

OUR WELLBEING NEWSLETTER | MARCH 2026

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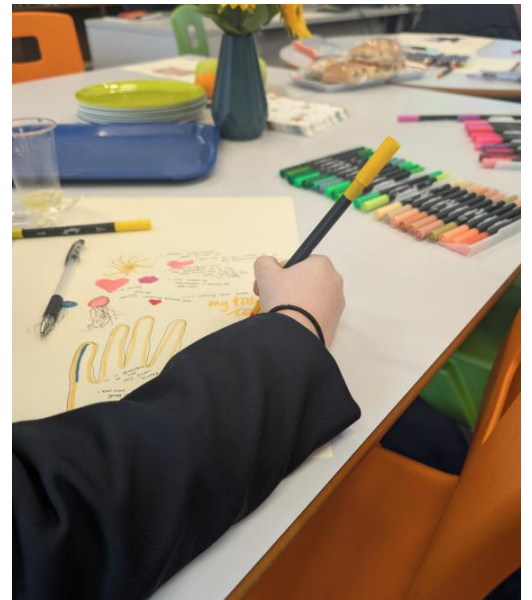


YOUNG CARERS ACTION DAY

To celebrate Young Carers Action Day, our school was delighted to host a Young Carers Breakfast in recognition of the incredible dedication and resilience shown by our young carers.

The event provided a relaxed and welcoming space for students to come together, enjoy breakfast, and take a moment to be celebrated for the important roles they play both at home and in school.

It was a wonderful opportunity to thank them for their strength, kindness, and responsibility, while also reminding them that they are valued members of our school community who are always supported.





Mental Health
Research for
Innovation
Centre



Mental health
apps for children,
young people
and families



Are you feeling
stressed, anxious
or low?

Explore our online library of
safe, approved apps covering
anxiety, low mood, sleep,
eating disorders, support for
neurodivergence and more.

Mental health
apps can help,
but which one
should you
choose?









Scan the QR code to
find out more

NEW NHS MENTAL HEALTH APP DIRECTORY FOR CHILDREN AND YOUNG PEOPLE

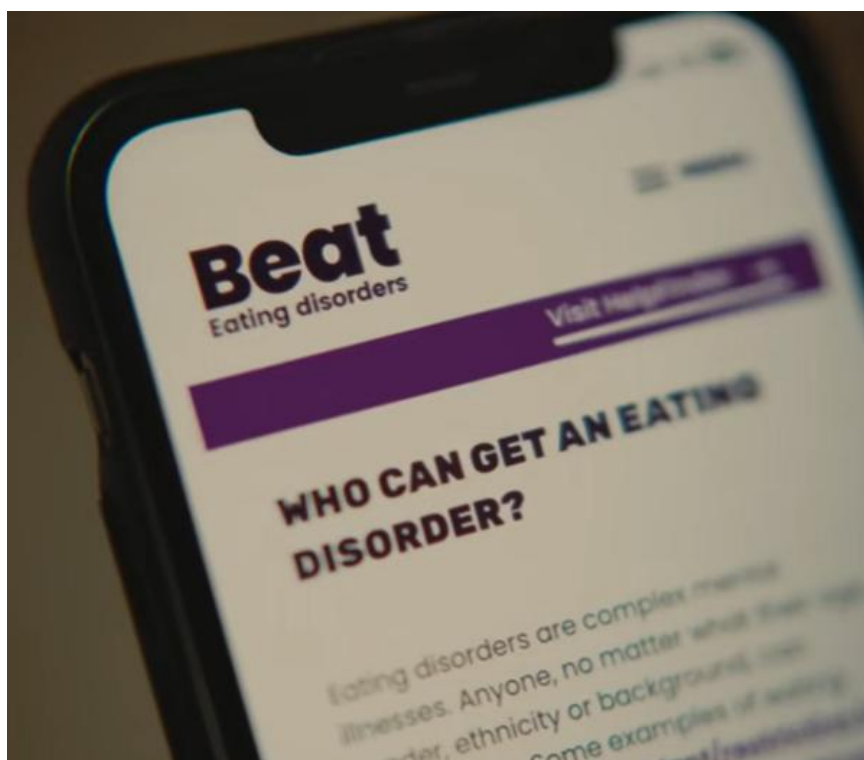
A new NHS-backed digital platform has launched in Cheshire and Merseyside to help children and young people find safe, trusted, and effective mental health apps online. The directory has been developed by the Mental Health Research for Innovation Centre (M-RIC), a partnership between Mersey Care NHS Foundation Trust and University of Liverpool. Importantly, the platform was co-designed with children and young people through workshops and surveys, ensuring it reflects their real needs and experiences.

