

Sutton Education Wellbeing Service Self-Care Summer Newsletter

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

Relationships & Connection:

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

Emotional Wellbeing Support

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

Keeping active

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

Creativity:

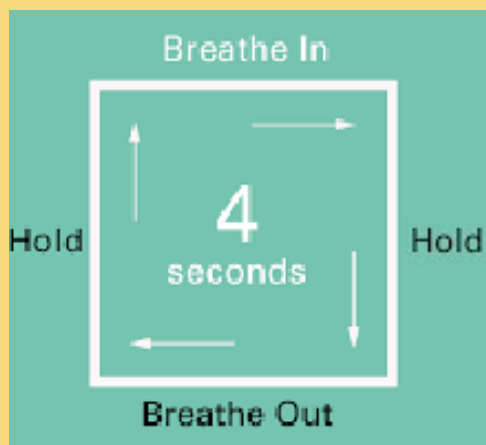
Finding ways to be creative helps you express yourself and be more present. Try drawing, writing or making music!

Relaxation

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

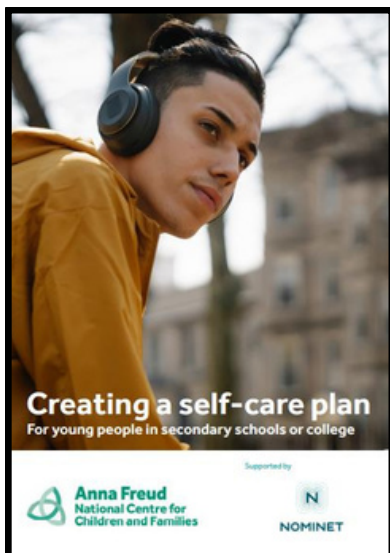
Fun and Entertainment

Look at page 3 for lots of free/low cost and FUN activities in Sutton!



**Take a deep breath.
Look around you and name:**

5 Things you can see 	3 Things you can hear 
Things you can feel 4 	Things you can smell 2 
	Thing you can taste 1 



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:

Over the summer, you can contact the below services:

If you're a child, young person, or a parent/carer worried about a young person's mental health, call the **South London Partnership CAMHS (Child and Adolescent Mental Health Services) Crisis Line** on 0203 228 5980. The line is open every day from 9am to 11pm.

Off The Record Free, confidential counselling for young people aged 11-25 who live, work or study in Sutton. Call free on 0800 980 7475, open Mon-Fri from 3-6pm.

Kooth Live chat support.

Childline Call 0800 1111 (available 24/7).

Hopeline UK (Papyrus) Call 0300 102 2470, text Hope to 88247 or email pat@papyrus-uk.org (available 24/7).

Samaritans Call 116 123 or online chat via the website.

Shout Text SHOUT to 85258 (available 24/7).

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

Sutton Holiday Activities and Food (HAF)

The HAF Programme offers free holiday activities and nutritious meals for children and young people from Reception to Year 11 who receive benefits-related free school meals.

Eligible families will receive a voucher by email or text from **hello@holidayactivities.com**. This voucher can be used to book activities online and manage bookings through the HAF platform.

More information can be found in this step-by-step parent guide on the HolidayActivities website. [Click here](#) on how to book activities for children.

Sutton Holiday Activities

Discover a range of **free, family-friendly events** taking place across Sutton this summer. From arts and crafts to cultural, creative, and wellbeing activities, there are plenty of opportunities for children to try something new, learn new skills, and have fun. [Summer In Sutton Series | Sutton Libraries](#)

Sutton Libraries offer a range of free family activities, reading opportunities, and wellbeing events throughout the summer holidays, including the Summer Reading Challenge and family-friendly events. Click the link to view all upcoming events [Events & Bookings | Sutton Libraries](#)



Respectful



Open



Collaborative



Compassionate



Consistent

Sutton Holiday Activities

Family Hubs host free, welcoming **Stay & Play sessions** where children can learn, play, and interact with others while parents and carers meet local families and professionals. [Find out more about Family Hubs Stay & Play](#)

Family Hubs offer a range of **free support for families**, including parenting advice, coffee mornings, practical support, and opportunities to connect with other parents.

For further information please check the [Best Start Family Hubs | Sutton Information Hub](#), and [Sutton Best Start Family Hubs | Sutton Information Hub](#)

Staying Active - Local leisure centres offer swimming, fitness activities, and family sessions throughout the summer. [Leisure Centres in Sutton | Leisure Centres in Sutton | London Borough of Sutton](#)

These resources can help you to get started and feel the physical and mental benefits that even small increases in physical activity can bring. [Get active | London Borough of Sutton](#)

Get outside - A short walk or time in nature can improve mood and reduce stress. [Five of the best Sutton walks to try this summer | Your Local Guardian](#)



Respectful



Open



Collaborative



Compassionate



Consistent

Sutton Holiday Activities

The [Summer in Sutton Challenge](#) encourages children to stay active, creative, and engaged during the summer holidays. Children are encouraged to complete **six activities**, including at least **two reading challenges**.

Challenge Categories

- Reading
- Physical activities
- Mindfulness
- Attending events

Activities can include reading a book, eBook, magazine or audiobook, taking part in physical activities, trying mindfulness exercises, or attending one of the many Summer in Sutton events happening across the borough.

EasyPeasy is a free app for families with **children aged 0-5 years**. It provides simple, fun activities using everyday household items to support children's learning, development, and school readiness.

Download the app from the **Google Play Store** or **Apple App Store**, then enter your Sutton postcode to get started.