

July 2025

Wellbeing Wednesday

Deer Park School

Welcome to the final Wellbeing Wednesday of this year! We have almost made it to the end of term and another academic year.

The six weeks holidays will be a welcome break for many, but some may find this a tricky time of year so be sure to reach out for support if you need it.

Remember to stay safe and enjoy your summer, see you in September!

*it
always
seems
impossible
until it is
done* Nelson Mandela

wecare@deerparksecondary.org



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



1 Take a small step to help overcome a problem or worry

2 Adopt a growth mindset. Change "I can't" into "I can't...yet"

3 Be willing to ask for help when you need it

4 Find something to look forward to today

5 Get the basics right: eat well, exercise and go to bed on time

6 Pause, breathe and feel your feet firmly on the ground

7 Shift your mood by doing something you really enjoy

8 Avoid saying "must" or "should" to yourself today

9 Put a problem in perspective by seeing the bigger picture

10 Reach out to someone you trust and share your feelings with them

11 Look for something positive in a difficult situation

12 Write your worries down and save them for a specific 'worry time'

13 Challenge negative thoughts. Find an alternative interpretation

14 Get outside and move to help clear your head

15 Set yourself an achievable goal and take the first step

16 Find fun ways to distract yourself from unhelpful thoughts

17 Use one of your strengths to overcome a challenge today

18 Let go of the small stuff and focus on the things that matter

19 If you can't change it, change the way you think about it

20 When things go wrong, pause and be kind to yourself

21 Identify what helped you get through a tough time in your life

22 Find 3 things you feel hopeful about and write them down

23 Remember that all feelings and situations pass in time

24 Choose to see something good about what has gone wrong

25 Notice when you are feeling judgmental and be kind instead

26 Catch yourself over-reacting and take a deep breath

27 Write down 3 things you're grateful for (even if today was hard)

28 Think about what you can learn from a recent problem

29 Be a realistic optimist. Focus on what could go right

30 Reach out to a friend, family member or colleague for support

31 Remember we all struggle at times - it's part of being human

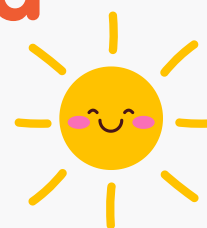


ACTION FOR HAPPINESS

Happier · Kinder · Together



Holiday Activities and Food Scheme (HAF)



Run by Hampshire County Council, these fully funded fun and educational activity sessions are to support low-income families. Children eligible for benefit-related free school meals (FSM) can register, book and attend sessions for free.

For more information on the activities offered and how to book, visit: fish.hants.gov.uk/kb5/hampshire/directory/advice.page?id=XRITDNF8hhM



AGES
5-16
YEARS



EASTLEIGH
ACTIVE



TRY SOMETHING
NEW THIS
SUMMER

Monday 28 July -
Friday 22 August

AGES
5-16
YEARS

TRY SOMETHING
NEW THIS
SUMMER

EASTLEIGH
ACTIVE



PRICE
£3.50*

Monday 28 July -
Friday 22 August

Aerial Hoop

Wednesdays
(30 July, 6 & 20 August)
12-16yrs 4.30pm-5.15pm
Dynamic Aerial Academy

AquaRun

Wednesday 6 & 20 August
5-16yrs 2pm-3pm
Hamble Sports Complex

Badminton

Tuesdays
8-11yrs 6pm-7pm
12-16yrs 7pm-8pm
Wyvern College

CrossFit

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

Cycles4All

Fridays
Families 1.30pm-2.30pm
Pavilion on the Park

DanceActive

Wednesday 30 July & 13 August
5-11yrs 11am-12pm
The Point, Eastleigh

Wednesday 6 & 20 August
12-16yrs 11am-12pm
The Point, Eastleigh

Dodgeball

Thursday 31 July
8-11yrs 2pm-3pm
Hamble Sports Complex

Thursday 7 August
12-16yrs 2pm-3pm
Botley Centre MUGA (outside)

Thursday 14 August
8-11yrs 2pm-3pm
Wildern Leisure Centre

Thursday 21 August
12-16yrs 2pm-3pm
Hiltingbury Sports

Fencing

Tuesday 5 & 19 August
5-8yrs 3.30pm-4.30pm
Boorley Green Community Centre

Tuesday 5 & 19 August
9-12yrs 4.30pm-5.30pm
Boorley Green Community Centre

Fishing

Monday 4 August
11-16yrs 9am-10am
11-16yrs 10.30am-11.30pm
11-16yrs 12pm-1pm
11-16yrs 2pm-3pm
11-16yrs 3.30pm-4.30pm
Lakeside Country Park

Free Swimming

Monday - Friday
5-16yrs 3pm-3.45pm
Places Leisure Eastleigh

Football

Monday 28 July
5-7yrs 10am-11am
8-11yrs 11am-12pm
The Hub, Eastleigh

Monday 4 August
8-11yrs 10am-11am
12-16yrs 11am-12pm
Places Leisure Eastleigh

Monday 11 August
5-7yrs 10am-11am
8-11yrs 11am-12pm
The Hub, Eastleigh

Monday 18 August
8-11yrs 10am-11am
12-16yrs 11am-12pm
Wildern Leisure Centre

Golf

Tuesdays & Thursdays
5-11yrs 12pm-1pm
12-16yrs 1.30pm-2.30pm
East Horton Golf Club

Junior Gym

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

Martial Arts

Mondays
7-12yrs 4.30pm-5.30pm
13-16yrs 6pm-7pm
Pavilion on the Park (Outside)