The directory includes apps that support a wide range of issues, including low mood, anxiety, sleep difficulties, eating disorders, and neurodivergence. With so many mental health apps available online, it can be hard to know which are reliable. This directory helps by featuring only apps that have been carefully assessed against strict safety and quality standards—giving reassurance to young people, parents, carers, and professionals.

This new resource is intended to provide early, accessible support, including while families are waiting for treatment, helping ensure children and young people receive help from the very first point of referral.

 <p>Feeling stressed or worried</p> <p>Everyone feels stressed or anxious sometimes. These apps can help you understand your worries and give you tools to feel more in control</p> <p>Explore app collection</p>	 <p>Feeling sad or down</p> <p>If you're feeling low, upset, or not quite yourself, you're not alone. These apps offer support to help lift your mood and take care of your mental health</p> <p>Explore app collection</p>	 <p>Building inner strength</p> <p>Resilience means coping with life's ups and downs. These apps can help you build confidence, stay positive, and bounce back when things get tough</p> <p>Explore app collection</p>
 <p>Finding it hard to sleep</p> <p>Struggling to fall asleep or waking up tired? These apps can help you relax, unwind, and build healthy sleep habits that work for you.</p> <p>Explore app collection</p>	 <p>Staying safe and making choices</p> <p>When things feel unsafe or you're facing pressure from others, it's important to know your options. These apps offer support with choices around safety, relationships, drugs, and more</p> <p>Explore app collection</p>	 <p>Managing my thoughts and feelings</p> <p>Big feelings can be hard to manage. These apps are here to support you if you're feeling overwhelmed, unsafe, or just need help understanding your emotions</p> <p>Explore app collection</p>

EATING DISORDER AWARENESS WEEK



Eating Disorder Awareness Week is an important time for our school community to come together, learn, and support one another. Eating disorders are serious mental health conditions that can affect anyone, regardless of age, gender, background, or body type. This week, we encourage open conversations about body image, self-esteem, and healthy relationships with food, while also challenging harmful stereotypes and stigma. By raising awareness, sharing reliable information, and promoting kindness and inclusion, we can help create a school environment where everyone feels seen, supported, and valued. If you or someone you know is struggling, remember that help is available and reaching out is a sign of strength.

Video: [Eating disorders can affect anyone](#)

As part of Eating Disorder Awareness Week, we also want to highlight the vital work of BEAT, the UK's leading eating disorder charity. Beat provides essential support to individuals affected by eating disorders, as well as their families and friends. They offer free, confidential helplines, one-to-one web chat, online support groups, and a wealth of educational resources to help people better understand and cope with these illnesses. By sharing Beat's services within our school community, we hope to ensure that anyone who is struggling knows they are not alone and can access trusted, professional support whenever they need it.

For support please click the link below: [Eating Disorders Awareness Week 2026 – Community](#)

What's available at Warrington Youth Zone for ages 7-12



Springboard

Sunday 11am-3pm

A quieter session with higher staff ratios, semi structured timetable. Perfect for those who prefer a calmer environment and benefit from a little extra support.

Join us on the second Sunday of each month for Springboard Family Day!

Contact molly.swatton@wyz.org.uk for more information.

50p per session

Junior Club

Tuesday 4pm-8pm

Thursday 4pm-8pm

Saturday 12pm-4pm

A minimum of 20 activities a session helping to provide a fun space where you can make friends, try new things and develop interests.

Contact info@wyz.org.uk for more information

50p per session

Youth In Mind

Monday-Sunday 3:30pm-7:30pm

A drop-in service for young people to speak openly about their thoughts, feelings and behaviours, free from judgement while receiving bespoke one-to-one or group support through information sharing, providing crisis numbers and making referrals.

