

OUR WELLBEING NEWSLETTER | JULY 2026

MENTAL HEALTH AND WELLBEING LEAD: MRS J CHILTON JCHILTON@BOTELER.ORG.UK

MENTAL HEALTH AND WELLBEING MANAGER: MISS V GIEBKA VGIEBKA@BOTELER.ORG.UK



As the school year wraps up, we want to encourage all our students to take this summer break as a valuable time to rest and focus on their wellbeing. It's important to balance relaxation with activities that support mental health—like staying active, maintaining a regular sleep routine, and staying connected with friends and family. To our parents and caregivers, your support is crucial during this time: encourage open conversations about how your child is feeling, help them establish healthy habits, and create a positive environment where they feel safe to share. Together, we can ensure our young people return refreshed and ready for the year ahead. Wishing everyone a peaceful and rejuvenating summer!



WHAT TO DO THIS SUMMER

For lots of us, the summer holidays provide relaxing days, a chance to catch up with friends and fun activities. But for some children, it's a stretch of boring days, with little to do. For many families there may not be the time or money to do what their children want. Some pupils may be nervous about school breaking up for summer and the lack of routine this provides. So it might be helpful to explore some cheap and easy activities.

- Go green: Think about all the green spaces there are locally and what activities go on during the break. What can be done alone or with a group of friends?
- Explore the local community: Explore the local leisure centres, youth clubs and recreation grounds. Are there any activities going on? What about 'free swim' days or other fun days put on by the local council?
- Find a library: Research which libraries are open and when. Is there free access to computers? Are there any clubs running over the summer?
- Volunteer: Find out about local youth groups where you can volunteer – this is a good way of making new friends www.iwill.org.uk/get-involved/young-people
- Become an author: Write and illustrate a book or zine using just some paper and pens/pencils. Research some themes and inspiration.
- Take on a challenge: Here are some ideas for activities that will take time and practice to accomplish: Learning to ride a bike, Learning to swim, Learning to roller skate or skateboard, Learning a new language (there's no need to join a class or buy any books, local libraries may have books, CDs or apps)
- Keep in touch: Explore how to keep in touch with friends and classmates over the holiday – arrange meeting up once a week at the local park or shopping centre?



- Watch a film: Find out about local cinemas which may show some films for free or reduced prices for children and young adults.
- Learn something new: Visit local museums and/or galleries. Research which ones are nearby and free to visit.
- Become a photographer: Take photos of your local area on a phone or camera. If it's difficult to access either, borrow one from a friend or family member, or create one from scratch with just card, tin foil, tape and a paper clip



FAMILIES CAN GET FREE BREAKFASTS AT MORRISONS CAFÉS THROUGHOUT THE SUMMER HOLIDAYS:



Families can get free breakfasts at Morrisons cafés throughout the summer holidays under a new nationwide scheme - and unlike most supermarket food offers, adults can claim too. The supermarket has teamed up with Kellogg's to bring back its popular Breakfast Clubs, giving both children and grown-ups a free breakfast with no purchase required.

Anyone visiting a participating Morrisons Café can claim a free bowl of Kellogg's Corn Flakes or Rice Krispies, served with milk or a dairy alternative, plus a piece of fruit.

The offer runs from today until September 6 across Morrisons cafés nationwide. It comes as new research commissioned by Morrisons found 54% of parents feel financial pressure during the summer holidays, with many saying the strain becomes most noticeable by week three.

FREE FAMILY FUN WITH THE VICTORIA PARK EXPERIENCE:

The Victoria Park Experience (VPX) returns this August with four days of free family fun across Warrington.

Each event runs from 11am to 4pm and offers a variety of activities including sports, creative workshops, live music, and games for all ages.

Organised by Warrington Youth Zone and Cheshire Police with support from local partners, VPX provides a fantastic opportunity for families to enjoy the summer holidays together at no cost.



4 DAYS OF FREE FAMILY FUN!
EVERY WEDNESDAY IN AUGUST 11AM TO 4PM

5th & 12th AUGUST
BANK PARK

19th & 26th AUGUST
VICTORIA PARK

EXPERIENCE FOUR ACTION-PACKED DAYS OF CHILDREN'S ENTERTAINMENT, CREATIVE ACTIVITIES, AND LASTING MEMORIES.

