

April 2025

Wellbeing Wednesday

Deer Park School

As spring blossoms and the days lengthen, it's the perfect time to think about growth and renewal. April encourages us to embrace the fresh energy of spring and incorporate wellbeing activities like outdoor activities, mindful walks in nature, decluttering your space, and making the most of the longer daylight hours. Enjoy the April Wellbeing Wednesday!



wecare@deerparksecondary.org

Happy Easter!



Active April 2025

MONDAY



TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

1 Commit to being more active this month, starting today

2 Spend as much time as possible outdoors today

3 Listen to your body and be grateful for what it can do

4 Eat healthy and natural food today and drink lots of water

5 Turn a regular activity into a playful game today

6 Do a body-scan meditation and really notice how your body feels

7 Get natural light early in the day. Dim the lights in the evening

8 Give your body a boost by laughing or making someone laugh

9 Turn your housework or chores into a fun form of exercise

10 Have a day with less screen time and more movement

11 Set yourself an exercise goal or sign up to an activity challenge

12 Move as much as possible, even if you're stuck inside

13 Make sleep a priority and go to bed in good time

14 Relax your body & mind with yoga, tai chi or meditation

15 Get active by singing today (even if you think you can't sing!)

16 Go exploring around your local area and notice new things

17 Be active outside. Plant some seeds and encourage growth

18 Try out a new exercise, activity or dance class

19 Spend less time sitting today. Get up and move more often

20 Focus on 'eating a rainbow' of multi-coloured vegetables today

21 Regularly pause to stretch and breathe during the day

22 Enjoy moving to your favourite music. Really go for it

23 Go out and do an errand for a loved one or neighbour

24 Get active in nature. Feed the birds or go wildlife-spotting

25 Have a 'no screens' night and take time to recharge yourself

26 Take an extra break in your day and walk outside for 15 minutes

27 Find a fun exercise to do while waiting for the kettle to boil

28 Meet a friend outside for a walk and a chat

29 Become an activist for a cause you really believe in

30 Make time to run, swim, dance, cycle or stretch today



ACTION FOR HAPPINESS

Happier · Kinder · Together

Why not try to plan an activity for each of the 10 keys over the Easter break and see how many you manage to tick off!

10 Keys to Happier Living



Giving

Do kind things for others



Relating

Connect with people



Exercising

Take care of your body



Awareness

Live life mindfully



Trying Out

Keep learning new things



Direction

Have goals to look forward to



Resilience

Find ways to bounce back



Emotions

Look for what's good



Acceptance

Be comfortable with who you are



Meaning

Be part of something bigger

Staying healthy through the holidays

The holidays can be a tricky time for some, and as April marks Stress Awareness Month, there is no better time to focus on your health and wellbeing.

Activity

It is a great time to get outside and get moving, this could be as much or as little as suits you from going for a run to walking rather than driving to the shops. Sunshine increases your Vitamin D levels, and fresh air and movement can help with both your physical and emotional wellbeing.



Mindfulness

Take some time to observe the beauty of nature or find somewhere quiet to take a few deep breaths for a moment of calm.



Connection

Keep in touch with family and friends and plan some time to spend together, you could give someone a call to check in or even just send them a message. Connection can reduce our feelings of loneliness for yourself and those around you!

Giving

Helping others gives lots of us a boost. You could help with a job around the house, pick up a treat for someone, or even just pay them a compliment.

Learning

Why not try learning a new hobby or read up on a topic that interests you - Remember to share your achievements with your loved ones!



Stress Awareness Month 2025

April is Stress Awareness Month, this years theme is #LeadWithLove.



30 DAY #LEADWITHLOVE CHALLENGE

This Stress Awareness Month we invite you to take part in The 30 Day #LeadWithLove challenge to spread the message of Unconditional Positive Regard. Visit our website www.stress.org.uk for more information and resources.

| | | | | |
|--|--|--|---|--|
| <input type="checkbox"/> Smile at a stranger | <input type="checkbox"/> Write 3 things you like about yourself | <input type="checkbox"/> Hold the door for someone | <input type="checkbox"/> Listen to someone without interrupting | <input type="checkbox"/> Take a break without feeling guilty |
| <input type="checkbox"/> Compliment someone sincerely | <input type="checkbox"/> Assume the best in others today | <input type="checkbox"/> Speak to yourself with kindness | <input type="checkbox"/> Acknowledge someone who often goes unnoticed | <input type="checkbox"/> Be present for someone who is struggling |
| <input type="checkbox"/> Let go of self-criticism for today | <input type="checkbox"/> Treat yourself to something small | <input type="checkbox"/> Replace a negative thought about someone with a positive one | <input type="checkbox"/> Reflect on a mistake and forgive yourself | <input type="checkbox"/> Say "thank you" with genuine appreciation |
| <input type="checkbox"/> Read or watch something that broadens your perspective | <input type="checkbox"/> Encourage someone who is having a tough time | <input type="checkbox"/> Stretch for a few minutes and focus on how your body feels | <input type="checkbox"/> Celebrate someone's achievement without comparing | <input type="checkbox"/> Acknowledge someone's feelings without giving a solution |
| <input type="checkbox"/> Share an uplifting post or message | <input type="checkbox"/> Give someone your full attention when they speak | <input type="checkbox"/> Do something kind anonymously | <input type="checkbox"/> Think about a time someone showed you kindness and pass it on | <input type="checkbox"/> Compliment yourself in the mirror |
| <input type="checkbox"/> Thank someone from your past who made a difference | <input type="checkbox"/> Set boundaries to protect your energy | <input type="checkbox"/> Send a kind message to a friend | <input type="checkbox"/> Wave or nod at someone you pass by today | <input type="checkbox"/> Reflect on what you have learnt from this challenge |