Contact fiona.gould@wyz.org.uk for more information

FREE

Baby Zone

Thursdays 09:30am-2:30pm

For ages 0-5 at The Gateway

FREE

HAF

29th & 30th December

10am-2pm

Holiday Club

22nd, 29th & 30th December

2nd & 5th January

Breakfast, Lunch & Snacks included

£20 per day per child

What's available at Warrington Youth Zone for ages 12-19 or up to 25 with additional needs



Springboard

Sunday 11am-3pm

A quieter session with higher staff ratios, semi structured timetable. Perfect for those who prefer a calmer environment and benefit from a little extra support.

Join us on the second Sunday of each month for Springboard Family Day!

Contact molly.swatton@wyz.org.uk for more information.

50p per session

Senior Club

Monday 5pm-9pm

Wednesday 5pm-9pm

Friday 5pm-9pm

Saturday 5pm-9pm

A minimum of 20 activities a session helping to provide a fun space where you can make friends, try new things and develop interests.

Contact info@wyz.org.uk for more information

50p per session

Youth In Mind

Monday-Sunday 3:30pm-7:30pm

A drop-in service for young people to speak openly about their thoughts, feelings and behaviours, free from judgement while receiving bespoke one-to-one or group support through information sharing, providing crisis numbers and making referrals.

Contact fiona.gould@wyz.org.uk for more information

FREE

Baby Zone

Thursdays 09:30am-2:30pm

For ages 0-5 at The Gateway

FREE

Senior HAF

29th December 5pm-9pm

2nd January 5pm-9pm

Free entry and meal on senior session

WARRINGTON



An OnSide Youth Zone



YOUTH IN MIND



Mersey Care
NHS Foundation Trust

WARRINGTON



An **OnSide** Youth Zone

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DROP IN

Monday - Sunday

3.30pm - 7.30pm

A free and discreet drop-in service offering early intervention support to young people aged 7-19 (up to 25 with a disability) who are experiencing challenges with their emotional wellbeing.

No appointment or referral is necessary and young people do not have to be a Youth Zone member to access this support.

Our friendly Key Workers are here to listen, offer advice and guidance, and will introduce you to a range of wellbeing projects and mental health services at the Youth Zone, in your local community, and online.

warringtonyouthzone.org



Department
of Health &
Social Care

The service is commissioned by Cheshire & Merseyside NHS as part of 'Warrington Place' Starting Well plans to support 'Children and Young People's Emotional and Mental Health & Wellbeing'.

The project delivery is a partnership between Warrington Youth Zone and Mersey Care 'Child & Adolescent Mental Health Services'