ORGANISED BY

WE ARE
Warrington

WARRINGTON

An **OnSide** Youth Zone



**Warrington
Carers Hub**

Warrington Young Carers' Weekly Drop-In



WARRINGTON



An **OnSide** Youth Zone

**Come and join us at our weekly
drop-in session in the**

Employability Room

on the

Mezzanine Floor

at

Warrington Youth Zone

now running from

4:00pm to 7:00pm

Whether you're looking to boost
your skills, explore exciting
activities, or simply fancy a good
chat in a relaxed space,
there's something here for you.

**No pressure, no booking.
Just drop in and see what's happening.
We'd love to see you there!**



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WARRINGTON
Borough Council

NHS

N-Compass is registered in England & Wales as a Registered Charity No. 7728809 and as a company limited by guarantee No. 06845210.



**Warrington
Carers Hub**

Warrington Young Carers' School Holiday Drop-Ins

**Need someone to talk to?
Got a question?
Feeling a bit overwhelmed?**

**Or maybe you just want
a friendly face and a
relaxed chat?**

Whatever's on your mind, we're here to listen and support you – no judgement, no pressure.

If you're not in school or college, why not drop in and see us?

You'll find a safe, welcoming space where you can talk, connect, and feel heard.



The Gateway

Sankey Street
Warrington
WA1 1SR

**Thursday & Fridays
9:30am - 12:30pm**

If you can't make it in person, feel free to reach out:

Call us on: **0300 303 0623**

or email: **enquiries@warringtoncarershub.org.uk**

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Girls roar

A GROUP PROJECT FOR GIRLS AGED 11-16
THE HUB (ORFORD YOUTH BASE)
THURSDAY 6:30-8:30PM
DELIVERED BY WBC YOUTH WORKERS

WHAT TO EXPECT:

DISCUSSIONS AND ACTIVITIES FOCUSING ON WOMEN
EMPOWERMENT, STAYING SAFE ONLINE AND WHEN OUT IN THE
LOCAL COMMUNITY
ARTS AND CRAFTS
COOKING/BAKING
EXCITING ACTIVITIES

INTERESTED? JUST COME ALONG TO ONE OF OUR SESSIONS
OR CONTACT LEAD WORKER MARTA ON 07920270014

Girls roar

JANUARY TO MARCH 2026 PROGRAMME:

THE PROGRAMME WILL FOCUS ON WHAT IT MEANS TO BE A STRONG FEMALE, BEING ABLE TO RECOGNISE RISKY SITUATIONS, UNHEALTHY AND TOXIC RELATIONSHIPS; TO SAY 'NO' CONFIDENTLY AND TO RECOGNISE THE IMPORTANCE OF FEMALES SUPPORTING OTHER FEMALES.

WE ARE EXCITED TO PARTNER UP WITH 'PLUGGED IN' WHO WILL OFFER PARTICIPANTS MUSIC TUITION (SINGING, SONG WRITING AND DJ-ING).



THE PARTICIPANTS WILL BE ENCOURAGED TO CREATE A PIECE OF CREATIVE MUSIC INCORPORATING MESSAGES LINKED TO THE ISSUES EXPLORED IN THE PROGRAMME.

HOW TO SUPPORT A YOUNG PERSON WITH ANXIETY

Signs and symptoms that an older child or adolescent may be experiencing anxiety:

- Refusal or avoidance of going to school or college, seeing friends or engaging in social activities.
- Needing repeated reassurance - they may text or call a lot for reassurance.
- Sleep disturbance - either sleeping too much or not able to sleep.
- Strong physiological symptoms, including loss of appetite, complaints of feeling sick, having stomach aches, headaches, dizziness, palpitations and sweating.
- Appearing distressed, agitated, irritable, sensitive and/or emotional (tearful) - Reduced performance at school due to difficulties concentrating.
- Reports by the young person that they feel anxious or worried.



Top tips on how best to support an anxious young person:

- Remain calm yourself. Try to remember that young people often look to the adults around them for guidance. Your behaviour will reassure them that they are safe and do not need to panic.
- Give them opportunities to explore and express how they feel. Children may not use the words 'anxiety' and 'worry' but their own descriptive words such as 'fizzy' or 'wobbly'. If a child cannot describe how they feel, encourage them to draw or paint how they feel or point to where in their body they are experiencing discomfort.
- Explain that everyone worries from time to time and that although the physical sensations are not pleasant, they will pass. Using distraction techniques and activities, such as playing games, seeing friends, reading or watching TV, may help them to manage distressing thoughts and feelings.
- Acknowledge how they feel rather than minimising or dismissing their worries, whilst providing a clear message that they can and will cope.
- It is important that they do not avoid the situations that make them feel anxious. The more a situation is avoided, the greater the anxiety becomes. Help them to



break down their fears into smaller steps and take each one at a time. Find motivators and rewards to encourage them to take small steps to achieve each goal. Keep persevering as the more they face their fear, the easier it will become.