WELLNESS TEEN RETREAT

HOSTED BY GLOBE FIT

INCLUDES HOTEL
CATERED LUNCH &
SNACKS

11 - 16 YEAR OLDS

FREE HAF PLACES
AVAILABLE

SOLENT HOTEL & SPA - WHITELEY
15TH & 16TH APRIL 2025
10AM - 3PM

FUN FITNESS BOOTCAMP
WELLBEING
PIZZA MAKING
MOTIVATIONAL/CAREER TALKS
YOGA/PILATES
BOXING
VISION BOARDING



WWW.GLOBEFIT.CO.UK
WWW.BOOKWHEN.COM/GLOBEFITRETREATS

SOLENT
HOTEL & SPA



EASTLEIGH ACTIVE

TRY SOMETHING NEW THIS EASTER

EASTER PROGRAMME

#EastleighActive2025

AGES 5-16

EASTLEIGH ACTIVE

TRY SOMETHING NEW THIS EASTER

EASTER PROGRAMME

#EastleighActive2025

TUESDAY 8 APRIL – THURSDAY 10 APRIL • TUESDAY 15 APRIL – THURSDAY 17 APRIL

AERIAL HOOP

Wednesdays

12-16yrs **4.30pm - 5.15pm**
Dynamic Aerial and Pole Fitness, Eastleigh



HOCKEY

Wednesday 9 April

5-10yrs **6.30pm - 7.30pm**
Hamble Hockey Club



OLYMPIC WEIGHTLIFTING

Thursday 10 April

8-12yrs **4.15pm - 5.15pm**
Lakeside Country Park



TENNIS

Tuesdays

5-10yrs **10am - 11am**
11-16yrs **11am - 12pm**
The Hub, Bishopstoke



CROSSFIT

Tuesdays

11-16yrs **3pm - 4pm**
CrossFit Southampton, Eastleigh



Wednesday 16 April

11-14yrs **6.30pm - 7.30pm**
Hamble Hockey Club

JUNIOR GYM

Wednesdays

11-16yrs **1pm - 2pm**
Wildern Leisure Centre



SKATEBOARD/SCOOTER WORKSHOPS

Thursday 17 April

Scooter workshop:
5-11yrs **1pm - 2pm**
Woodhouse Lane Skate Park



FREE SWIMMING

Tuesday - Thursday (both weeks)

5-16yrs **2pm - 3pm**
Wildern Leisure Centre



FOOTBALL

Thursday 10 April

5-7yrs **10am - 11am**
8-11yrs **11am - 12pm**
Botley Recreation Ground



NERF BATTLES

Thursday 10 April

6-8yrs **10.30am - 11.30am**
9-13yrs **11.45am - 12.45pm**
Fryern Recreation Ground, Chandler's Ford



Thursday 17 April

Scooter workshop:
12-16yrs **2pm - 3pm**
Skateboard workshop:
8-16yrs **3pm - 4pm**
Woodhouse Lane Skate Park

GOLF

Tuesdays

5-11yrs **12pm - 1pm**
12-16yrs **1.30pm - 2.30pm**
East Horton Golf Club



DON'T MISS OUT - BOOK TODAY:
EASTLEIGH.GOV.UK/EASTLEIGHACTIVE

PRICE: £3.50*

*£1 for those in receipt of qualifying benefits

EASTLEIGH BOROUGH COUNCIL

SportWorks



To book or for more information, click to visit the Eastleigh Active website.



Young Carers

An important aspect of our pastoral support is for young carers.

These students take on caring responsibilities at home due to family members having long term medical or personal problems. This can significantly impact on their daily life and presents a number of challenges in fulfilling the expectations and demands of school.

We encourage and support young carers by inviting them to clubs, events and on a number of trips that can build friendships, broaden life skills and foster career aspirations.

We also offer a drop in session in room 202 with Mrs Brenton every Friday during Break 2.