Warrington
Youth Zone
Dallam Lane
Warrington
WA2 7NG



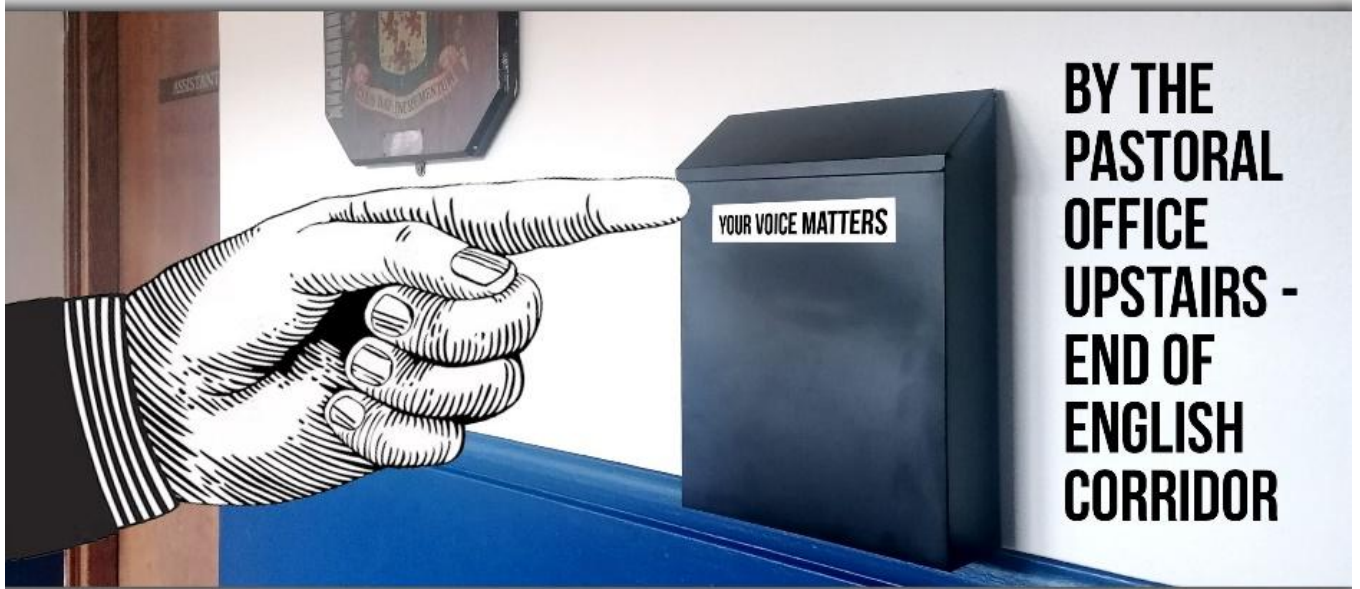
warringtonyouthzone.org



Department
of Health &
Social Care

YOUR VOICE MATTERS

IF YOU HAVE ANYTHING YOU
WANT TO SAY - POST IT HERE...



BY THE
PASTORAL
OFFICE
UPSTAIRS -
END OF
ENGLISH
CORRIDOR

USE THIS POST BOX TO TELL US HOW YOU FEEL, ASK FOR SUPPORT, REPORT SOMETHING OR JUST TO HAVE A VENT AND UNLOAD YOUR THOUGHTS ANONYMOUSLY.

YOU CAN ALSO TALK TO THE WELLBEING COUNCIL LEADS - MISS GIEBKA, MRS CHILTON AND MRS HORTON, PLUS ANY TEACHER, TEACHING ASSISTANT, SUPPORT STAFF - EVERY SINGLE MEMBER OF STAFF IS HERE FOR YOU.

VISIT [HEALTHLINE.COM/HEALTH/BREATHING-EXERCISE](https://www.healthline.com/health/breathing-exercise)
FOR SOME CALMING BREATHING EXERCISES

Mindful Moment:

Practicing mindfulness can have a positive effect on our mental health and wellbeing. It helps us slow down, pay attention to the present moment and develop better self-awareness and focus. In every Wellbeing newsletter we will be including a short guided meditation video for you to do at home and help build in healthy mental health habits that support managing our students impulsivity and restlessness.

[Headspace](#) | [Mini Meditation](#) | [Let Go of Stress](#)



Key contacts/ Help:

THE FOLLOWING ORGANISATIONS OFFER MENTAL HEALTH CRISIS SUPPORT:

- **Samaritans:** Tel 116 123. Operates a 24-hour service available every day of the year.
- **CALM (Campaign Against Living Miserably):** Tel 0800 58 58 58. CALM is a leading movement against suicide. It runs a UK helpline and webchat from 5pm to midnight 365 days a year.
- **PANDAS:** Tel 0808 1961 776. Free helpline and support service for people (or family members) who may be suffering with perinatal mental illness, including prenatal and postnatal depression.
- **Childline:** Tel 0800 1111. Helpline for children and young people in the UK. Calls are free and the number won't show up on your phone bill.
- **Papyrus:** 0800 068 41 41. Support for teenagers and young adults who are feeling suicidal.
- **Students Against Depression:** A website for students who are depressed, have a low mood or are having suicidal thoughts.
- **Hub of Hope:** A comprehensive national mental health support database. Download the free app, or text HOPE to 85258 to find relevant services near you.
- **Mind:** Tel 0300 123 3393. Provides advice and support to empower anyone experiencing a mental health problem.
- **Relate:** Tel 0300 0030396. Relate are the UK's largest provider of relationship support.
- **GamCare:** Tel 0808 8020133. Support for anyone affected by gambling problems across Great Britain.



- **BullyingUK:** A website for both children and adults affected by bullying.
- **Amparo:** Tel 0300 088 9255. Provides emotional and practical support for anyone who has been affected by a suicide.
- **Shout:** Text 85258. A free, confidential, 24/7 text messaging support service for anyone who is struggling to cope.
- **Merseycare:** Tel 0800 051 1508. Dedicated 24/7 urgent mental health crisis helplines, covers Warrington, St Helens, Knowsley and Halton.

