everyone will feel good about going back to school in September (hopefully without bubbles, masks and lateral flow tests!). If they are not feeling so good we want everyone to know how to find and ask for help.

To help promote the **Connect Card** we've created a free '**Back to School' Wellbeing Kit** for YP in Y6 / Y7 / Y8 in Cornwall. The first 1000 YP with a Connect Card who (choose to) sign up can claim a free **Back to School Wellbeing Kit**.

### Content will include:

- stress busting tangles and key rings
- Great grounding and cool calm ideas to try out
- and more....



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[www.headstartkernow.org.uk/connectcard](http://www.headstartkernow.org.uk/connectcard)

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