

# Come for the day or just drop-in

Join us for gaming, mindfulness, and chilled-out vibes – whether you're up for the whole day or just want to dip into a session or two.

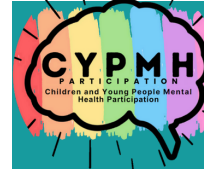
To help us plan how much food to order, please book ahead if you can. It's free and only takes a minute.



## About Us!

We are the CYPMH Participation Team, working with mental health services across South Staffordshire. We work with children, young people and their families to make sure that their voices are heard.

If you have any questions or would like to know more about our team, you can contact us at [participation@mpft.nhs.uk](mailto:participation@mpft.nhs.uk)



# CTRL+YOU

## A Family Digital Day Out!



### WED 23 JULY 10-3



**Stafford Family Hub**

Faraday Road, Stafford ST16 3NQ



**JOIN US &  
FIND OUT MORE**



**Have fun | Get involved | Make a difference**

## Step into the future of youth support with Ctrl+You.

A FREE family-friendly event packed with digital fun, interactive workshops, tasty food, and a chance to help shape the future of MPFT's Children & Families digital developments.

### What's on for you

Take part in **set sessions** or enjoy all day **experience zones** — your call.

10.00	Arrival
10.30-11.00	Movement & Mindfulness
11.00-12.00	Minecraft and Wii Gaming
12:00-1.00	Pizza & Puds
1:00- 2.00	Minecraft and Wii Gaming
1:00-1.30	Social Media Workshop
1:30-2.30	Minecraft and Wii Gaming
3.00	Finish



### Experience zones



Help shape a Digital Youth Forum



Try out VR Headsets



Discover awesome Apps & Digital Tools



Design a National Care Opinion Logo



Have your say on Participation Podcasts & Website



Find out more about digital mental health support