



# CASSS

## NEWSLETTER

January 2026

### *Welcome!*

Hello and welcome to the latest CASSS Newsletter. This newsletter aims to provide monthly updates on counselling and therapeutic activities in and around Southend and relating to the sector nationally. It is a chance for organisations to share information and highlight all the positive work that is going on, in the area.

CASSS stand for Counselling and Support Services Southend. It is a registered charity (No 1184892) which works with local organisations to coordinate and improve community counselling and therapy services, in and around Southend.

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#### In this Issue

In this edition we have news of several events coming up. CASSS has a fundraising event and is currently looking for agencies to attend its next Mental Health Event at the Victoria in May. There is a Youth Mental Health event at the Victoria Shopping Centre in Southend. There are volunteering opportunities at Abacus Counselling and Support. Finishing are the awareness days 2026 calendar and news articles. Separately there is a document about support the Co-op can provide charities.

#### Future network meetings

The virtual network meetings date for 2026 are 26/1/26, 30/3/26, 1/6/26, 27/7/26, 28/9/26, 30/11/26, all at 4pm on Zoom. Organisations are invited to attend.

## Upcoming Events

### CASSS Fundraising quiz and raffle



See Eventbrite link for more info: <https://www.eventbrite.com/e/fundraising-quiz-and-raffle-tickets-1980876262224?aff=odtdtcreator>

### CASSS Mental Health Event May 2026

CASSS will be having its next Mental Health event at the Victoria Shopping Centre, 10am – 3pm, on Saturday 17<sup>th</sup> May. This will be as part of Mental Health Awareness Week that week. Agencies are invited to have a stall, as part of the event.

This free event is an excellent opportunity to engage with members of the public, to raise awareness of your agency and offer support to the community.

Agencies who are interested in attending are asked to email [cass.southend@gmail.co.uk](mailto:cass.southend@gmail.co.uk), to express an interest. Agencies will need to provide a copy of their latest Public Liability Insurance and the organisation logo, to be used in marketing. Please note spaces cannot be reserved and attending agencies will need to bring their own table and chairs.



## Youth Mental Health and Wellbeing Event

### Youth Mental Health & Wellbeing Event (14 Feb 2026)

This FREE community event will run from 10am-4pm at The Victoria Centre

*We will bring together young people, families, educators and youth organisations for a positive and engaging day centred on mental health, resilience, creativity and community connection.*

#### The Youth Mental Health & Wellbeing Event has been designed to:

- o Support and empower young people aged 11-19
- o Promote positive wellbeing, self-esteem and belonging
- o Showcase youth creativity, talent and enterprise
- o Connect families and young people with meaningful resources and services
- o Create a safe, vibrant space for expression, fun and community

The day will feature interactive wellbeing zones, creative activities, performances, workshops, sensory spaces, information stands, youth enterprise stalls and more.

#### How to Apply

Please complete the relevant application form below:

Trader & Young Maker Application:

👉 <https://forms.gle/5UUiHsSsA5GxmHxeq6>

#### Performer Application:

👉 <https://forms.gle/QhU9G2KNGQRCXnvKA>

*If your school or group would like to run a workshop, youth activity or awareness stand, simply reply to this email or contact us directly.*

#### We are currently seeking:

🎤 **Performers:** Musicians, dancers, spoken word artists, drama groups, youth performers or wellbeing-led creative acts.

🛒 **Traders & Young Makers:** Youth-focused products, wellbeing items, handmade goods, crafts, and young entrepreneurs aged 14–25. (Food traders must have a 5★ hygiene rating and PLI.)

🤝 **Organisations & Contributors:** Schools, charities, youth services, clubs and support organisations interested in:

- o Running a workshop
- o Hosting a stall
- o Sharing resources
- o Providing an interactive demonstration
- o Offering a youth engagement activity

*We welcome anything that aligns with the theme of youth mental health, resilience, creativity or positive lifestyle.*



## Volunteering Opportunity

### Abacus Counselling and Support

Abacus currently has a few opportunities for volunteering



1. Volunteer counsellor recruitment happening now
2. Looking to recruit an admin volunteer role in next 2 months.

Please email [info@abacuscounsellingandsupport.co.uk](mailto:info@abacuscounsellingandsupport.co.uk), to enquire further.