Nerf Battles

6-8yrs 10.30am-11.30am
9-13yrs 11.45am-12.45pm

Thursday 31 July
Station Road Recreation Ground

Thursday 7 August
Boorley Green Grass Pitches

Thursday 14 August
Greta Park, Hedge End

Thursday 21 August
Fryern Recreation Ground

Olympic Weightlifting

Thursday 7 August
8-12yrs 4.15pm-5.15pm
Lakeside Country Park

Thursday 21 August
13-16yrs 4.15pm-5.15pm
Lakeside Country Park

SkateJam

Monday 28 July
8-16yrs 12pm-4pm
Freespace Skate Park, Chandler's Ford

Sailing

Monday 4 August
Tuesday 5 August
Wednesday 6 August
Thursday 7 August
Friday 8 August
Hamble River Sailing Club

Street Basketball

Friday 1 August
8-12yrs 1pm-2pm
8-12yrs 2pm-3pm
Moorgreen Recreation Ground

Friday 8 August
8-12yrs 1pm-2pm
13-16yrs 2pm-3pm
Hiltingbury Recreation Ground

Friday 15 August

8-12yrs 1pm-2pm
8-12yrs 2pm-3pm
Roy Underdown Courts, Hamble

Friday 22 August

8-12yrs 1pm-3pm
13-16yrs 2pm-3pm
Botley Recreation Ground

Tennis

Wednesdays
5-7yrs 10am-11am
8-11yrs 11am-12pm
Wyvern College

Tuesday 29 July & 5 August

5-10yrs 4pm-5pm
11-16yrs 5pm-6pm
The Hub, Eastleigh

Monday 11 August & 18 August

5-10yrs 2pm-3pm
11-16yrs 2pm-4pm
Bursledon Recreation Ground

Tuesday 12 & 19 August

5-10yrs 5pm-6pm
Deer Park School

Thursday 14 August & 21 August

11-16yrs 5pm-6pm
Deer Park School

Yoga

Thursday 31 July & 14 August
12-16yrs 10am-11am
The Point, Eastleigh



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

*£1 for those in receipt of qualifying benefits
Activities may be subject to change

EASTLEIGH
BOROUGH COUNCIL

SportWorks

Support throughout the holidays

In an emergency, call 999.

ChildLine - 0800 1111 or
childline.org.uk

CATCH 22 - Drug and alcohol misuse
support service for young people.
catch-22.org.uk

Young Minds - Mental Health
support. youngminds.org.uk

The Mix - Mental Health information
and free counselling service.
themix.org.uk

Solent Mind Self Harm Hub - Support
for anyone who is self-harming and
their parents/ carers.

selfharmsupporthubhants.org.uk

LifeSIGNS - Self injury support charity.
lifesigns.org.uk

Papyrus - Prevention of young
suicide. papyrus-uk.org

Samaritans - If you need someone to
talk to any time 24/7, call 116 123.

ChatHealth - Confidential text service
allowing young people to get advice
from a school nurse.

SHOUT - Free, 24/7 text messaging
mental health support service for
anyone who is struggling to cope.
Text SHOUT to 85258.

giveusashout.org

No Limits - Support for young people
on a range of topics. No Limits also
run Safe Havens drop in sessions for
1:1 crisis support with youth workers.

LGBTQIA+ support charities -

theproudtrust.org/

breakoutyouth.org.uk/

mermaidsuk.org.uk/

BEAT - Eating Disorder support
charity. beateatingdisorders.org.uk/

Kooth - Free 1:1 support. kooth.com

Stem4 - Self help apps on topics
including self-harm, anxiety, low
mood and low self-esteem.

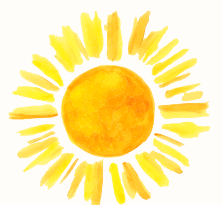
stem4.org.uk

Bereavement support charities -

cruse.org.uk

simonsays.org.uk

winstonswish.org





SUMMER WELLNESS TEEN RETREAT DAYS

HOSTED BY GLOBE FIT

- INCLUDES LUNCH & SNACKS
- 11 - 16 YEAR OLDS
- FREE HAF PLACES AVAILABLE
- £44 PER PERSON

SOLENT HOTEL & SPA - WHITELEY

1ST/8TH/15TH/22ND AUGUST 2025

10AM - 3PM

FUN FITNESS - ALL DATES

WELLBEING - ALL DATES

PIZZA MAKING & MILKSHAKES - 1ST & 15TH

MOCKTAIL MAKING - 22ND

SKINCARE TALK & DEMO - 8TH

YOGA/PILATES/MINDFULNESS - ALL DATES

CREATIVE/INSPIRATIONAL WORKSHOPS - ALL DATES

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

SOLENT
HOTEL & SPA

Help with Uniform

Parents of students in years 7, 9 and 10 who are in receipt of free school meals and are struggling to buy uniform can email the school to be considered for a uniform grant.

GIVE YOUR PRELOVED CLOTHES ANOTHER LIFE

**GET A £5
M&S VOUCHER**

When you donate your unwanted clothes, with at least one item being from M&S, to Oxfam





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



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
7 May
4 June
2 July
6 August

3 September
1 October
5 November
3 December

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

 01962 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

Nonny
Kerr-Smiley
in association with
MARTIN&CO



Self Help Sites



 **Mind Solent**
Self-harm Support Hub

kooth




**Charlie
Waller**

**NO
LiMiTs**

**WINSTON'S
WISH **

Giving hope to grieving children

