



ANXIETY Newsletter

November 2026



What is anxiety?

Everyone feels anxious from time to time. Usually, these feelings pass once we feel safe or resolve the situation causing them. Anxiety can cause a range of symptoms, affecting how you feel physically, think and behave. It becomes a problem when it prevents you from doing the things you want or need to do in everyday life. Ref: Centre for Addiction and Mental Health 2015

What can cause anxiety in young people?

Anxiety can have many different causes, and often it's a combination of factors.

Young people may feel anxious because of school, exams, friendships, relationships or pressure from social media. Difficulties at home, major life changes, lack of sleep and challenging experiences can also contribute.

For some young people, anxiety may be linked to genetics or other physical or mental health conditions. Sometimes there may not be an obvious reason. If anxiety begins to affect everyday life, sleep, school or relationships, it's important to talk to a trusted adult or healthcare professional. Ref: NHS, 2021, YoungMinds, n.d.

Signs & Symptoms of anxiety

People can experience feelings of anxiety in many different ways, but here are some of the common signs to look out for.

Emotional signs

- Constant worry or fear
- Feeling overwhelmed, irritable, or tense
- Low self-esteem or fear of being judged

Behavioral signs

- Avoiding social situations or school
- Seeking constant reassurance
- Trouble concentrating or making decisions
- Becoming withdrawn or clingy

Physical signs

- Headaches, stomach aches, or nausea
- Fatigue or trouble sleeping
- Rapid heartbeat or shortness of breath
- Restlessness or fidgeting

For more information on recognising the signs of anxiety in children and young people, click the logos.

BARNARD'S

Changing childhoods.
Changing lives.

NHS

YOUNGMINDS





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Anxiety advice & support

There are lots of services that offer advice and support for anyone dealing with anxiety. Click the logo to head straight there.

NSPCC

mind

YOUNGMINDS

NHS

Anti-Bullying Week

This year's Anti-Bullying Week campaign, Break the Silence, encourages children, young people and adults across the UK to start conversations about bullying, speak up, listen to one another and take action together.

The theme was developed in collaboration with the anti-bullying sector and shaped by the voices of more than 200 children and young people. Many shared their experiences of the silence that can surround bullying, as well as the barriers they can face when asking for help. Organised by the Anti-Bullying Alliance, coordinated by leading children's charity the National Children's Bureau, Anti-Bullying Week is one of the UK's largest children's wellbeing campaigns. Each year, it reaches an estimated 8 million children and young people and more than 80% of schools across the UK. This year, let's Break the Silence together by creating safe spaces to speak, listen and take action against bullying.

Find out more [here!](#)



Key November Dates

Buy Nothing New Month!

Remembrance Sunday
8th NOV

Trans Awareness Week
13-20 NOV

Odd Socks Day- 16th NOV

Anti-Bullying Week-
16-20 NOV

Odd Socks Day!

Odd Socks Day is taking place on Monday 16th November, with adults and children being encouraged to wear odd socks to celebrate what makes us all unique. Schools and workplaces are encouraged to take part. Find out more [here!](#)



LET'S GET SOCIAL!



South Leicestershire School Sports Partnership

Health | Well-being | School Sport | PE | Physical Activity



Health | Well-being | School Sport | PE | Physical Activity
Supporting South Leicestershire Schools to provide opportunities for all young people

South Leicestershire Community Board

Wigston is home to a wide range of local community groups and services. Find out more here.

Beyond Bullying

Leicestershire County Council's anti-bullying website.

Here you will find a range of information and guidance for young people, parents/carers and professionals.

Click here to find out more.

A-TYPICAL
Your local group promoting autism awareness!

Are you on the Autistic/ADHD spectrum?
Are you 18+?
Do you feel left out from the community?
Do you want your say?
If so please contact your local area coordinators:

Wigston
• Safina Jamal - 07 834 177 184
- Safina.jamal@leics.gov.uk

Oadby
• Louise Monk - 07 526 927 372
- Louise.monk@leics.gov.uk

South Wigston
• Mary Flynn - 07 834 177 175
- Mary.flynn@leics.gov.uk

Meet us on the first Tuesday of every month.
Venues to be confirmed.

Next meeting: 2-4pm 3rd February at The Community Hub, 40 Bell Street, Wigston, LE18 1AD (next door to speakeasy)

STAND TOGETHER FOR AWARENESS

Together, let's make a difference

Autism Awareness

LEICESTER, LEICESTERSHIRE & RUTLAND
Maternity Voices
Working in partnership to improve maternity & neonatal services

Working to help improve maternity and neonatal services for mothers, partners and families in Leicester, Leicestershire and Rutland.

Whether you're planning a pregnancy, expecting a baby, recently given birth, or have experience with neonatal care your feedback matters.

Join the MNVP membership via the QR code, to help shape better, safer, and more compassionate care for families like yours - ensuring every community has a voice.

The MNVP (Maternity Neonatal Voices Partnership) project is managed and delivered by VAL. This project is funded and hosted by the LEP's Integrated Care Board (ILR ICB).

VAL

We want to hear your views on:

- Pre-pregnancy support
- Antenatal care
- Care and support during the birth
- Postnatal care
- Neonatal care and support in hospital and in the community

The purpose of this survey is to capture the experiences of women, partners and their families in the maternity and neonatal care settings in Leicester, Leicestershire and Rutland. All comments, whether positive or negative, are welcome and greatly valued.
Together we can make a difference!

Please scan the QR code and join our discussion. Take part in our survey and help shape better care

For more information about the project:

✉ MNVP@valonline.org.uk
f mnvp.llr | i mnvp.llr
valonline.org.uk/mnvp