- Try to identify the source of anxiety. Some young people become particularly concerned when they hear or witness worrying things. For example, ensure they are only accessing age-appropriate material on TV.
- Let your child's school or college know about the difficulties being experienced so that they can support them using the same strategies and techniques for a consistent approach.
- Remember that anxiety is a problem when it is extreme, excessive and interferes with everyday life. Please see your GP or school nurse for support in this instance and they can refer you to appropriate services. You can also self-refer to child and adolescent mental health services (CAMHS) by calling 0300 304 0050. 9) Access the resources below for details of anxiety management techniques that you can use with your child to help them to manage and overcome their worries.



Click on the link for a podcast aimed at students on understanding their feelings of anxiousness:

hampshirecamhs.nhs.uk/wp-content/uploads/2019/12/School-anxiety-how-to-manage.mp3

A TO Z OF COPING STRATEGIES



Here's a list of 26 ideas, strategies and techniques that might help you if you are feeling worried or stressed.

Not all things work for all people but you won't know until you try. You'll also need to practice and use these.



ACTIVITY:
Do something that you enjoy!

BREATH:
Take deep breaths in and long slow breaths out

CREATE:
Find creative ways to express yourself, for example paint, draw, dance or sing

DISTRACT:
Keep yourself busy



EXERCISE:
Get moving through physical exercise and sport

FRIENDS AND FAMILY (AND PETS):
Spend time with loved ones

GOALS:
Break things down into small steps and focus on one thing at a time

HELPLINE:
Call for confidential help, advice and support (see the back of this leaflet)

ICE:
Cool down, have a shower, lower your temperature to help calm things down

JOIN IN:
Do not isolate yourself; connect with those around you

KEEP THINGS SIMPLE:
Prioritise what you need to do and let go of the rest

LOOK FOR LESS HARMFUL ALTERNATIVES:
What else can you do? Write a list of other options

MUSIC
Listen to your favourite tunes

NURTURE AND NOURISH:
Look after yourself by eating and drinking

OUTSIDE:
Get some fresh air to clear your mind. Go for a walk

PROBLEM SOLVE:
Can challenges or barriers be overcome? Who or what can help you with this?

QUIET TIME:
Keep things calm and peaceful around you

RELAX:
Chill out; remind yourself that it won't always be this hard

SUPPORT:
Who's around you that you can lean on for more support?

TEXT:
Contact a mate or someone you trust

USE YOUR TALENTS AND STRENGTHS
Focus on what you do well and do more of it

VISUALISE:
Imagine a calm or happy place

WRITE IT DOWN:
Keep a diary, write a letter or a blog. Get it out of your mind and onto paper

XBOX OR OTHER GUILTY PLEASURES:
It's OK to have downtime



YOU CAN DO IT:
You can cope, you will get through this. Believe in yourself!

ZZZZZ:
Sleep on it. Don't make any sudden decisions

IF YOU NEED HELP... THE FOLLOWING ORGANISATIONS OFFER MENTAL HEALTH 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.
 -  **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.
 -  **SHOUT:** Text 85258. A free, confidential, 24/7 text messaging support service for anyone who is struggling to cope.
 -  **CHILD AND ADOLESCENT MENTAL HEALTH SERVICE (CAMHS):** Support children and young people up to age 18 with their emotional and mental health and wellbeing.
Telephone: 01925 575904
 -  **KOOTH:** Digital online mental health and wellbeing support, available to all. www.kooth.com
- For someone struggling emotionally but not in immediate danger:**
-  **SAMARITANS** – 24/7 emotional support (call 0116 123 in the UK)

EMERGENCY CONTACTS:

NHS 111 (option for mental health in many areas)

LOCAL CRISIS TEAMS VIA THE NHS OR GP OR COMMUNITY MENTAL HEALTH SERVICES

Immediate risk / safety concern → 999 (police + ambulance)

Concern but not immediate → 101 / social care / NHS services

Emotional distress → Samaritans or NHS mental health support

If the child/young person is in immediate danger, please contact the 24-hour crisis line on - 01744 415640 or contact your local A&E department or call 999.

The webpage for Merseycare's crisis team is:

<https://www.merseycare.nhs.uk/our-services/warrington/child-and-adolescent-mental-health-service-crisis-response-team/>

In the meantime, please see services below to support health and wellbeing:

Neurodiversity Advice and Support

ADDvanced Solutions Community Network

Encourages, supports and empowers the families of neurodiverse children and young people with or without a diagnosis, who may also have specific learning difficulties or associated mental health needs.

