

Wandsworth Education Wellbeing Service Self-Care Summer Newsletter

Wandsworth 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:

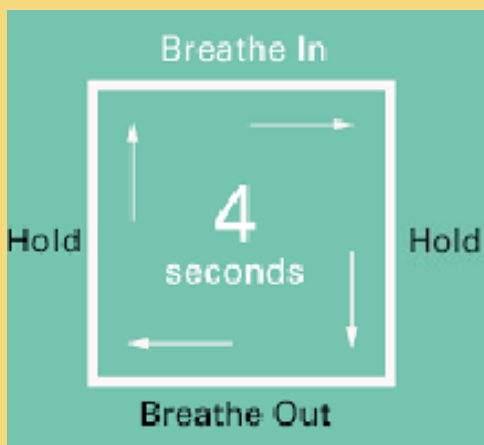
Finding ways to be creative helps you express yourself and be more present. Try drawing, writing or making music!

Relaxation

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

Fun and Entertainment

Look at page 3-4 for lots of free/low cost and FUN activities in Wandsworth!



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

5 Things you can see



3 Things you can hear



Things you can feel

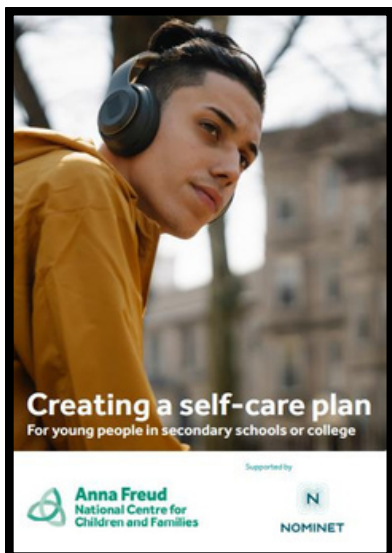


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2 Things you can smell



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. You can also get support Via **whatsapp by contacting the SWL NHS Mental Health Urgent Support Number**: 0303 330 151

Off The Record Free, confidential counselling for young people age 11-25 who live in Croydon, Merton and Sutton. Call free on 0800 980 7475, open Mon-Fri from 3-6pm.

Kooth Online counselling for young people age 11-25 living in Wandsworth

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 online chat via the website.

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

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

Wandsworth Holiday Activities and Food (HAF)

Wandsworth's Holiday Activities and Food (HAF) projects offer fun things to do during the school holidays. It is **free for children on benefits-related free school meals or pupil premium children from 5 to 15 years old who live in or go to school in Wandsworth.**

Wandsworth offers a wide variety of activities through over 50 providers. Examples include:

- Multi-sports and activity camps.
- Football, fitness, and wellbeing programmes.
- Autism and ADHD-friendly holiday camps.
- Coding and robotics.
- Creative arts and play schemes.
- Activities for young carers.

For more information [click here](#).

🌟📚 Summer Reading Challenge 2026 📚🌟

Read to the Beat! 🎵

Join Wandsworth Libraries this summer and discover the joy of reading!

📖 Read 6 books over the holidays and earn: ✨ Rewards & Stickers

🏆 A Medal

📜 A Certificate

🎧 FREE Summer Activities

- Arts & Crafts
- Storytelling Sessions
- Puppet Shows
- Comic Workshops
- Animal Encounters
- Book Clubs & More!

☀️ Visit your local Wandsworth Library and join the fun this summer! ☀️



Respectful



Open



Collaborative



Compassionate



Consistent

Wandsworth Holiday Activities

 **Family Fun Days** – Free family events take place across the borough during the summer, including activities, games, entertainment and community events in Roehampton, Tooting and Battersea.

Swimming & Water Fun

Children and families can enjoy swimming throughout the summer at Wandsworth's leisure centres, including Balham Leisure Centre, Latchmere Leisure Centre, Putney Leisure Centre and Tooting Leisure Centre. Wandsworth children under 8 can swim for free with a paying adult, and a range of free and discounted swimming opportunities are available for eligible families.

 **Tooting Bec Lido** is one of the UK's largest outdoor swimming pools and is a great place to cool off during the summer holidays. Free tickets are available for a limited number of children and young people each day during the Lido season.. Otherwise, booking is required. The Lido is open Sunday -Friday from 6am- 8PM.

Wandsworth's green spaces

 **Battersea Park** – One of London's most popular parks, offering playgrounds, gardens, wide open spaces, riverside walks and family-friendly events throughout the summer.

 **Wandsworth Common** – A fantastic green space for family walks, picnics, nature spotting and outdoor play, with plenty of open areas to explore.

 **Wimbledon Park** – Enjoy playgrounds, walking routes, picnic areas and opportunities to explore one of South West London's largest parks.

 **Tooting Common** – Discover woodland walks, open grassland and outdoor recreation spaces perfect for summer adventures with family and friends.

 **Enjoy Wandsworth's parks! Pack a picnic, visit a playground, explore nature trails, take part in outdoor events and make the most of Wandsworth's beautiful green spaces this summer.**



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