Drop in!

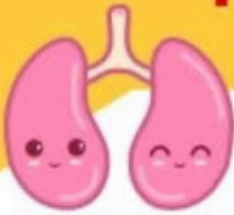
When?

Friday Break 2

Where?

202

HOW CAN YOU TAKE A BREAK AS A YOUNG CARER?



PRACTICE BREATHING TECHNIQUES

WRITE IN A JOURNAL



PRACTICE MEDITATION



DO SOME GENTLE STRETCHES



GO FOR A WALK/SPEND SOME TIME IN NATURE



DO SOMETHING CREATIVE



LISTEN TO SOME MUSIC



WATCH SOMETHING FUNNY



READ A BOOK



CALL/TALK TO A FRIEND



GO FOR A BIKE RIDE



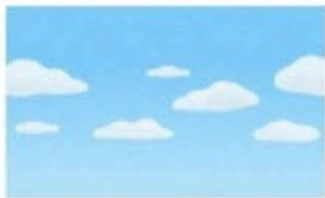
TAKE A BATH/SHOWER



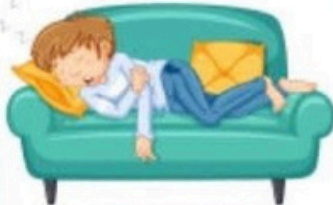
EAT A HEALTHY MEAL



DRINK SOME WATER



WATCH THE CLOUDS



HAVE A NAP



SPEND SOME TIME WITH YOUR PETS



LOOK AT THE STARS

REMEMBER

SELF CARE is important too!

Hampshire Young Carers Alliance



Safe Haven Southampton



**Out of hours support for young people aged
11-25 and experiencing crisis with their
mental health**

- Emotional and practical support in a safe, calm space to help you explore your current situation
- Open access drop-in sessions
- Face-to-face, online & telephone appointments available
- Brief interventions to signpost and refer you to other sources of support
- Supporting you with skills and resources to help you to improve your mental health

**Mondays
Ages 15-25**

Drop-in session
4.30pm-5.30pm

One-to-one sessions
6.30pm-8pm
(by appointment only)

**Fridays
Ages 11-14**

Drop-in session
4.30pm-5.30pm

One-to-one sessions
5.30pm-7pm
(by appointment only)



No Limits Advice Centre, 13 High Street
Southampton SO14 2DF



Call 07918 259 365 to book a one-to-one appointment



Scan to find
out more

www.nolimitshelp.org.uk

enquiries@nolimitshelp.org.uk

No Limits (South) is a registered charity in England and Wales. No. 1088835

NEW
FOR 2025



Hampshire Child and Adolescent
Mental Health Services

HAMPSHIRE CAMHS INFORMATION & ADVICE SESSION

YOUNG PERSON'S MENTAL HEALTH

10am - 2pm

The Arc, Jewry Street
Winchester, SO23 8SB

This is an opportunity for parents/carers, professionals or young people to come and chat to our CAMHS clinicians, ask questions, get advice and resources.

Bookable slots available via our website or just drop in.



| | |
|----------|-------------|
| 2 April | 3 September |
| 7 May | 1 October |
| 4 June | 5 November |
| 2 July | 3 December |
| 6 August | |

hampshirecamhs.nhs.uk

FREE



Wellbeing Walk In

4pm-5pm

Every Wednesday

for 11-25yr olds

@ South Downs
Social Cafe, Kings
Walk, Winchester

- Arts & crafts / games
- Free drink / chill out space
- Signposting information
- Chat to one of our counsellors



What: Wellbeing walk-in. Join WYC for a drink and a chat with a BACP registered counsellor. Take part in mindful activities and enjoy some time out.

When: Every Wednesday 4-5pm.

Where: South Downs Social Bike Cafe, 3-4 Kings Walk, Winchester, SO23 8AF (Upstairs)

For more info:

 winchyc.org

 1962 820444

 katy@winchyc.org

Young persons photo competition 2025

Connections

Hampshire CAMHS are looking for creative photos that reflect connections, how we connect, who we connect with and the importance of connections.

No faces permissible.

This competition is open to any young amateur photographer in Hampshire.

Age categories: • Up to 12 years old • 13 to 18 years old

Prizes in each category

1st Place £100 Amazon voucher

2nd Place £75 Amazon voucher

3rd Place £50 Amazon voucher

Submission date: Midnight on 8th September 2025
All submissions must be supplied with an entry form

Submission assumes permission to use to promote this project and possible inclusion in a book / exhibition exclusively.

The entry form and details, along with our terms and conditions can be found on our website

hampshirecamhs.nhs.uk



Prize money sponsored by





Self Help Sites



 **Mind Solent**
Self-harm Support Hub

kooth




Charlie Waller

NO LIMITS

WINSTON'S WISH 

Giving hope to grieving children