Telephone: 01925 320863

Website: www.addvancedsolutions.co.uk

National Autistic Society (NAS)

Provide advice and guidance to support mental health.

Website: www.autism.org.uk

Autism understood

Created by autistic individuals with advice and support to improve health and wellbeing.

Website: www.autismunderstood.co.uk



Mental Health Support

Child and Adolescent Mental Health Service Crisis Response Team

24 hour crisis response team for young people up to the age of 18 experiencing a crisis needing an emergency response.

Telephone: 01744 415640

Warrington Crisis Line

Urgent support 24/4 for people of all ages experiencing a mental health crisis.

Telephone: 0800 051 1508

Child and Adolescent Mental Health Service (CAMHS)

Child and Adolescent Mental Health Services - also known as CAMHS - support children and young people up to age 18 with their emotional and mental health and wellbeing.

Telephone: 01925 575904

General Practitioner (GP)

Your GP can also talk to you about your mental health and help introduce you to the right mental health service for your needs.

Kooth

Digital online mental health and wellbeing support, available to all.

Website: www.kooth.com

**YoungMinds**

Advice and information to empower parents and young people and provide tools to support their mental health. Parents helpline, webchat and email service.

Website: www.youngminds.org.uk

Happy Ok Sad

Links to information, services and resources to support mental health wellbeing.

Website: www.warrington.gov.uk/happy-ok-sad

Samaritans

Call 116123 to talk to someone 24/7 whatever your age.

Website: www.samaritans.org

Talking matters Warrington

Talking Therapies for people experiencing mental health difficulties. Self-refer on-line from 16 years old.

Telephone: 01925 401720

Website: www.mhm.org.uk

PAPYRUS

Prevention of young suicide.

Telephone: 0800 068 4141 or text 07786 209697

Website: www.papyrus-uk.org

Saint Joseph's family Centre

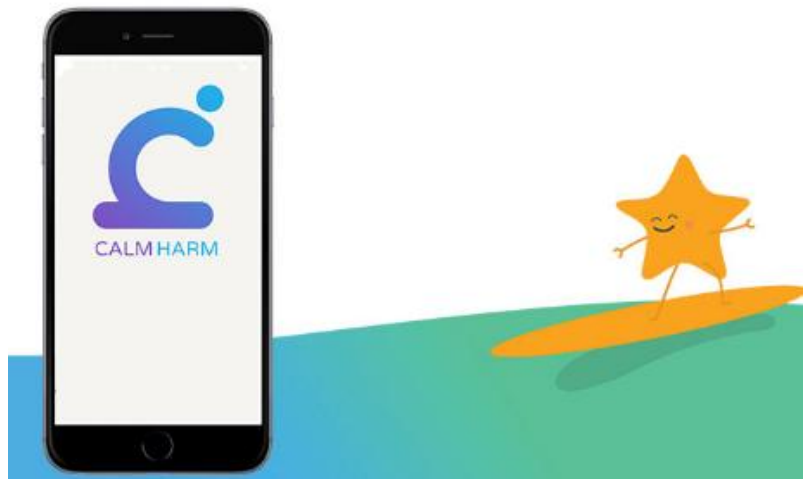
Works in partnership with CAMHS to provide person centred counselling for children and young people aged 6-18 to support them to understand their feelings, develop positive self-management tools and encourage better mental health and wellbeing.

Website: www.saintjosephsfamilycentre.co.uk

Calm Harm App

Calm Harm provides tasks to help you resist or manage the urge to self-harm.

Download via Apple and Google Play app stores.



Wellbeing Support **Childline**

Offer a free 1:1 online counselling service.

Telephone: 0800 1111

Website: www.childline.org.uk

Youth in Mind

Free and discrete drop-in service for young people aged 7-19 (up to 25 with additional needs) who are experiencing problems relating to their emotional wellbeing.

Telephone: 01925 977277

Website: www.warringtonyouthzone.org/youth-in-mind

Kooth

Digital online mental health and wellbeing support, available to all.

Website: www.kooth.com

REACH 85258

Text SHOUT to 85258 for free, 24-hour confidential text support service for anyone in the UK who is struggling to cope.

Website: www.giveusashout.org

School Health Team

Each primary and secondary school has a named school nurse who will promote health and emotional wellbeing in school.