## National and Local Mental Health Awareness Days

### January

January 19<sup>th</sup> - Brew Monday

### February

9<sup>th</sup> – 15<sup>th</sup> February - Children's Mental Health Week

6<sup>th</sup> February - 2026 Time to Talk Day

**7<sup>th</sup> February - CASSS Fundraising Quiz**

14<sup>th</sup> February - Youth Mental Health and Wellbeing Event

23<sup>rd</sup> February - 1 March 2026 Eating Disorders Awareness Week

### March

1st March – Self Injury/Self Harm Day SIAD

12<sup>th</sup> March - University Mental Health Day

30<sup>th</sup> March - World Bipolar Day

### April

April 2026 Stress Awareness Month

7<sup>th</sup> April – World Health Day

### May

11<sup>th</sup> -17<sup>th</sup> May - Mental Health Awareness Week

**17<sup>th</sup> May - CASSS Mental Health Awareness event at the Royals Shopping Centre**

### July

25<sup>th</sup> July - National Schizophrenia Awareness Day

### September

10<sup>th</sup> September - World Suicide Prevention Day

### October

10<sup>th</sup> October - World Mental Health Day

12<sup>th</sup> - 18<sup>th</sup> - October 2026 OCD Awareness Week

### November

November 2026 Men's Mental Health Awareness Month

4<sup>th</sup> - November 2026 National Stress Awareness Day

13<sup>th</sup> - 17<sup>th</sup> - November 2026 Anti-Bullying Week

<https://mentalhealth-uk.org/get-involved/mental-health-awareness-days>

## News Articles

New rules on police requesting counselling notes come into force

[https://www.gov.uk/government/news/new-rules-on-police-requesting-counselling-notes-come-into-force--2?fbclid=IwY2xjawPWHYBleHRuA2FlbQIxMQBzcnRjBmFwcF9pZBAyMjlwMzkxNzg4MjAwODkyAAEeZhIxFOXh0Z78Wv12cR-w4hDjTjTDgQDXcmjsVFKGRo5SRLZbKkl7A1RO-cc\\_aem\\_o54pbBOAMgWNFckWRrky8A](https://www.gov.uk/government/news/new-rules-on-police-requesting-counselling-notes-come-into-force--2?fbclid=IwY2xjawPWHYBleHRuA2FlbQIxMQBzcnRjBmFwcF9pZBAyMjlwMzkxNzg4MjAwODkyAAEeZhIxFOXh0Z78Wv12cR-w4hDjTjTDgQDXcmjsVFKGRo5SRLZbKkl7A1RO-cc_aem_o54pbBOAMgWNFckWRrky8A)

Evidence for link between digital technology use and teenage mental health problems is weak, our large study suggests" —

<https://theconversation.com/evidence-for-link-between-digital-technology-use-and-teenage-mental-health-problems-is-weak-our-large-study-suggests-273386>

How I changed my personality in six weeks

<https://www.bbc.co.uk/future/article/20260102-how-i-changed-my-personality-in-six-weeks>

Work-related stress a 'growing national crisis', unions warn

[https://www.lbc.co.uk/article/work-related-stress-national-crisis-unions-warn-5HjdQBJ\\_2/](https://www.lbc.co.uk/article/work-related-stress-national-crisis-unions-warn-5HjdQBJ_2/)

Supposedly distinct psychiatric conditions may have same root causes

<https://www.newscientist.com/article/2507900-supposedly-distinct-psychiatric-conditions-may-have-same-root-causes/>

Want to quit antidepressants? Slow tapering plus therapy is the most effective way, study suggests

<https://www.euronews.com/health/2025/12/11/want-to-quit-antidepressants-slow-tapering-plus-therapy-is-the-most-effective-way-study-su>

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