



# Sutton Education Wellbeing Service



## Self-care Summer Newsletter



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



Making Life Better Together

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.

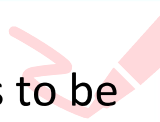
### Relationships & Connection

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



### 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.



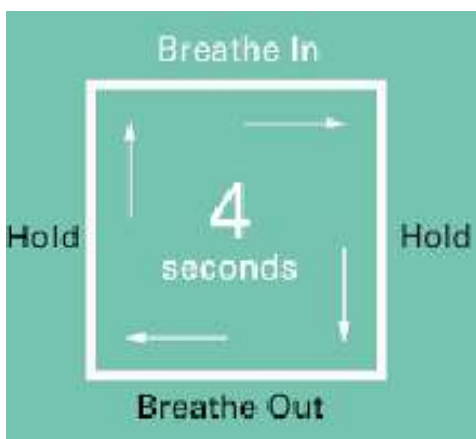
### Relaxation

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/low cost and FUN activities in Sutton!



Take a deep breath. Look around you and name:

<p><b>5</b> Things you can see</p>	<p><b>3</b> Things you can hear</p>
<p>Things you can feel</p> <p><b>4</b></p>	<p>Things you can smell</p> <p><b>2</b></p>
<p>Things you can taste</p> <p><b>1</b></p>	



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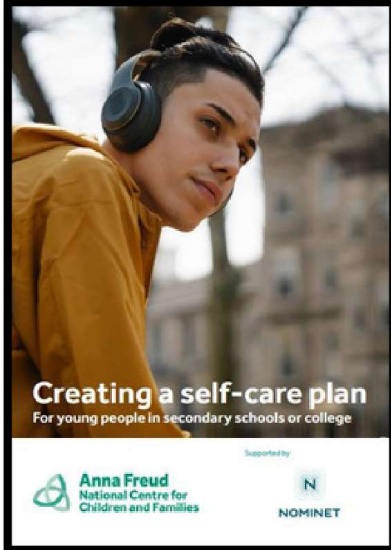


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**NHS**  
South West London and St George's Mental Health NHS Trust

**Making Life Better Together**



### Creating a self-care plan

Self-care are 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**



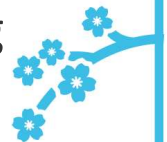
Anna Freud have created a self-care plan booklet for young people to fill out. Click [here](#) to access it.



### 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

# Sutton Holiday Activities and Food Programmes

This summer there are **free** activity camps available for children across Sutton borough, including Specialist SEND provisions.

Activities include: **Art & Crafts, Cycling, Football, Drama, Coding** and much more!

**\*\*\* Eligible for children & young people in receipt of benefit related free school meals. From school years reception to Year 11 \*\*\***

**For more information:**

<https://suttoninformationhub.org.uk/pages/haf/haf-bookings>

## Resilient Futures -

## Free Art Council activities across Sutton!

Exciting challenges, great prizes and family events throughout the summer. Please sign up using QR code below:

# Summer in Sutton

<b>Family 'In The Wild' Wellbeing workshop</b> 23 July   1.30 pm Sutton Ecology Centre	<b>The Stolen Unicorn</b> 29 July   10.30 am Carshalton Family Hub	<b>Nature Is An Artist And So Are You</b> 30 July   From 10am Whitehall Historic House	<b>Sensory Theatre: Don't Worry Little Crab</b> 31 July   From 11am Whitehall Historic House	<b>My Resilient Creature Art Worksop</b> 5 August   10 am The Quad
<b>My Feelings Book</b> 6 August   10.30 am Wallington Library	<b>Paint Throwing</b> 6 August   1 pm Honeywood Museum	<b>Bothered by Bugs</b> 7 August   11 am Whitehall Historic House	<b>Treasure Seekers</b> 8 August   10 am Wallington Library	<b>Mind-full Making</b> 11 August   10.30 am & 18 August   10.30 am Sutton Central Library
<b>Reading Fairy Workshop: All About Me</b> 12 August   From 9.30am Wallington Family Hub	<b>Exploding Heads: Expressive Comic Self-Portraits</b> 12 August   1:30pm Unity Junction, SM1 1AY	<b>Walk and Draw: Sketching Carshalton</b> 14 August   2pm Honeywood Museum	<b>Wings Of Strength</b> 18 August   10am Shanklin Community Centre	<b>Hidden Superpowers: Superhero Comic Strip Drawing</b> 19 August   11am Sutton Central Library
<b>Wild Storytelling Workshop</b> 26 August   10am Sutton Ecology Centre	<b>Top Cat Theatre: Beatrix Potter Story and Rhyme Workshop</b> 28 August   11am Honeywood Museum	<b>Millie's Magical Mindfulness Trail</b> During opening hours Whitehall Historic House	Book your events now by scanning the QR code	

**All Events Free to attend!**  
**Booking required**

