

MARCH 2023



# ALL FOR YOUTH



## THIS MONTH YOU CAN...

Find a recipe for British Pie Week

Learn about Autism

Read about supported internships

Find things to do

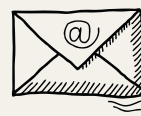


[RBKC.GOV.UK](http://RBKC.GOV.UK)

[WESTMINISTER.GOV.UK](http://WESTMINISTER.GOV.UK)

*Share Your Voice.*

**This page was designed and illustrated by Jamie. Great drawings, Jamie!**



Send in your photos, pictures and thoughts to Megan by email [megan.roscoe@rbkc.gov.uk](mailto:megan.roscoe@rbkc.gov.uk) or phone/text 07739 313627.



THE ROYAL BOROUGH OF  
KENSINGTON  
AND CHELSEA



City of Westminster

# BRITISH PIE WEEK

6th - 12th March 2023



Recipe Origin:  
England  
Prep time: 30 mins  
Total time: 1 hour  
15 mins  
Difficulty: medium  
Serves: 6

Try this  
delicious apple  
pie recipe:

## METHOD

1. Pre-heat oven to 220 degrees Celsius
2. Wash and peel the apples then cut them thinly.
3. Mix flour, sugar, cinnamon, nutmeg, and salt together
4. Pour apples into bowl with spices. Cut the butter and add it to the bowl.
5. Transfer ingredients to pie-dish. Roll out the pastry and cover the mixture with this. Make sure to press the edges into the dish.
6. Put pie into oven for 45 minutes

## Ingredients:

- 50g Flour
- Pinch of salt
- 175g sugar
- 1/2 teaspoon cinnamon
- 1/2 teaspoon nutmeg
- 8 apples
- 2 tablespoons butter
- 320g ready-rolled shortcrust pastry



A great way to  
warm up from  
the cold!



You can use a  
cake-tin instead  
of a pie-dish.

# AUTISM ACCEPTANCE WEEK

World Autism Acceptance Week takes place on 28th March – 3rd April. It helps to raise awareness of what it is like to be Autistic as well as teach people how they can make life easier for Autistic people. The theme of this year is 'Colour'.

## What is Autism?

"Autism is a lifelong developmental disability which affects how people communicate and interact with the world. More than one in 100 people are on the autism spectrum and there are around 700,000 autistic adults and children in the UK."  
- National Autistic Society

What is it like to be autistic in Westminster and Kensington and Chelsea?

"Having Asperger's and Autism doesn't make me any less human. I just have to work with what I have and that counts for something right?"

"I had help with travelling when I was not an independent traveller. I had help getting to places and practice crossing roads."

"When I go to a new place, I do research about where I am going and find out information from the place I am going to, otherwise I might get sensory overload."

"Places I like to go to: Soho, central London, Art museums and other more creative places. These places are more calming."



**This page was designed  
by Darlene, a member  
of the Newz Crew.  
Amazing job, Darlene!**

**Do you want your work in next month's  
Newsletter?**

**Send in your photos, artwork and  
thoughts to Megan by email  
megan.roscoe@rbkc.gov.uk or  
phone/text 07739 313627.**



# International day of happiness

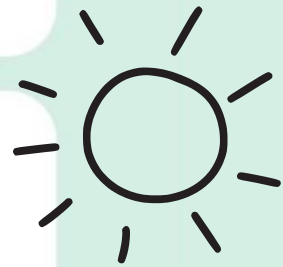
## How can we celebrate!

- Random acts of kindness
- Spend some time in the sun
- Smile!
- Compliment someone
- Do some fun activities
- Bake a cake



## What is it?

On March 20th, we celebrate the International Day of Happiness to recognise the importance of happiness in the lives of people around the world.

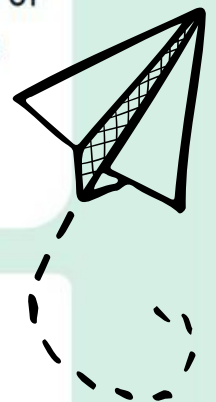


**Step 1:  
Be mindful**

**Step 2:  
Be grateful**

**Step 3:  
Be kind! Not  
only to  
others but  
yourself too.**

Here are three simple steps you can use anytime to give yourself a boost your compassion for others.



