

June 2025

# Wellbeing Wednesday

Deer Park School

Welcome back to our  
Wellbeing Wednesday  
newsletter!

Summer has officially begun  
and as we step into June we  
are heading rapidly towards  
the end of the school year.

There is lots to enjoy at this  
time of year, however it also  
brings with it the start of  
another period of transition.

As always make sure you  
take care of yourself and take  
some time to practice self-  
care, however that looks to  
you!

**YOU CAN  
HANDLE  
WHATEVER  
THIS WEEK  
THROWS  
AT YOU**

*peachcreamprints*

[wecare@deerparksecondary.org](mailto:wecare@deerparksecondary.org)



Deer Park Wellbeing

# Joyful June 2025

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1 Decide to look for what's good every day this month

2 Say positive things in your conversations with others

3 Re-frame a worry and try to find a helpful way to think about it

4 Take a photo of something that brings you joy and share it

5 Think of 3 things you're grateful for and write them down

6 Get out into green space and feel the joy that nature brings

7 Do something healthy which makes you feel good

8 Find joy in music: sing, play, dance, listen or share

9 Ask a friend what made them happy recently

10 Bring joy to others by doing something kind for them

11 Eat good food that makes you happy and really savour it

12 Write a gratitude letter to thank someone

13 Take a light-hearted approach. Choose to see the funny side

14 Share a happy memory with someone who means a lot to you

15 Look for something to be thankful for where you least expect it

16 Speak to others in a warm and friendly way

17 Take time to notice things that you find beautiful

18 Look for something good in a difficult situation

19 Get outside and find the joy in being active

20 Rediscover and enjoy a fun childhood activity

21 Send a positive note to a friend who needs encouragement

22 Watch something funny and enjoy how it feels to laugh

23 Create a playlist of uplifting songs to listen to

24 Bring to mind a favourite memory you feel grateful for

25 Show your appreciation to people who are helping others

26 Make time to do something playful, just for the fun of it

27 Be kind to you. Do something that brings you joy

28 Notice how positive emotions are contagious between people

29 Share a friendly smile with people you see today

30 Make a list of the joys in your life (and keep adding to it)



ACTION FOR HAPPINESS

Happier · Kinder · Together

9-15 June 2025

## MEETING LONELINESS TOGETHER



Loneliness Awareness Week raises awareness of loneliness and empowers everyone to make connections.

# PRIDE MONTH

June marks Pride Month, where the LGBTQIA+ community is celebrated across the UK and all over the world.



Pride month is all about celebration, visibility and community. Pride Month is a great opportunity to increase awareness and understanding, and focus on reaffirming support for the LGBTQIA+ community.

It is important for students to feel that school is a safe place to express themselves authentically and explore their identities without judgement.

**For support and advice:**

**Stonewall** - Campaigns for LGBTQIA+ equality.

**Mermaids** - Supports transgender, non-binary and gender questioning young people and their families.

**The Proud Trust** - Helps LGBTQIA+ young people empower themselves.

**Barnardo's** - Provides direct support to LGBTQIA+ children and young people.

**Breakout Youth** - Hampshire based charity offering support to LGBTQIA+ young people.





# 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](http://www.nolimitshelp.org.uk)**  
**[enquiries@nolimitshelp.org.uk](mailto: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](https://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](http://winchyc.org)

 01962 820444

 [katy@winchyc.org](mailto: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](https://hampshirecamhs.nhs.uk)**



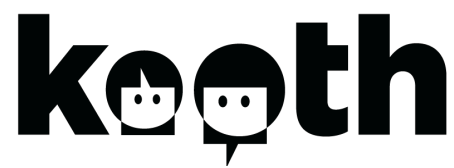
Prize money sponsored by







# Self Help Sites



Giving hope to grieving children