Website: www.bridgewater.nhs.uk

Education and SEND

Special Education Needs and Disability Information Advice & Service Support

Help parents/carers and young people who have or may have special educational needs and disabilities between the ages of 0-25 with or without EHCP.

Telephone: 01925 442978

Email: infosendiass@warrington.gov.uk



YOUTH in MIND



Mersey Care
NHS Foundation Trust

WARRINGTON



An **OnSide** Youth Zone



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'



NHS
Mersey Care
NHS Foundation Trust

Warrington
Youth Zone
Dallam Lane
Warrington
WA2 7NG



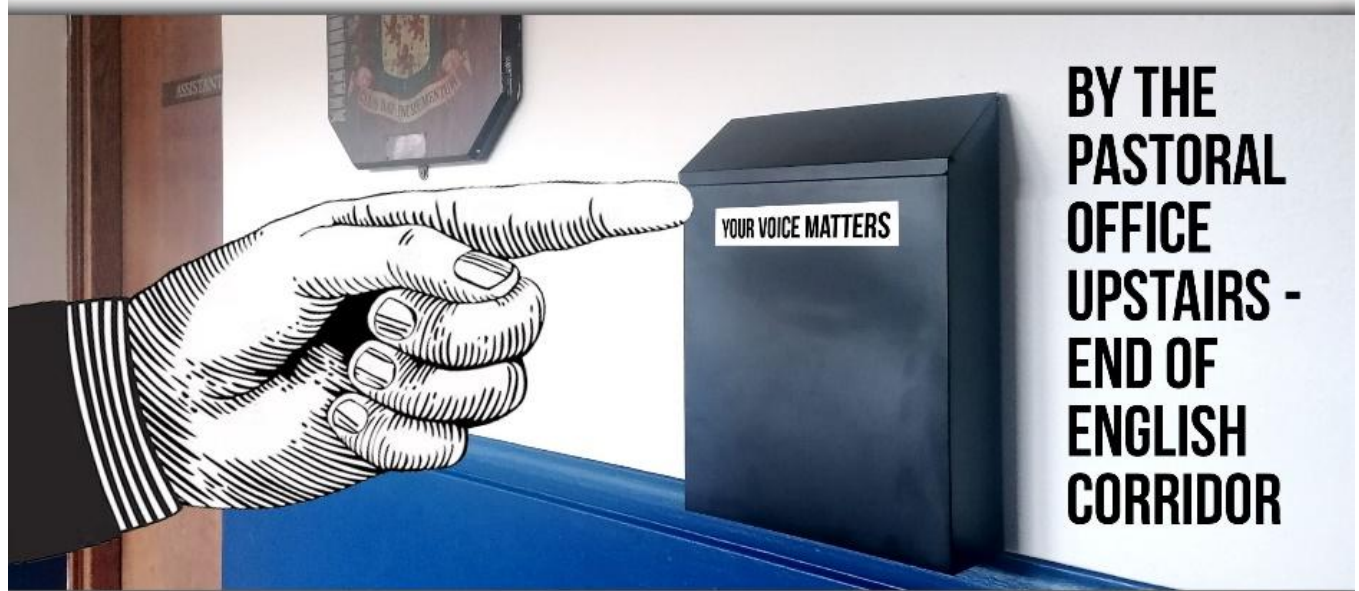
warringtonyouthzone.org



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 mediation video for you to do at home and help build in healthy mental health habits that support managing our students impulsivity and restlessness.



[Make Time for Joy: 12 Minute Meditation to Bring Laughter Into Your Day - YouTube](#)

Key contacts/ Help:

Life Signs: www.lifesigns.org.uk are a small self-harm charity that have so much information for people who are currently self-harming and for family members or friends of people who are self-harming. They also have information on cleaning self-harm wounds and treating wounds.

Parent Talk: Down-to-earth parenting advice you can trust. We're here for you, when you need us. Find answers to parenting questions in our advice articles. Or talk to a parenting coach about anything that's worrying you.

They can be found at: <https://parents.actionforchildren.org.uk>

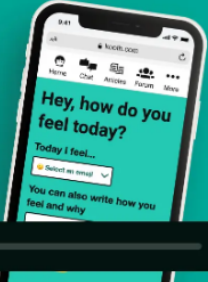
<https://www.youngminds.org.uk/young-person/your-guide-to-support/reaching-out-for-help/#Howtoaskforhelp>

<https://www.kooth.com/>



Log in

What is Kooth?



01:30

Whatever you're feeling, we're here to help

Get free, safe and anonymous support.

Sign up for free