POSITIVITEA



# INTERN-VIEWS

Ask & Answer!

QUESTIONS FOR THOUGHT!



Jamie, a supported intern at Kensington and Chelsea Council interviewed the Westminster interns. Here's what they had to say...

## WHAT ARE YOUR STRENGTHS OR WEAKNESSES?

- "Good at cleaning, organising and spelling" - Daniel S
- "Good with practical hands." - Amara
- "Good listening and focusing." - Siva

## DO YOU HAVE ANY HELPFUL SKILLS, WHAT KIND OF SKILLS ARE YOU GOOD AT?

- "Knowledge of gardening, teamwork, baking cakes" - Daniel C
- "Good at football, flexible at doing one job to another." - Daniel S.
- "Good at counting, typing." - Abdul

## WHAT IS YOUR MAIN GOAL IN LIFE?



- "Wanting to work, have more friends, going on holidays." - Daniel C
- "Get a job." - Siva
- "Helping other people with gardening." - Amara

## WHAT WOULD YOUR FUTURE LOOK LIKE?



- "Game shop and youth club, wanting to learn how to climb" - Daniel S.
- "Buy a house. Work at the Game Shop" - Amara

## WHAT HAVE YOU ENJOYED ABOUT THE SUPPORTED INTERNSHIP?

- "Delivering the boxes" - Amara
- "Views and going to the canteen" - Siva.
- "Going to the canteen" - Daniel C.



"Want to find out more about supported internships? Scan the QR code or contact Rachel at [Rachel.Edwards@rbkc.gov.uk](mailto:Rachel.Edwards@rbkc.gov.uk)

## WHAT KIND OF CAREER DO YOU WANT TO HAVE?

- "Working at the library" - Siva.
- "Work at the garden centre" - Daniel C
- "Work at Tesco" - Abdul



**This page was designed and illustrated by Jamie. Great drawings, Jamie!**



**JAMIE INTERVIEWING THE WESTMINSTER INTERNS**



# WHAT'S ON

## Dance Classes for Young People with SEND

Join Step Change Studios for weekly dance classes for disabled young people. Our fun, creative, classes support people to express themselves and draw on a range of dance styles.

All abilities welcome.

£3.00 per session, every Sunday at Queen Mother Sports Centre, SW1 - 9:45am - 10:45am,

For more information contact [contact@stepchangestudios.com](mailto:contact@stepchangestudios.com) or scan the QR code to sign up



Food and Activities for children and young people during the Easter Holidays

Scan the QR code for more information



## Movie

Ciné Lumière are playing a relaxed screening of *Rémi Sans Famille*.

Suitable for ages 8+

Date: Sunday 26th March at 1.20pm, Cine Lumiere, 17 Queensberry Place, SW7 2DT.

Visit their [website](#) or scan the QR code for tickets.

Relaxed Screenings are suitable for those with ASD or sensory processing needs and their families.



# SPRING PUZZLES

Can you unscramble all the words?

ndusya      \_ \_ \_ \_ \_  
 gesg        \_ \_ \_ \_  
 olrewfs     \_ \_ \_ \_ \_ \_  
 takebs     \_ \_ \_ \_ \_ \_  
 nuynb      \_ \_ \_ \_ \_  
 snirgp     \_ \_ \_ \_ \_ \_  
 traroc     \_ \_ \_ \_ \_ \_  
 nuth        \_ \_ \_ \_  
 ihkcc        \_ \_ \_ \_ \_      75  
 cortdeea   \_ \_ \_ \_ \_ \_ \_ \_

## Word List



basket	eggs
bunny	flowers
carrot	hunt
chick	Spring
decorate	Sunday



CrayonsAndCravings.com

Did you know...

Tuesday 14th March of March is International Day of Mathematics.

Can you solve the puzzles below?

$$16 + \square = 25$$

$$\square - 12 = 8$$

$$75 \div 3 = \square$$

$$9 \times 4 = \square$$

Send in your answers to  
 Megan by email  
[megan.roscoe@rbkc.gov.uk](mailto:megan.roscoe@rbkc.gov.uk)  
 or phone/text 07739 313627.  
 The person who gets the  
 most answers will get a  
 shout-out in next month's  
 All For Youth!