

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:

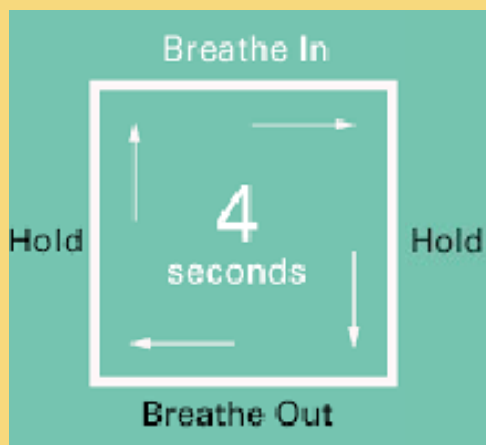
Finding ways to be creative helps you express yourself and be more present. Try drawing, writing or making music!

Relaxation

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

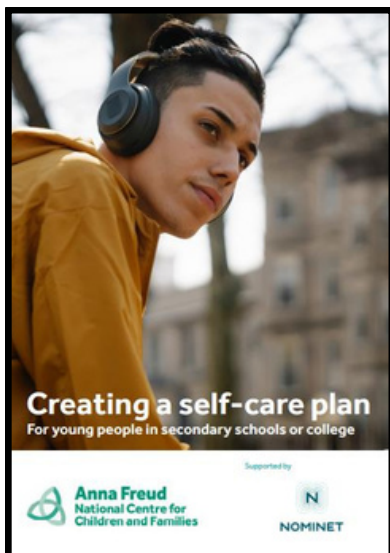
Fun and Entertainment

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 	 2 Things you can smell
	1 Thing you can taste 



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) or visit the website to access scheduled peer chat.

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

Sutton Holiday Activities

Free swimming offers - Check the leisure centre websites for times and locations.

Summer In Sutton Series | **Sutton Libraries** Sutton Libraries are running a variety of free and low-cost events and workshops aimed at children and young people.

Sutton Ecology Centre Holiday Activities £5.50-7.80 per session.

Time Out Youth Project - Youth club in Sutton.

Take Part in the Summer in Sutton Challenge

Free sports facilities (check if booking is required)

Basketball Courts - Rosehill Park, Manor Park, Beddington Park, Mellows Park

Football Pitches - Roundshaw Playing Fields, Poulter Park, Beddington Park, Carshalton Park.

Skate Parks - Poulter Park Skatepark, Rosehill Skatepark.

Tennis Courts - A mix of free and paid courts.

Outdoor gyms - 15 outdoor gyms across the borough.

Parkrun Nonsuch Park - Register in advance to get your official time
o Every Saturday at 9am - 5km walk or run (13 y/o +).
o Every Sunday at 9am Junior Parkrun 2km (4-14 y/o).



Respectful



Open



Collaborative



Compassionate



Consistent