



Wandsworth Young People's

Self-care

Summer Newsletter 2024



South West London and
St George's Mental Health
NHS Trust

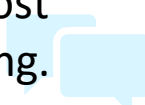


**Are you OK
Wandsworth?**

Wandsworth Education Wellbeing Service work in schools to support young people with their emotional wellbeing, offering 1-2-1 support, groups and workshops. This is our summer newsletter which provides information on activities and wellbeing events that you can try over the summer.

Relationships & Connection

Spending time with friends, family, pets and our community helps to boost our wellbeing.



Creativity



Finding ways to be creative helps you express yourself and be more present. Try drawing, writing or making music!

Keeping active!

Keeping active improves our mood. Find something that works for you, whether it's walking, dancing, online classes or sports.



Emotional Wellbeing Support



Take a look at **page 2** for self-care plans and mental health support helplines and websites.

Relaxation

See below some relaxation strategies to try this summer. Click [here](#) for other relaxation ideas.

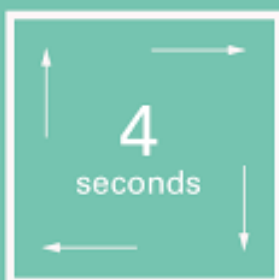


Fun and entertainment

Take a look at **page 3** for lots of free/lost cost and FUN activities in Wandsworth!



Breathe In



Breathe Out

Take a deep breath. Look around you and name:

5 Things you can see

3 Things you can hear

Things you can feel **4**

2 Things you can smell

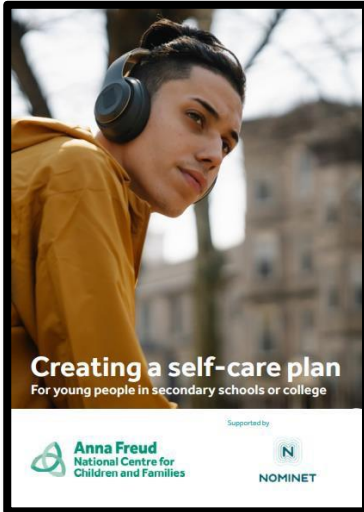
1 Thing you can taste



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Creating a self-care plan

Self-care is the **little things** we do to **look after our wellbeing** and to keep ourselves **feeling good!**

There are many aspects to self-care:

Physical



Emotional



Social



Practical



Anna Freud have created a self-care plan booklet for young people to fill out. Click [here](#) to access it.

Mental Health Helplines for young people:

If you are concerned about your mental health over the summer, you can contact the below services:

- ❁ **South West London 24/7 Mental Health Support Line** on 0800 028 8000
- ❁ **Childline:** Call 0800 1111 (available 24/7)
- ❁ **Hopeline UK (Papyrus):** Call 0800 068 41 41, text 07860 039967 or email pat@papyrus-uk.org (available 24/7)
- ❁ **Samaritans:** Call 116 123 or email jo@samaritans.org (available 24/7)
- ❁ **Shout:** Text SHOUT to 85258 (available 24/7)
- ❁ **The Mix:** Call 0808 808 4994 (available 4pm to 11pm, Monday to Friday) or text THEMIX to 85258 (available 24/7)



For emergencies, please call 999 or visit your local A&E





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Are you **OK**
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Wandsworth Connected Summer Holiday Activity and Food Offer – 29th July – 30th August 2024

This summer there are **over 40 free** activity camps available for children across Wandsworth borough, including **2** specialist SEND provisions.

Activities include **Climbing**, **Art & Crafts**, **Dance**, **Skating & Scooting**, **Day Trips**, **Cooking**, **Boxing & Football**, **Music & Drama**, **Beauty**, **Swimming**, **BMX** and much more!

***** Eligible for young people in receipt of free school meals.
From school years reception to Year 11 *****

More information [here](#) or email
wandsworthHAF@wandsworth.gov.uk



Kimber Skate Park are open every day from 12-6pm over the summer holidays with free skateboard/BMX coaching sessions.

Keep up to date with their events and activities by following them on Facebook or Instagram (search: Kimber Skatepark and BMX track).



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Wandsworth Education Wellbeing Service work in schools to support young people with their emotional wellbeing.

This summer we are running a series of free workshops for parents of students in secondary schools in Wandsworth borough.

The workshops available are:

Social Media & Gaming: What Parents Need To Know

Wednesday July 31st 7.00pm or

Thursday August 1st 12.30pm

A Toolkit to Tackle Fears and Worries when Starting Secondary School

Tuesday August 20th 12.30pm or

Wednesday August 21st 7.30pm

For more information or to register please scan the QR code

