



What is going on in or around your area over the Summer holidays?



Young Bristol - Holiday Programmes at The Grove @ Bedminster Down, Hartcliffe Club for Young People, Ashton Vale or BS14 Youth Club



Jump Studios - Knowle West Media Centre Creative Summer Programmes



The Big Hideout Adventure Playground at Teyfant Road – Open every Mon-Thurs 10-4 over the holidays.



Youth Moves – Youth Clubs in Knowle West and Hartcliffe



Hartcliffe City Farm or Windmill Hill City Farm - enjoy being out in nature!



Off the Record Bristol – Mental Health Charity & Social Movement - drop in hubs and projects.



And lots more [here](#) at Your Holiday Hub Bristol



You can also keep an eye on **Hartcliffe and Withywood Community Partnership** for more upcoming events by clicking [here!](#)

Top-Tips for looking after your wellbeing!

CONNECT - spend time doing something you enjoy together as a family, reach out to a friend to say hello, or join in with something in your community. You can also take time to connect with yourself, it's ok to say 'no' sometimes if you need some time alone.

LEARNING NEW THINGS - keeps us inspired. Maybe there's something you'd like to try that you haven't had time for - write or learn the words to a poem, song or rap, take some photos or learn a new recipe.

BE ACTIVE - dance, go for a walk, play a physical game or sport to help boost your mood.

GIVE TO OTHERS - Being kind and giving to others releases feel good chemicals in our bodies that make us feel happy and positive. Help out at home with the cooking, or give someone a smile or act of kindness.

TAKE NOTICE - Our minds can be very busy thinking about the past or worrying about the future. Take Notice is about paying attention (on purpose) to what is going on around you and how you feel, in the present moment. You can try this when listening to music, looking at the sky or the trees, or noticing your 5 senses.

Try to get some good nights **SLEEP** - and where possible stick to usual bedtimes, especially as the holidays come to an end.

Just as we look after our physical health, it's important to look after our mental health. In fact, the two are closely connected

MAKE YOUR OWN

**CLICK HERE
FOR
PRIMARY**



**CLICK HERE
FOR
SECONDARY**

It's important to remember that **IT'S OK TO ASK FOR HELP**. Sometimes we need the support and advice of others. If you feel like you need more help, please talk to a trusted adult or use one of the options below.

If you can't click the link go to www.annafreud.org/schools-and-colleges/resources/ and search 'my self-care plan'

Online Support

- KOOTH [11+]** kooth.com
online counselling, self-help materials and forums
midday - 10pm on weekdays, 6-10pm Sat and Sun
- THE MIX [25 & under]** themix.org.uk
webchat open from 3pm – midnight everyday
- CHILDLINE [19 & Under]** childline.org.uk/get-support
1-2-1 online chat with counsellors, open 9am - 10.30pm everyday

Family Support

- Families in Focus:**
North: 0117 352 1499
East Central: 0117 357 6460
South: 0117 903 7770
- Supportive Parents:**
Support for young people and families with SEND
01179 897724

Apps that might help

Calm Harm
Chill Panda
Cove
DistrACT
Headspace
Smiling Mind

Support by phone or text

- Childline:** Support for anyone under 18. Call 0800 1111, lines are open from 9am - 3.30am everyday
- Young Minds Crisis Messenger:** Offers crisis support. Text YM to 85258, available 24/7 everyday
- Papyrus Hopeline:** Support for young people thinking about suicide. Call 0800 068 4141 or text 07860039967, available 9am - midnight daily
- Samaritans:** Emotional support for all ages. Call 116 123, available 24/7 everyday
- NHS:** Non-emergency advice about mental health. Call 111, available 24/7 everyday
- ChatHealth:** Confidential text messaging service for students (ages 11-19) to seek advice from a healthcare professional. Text 07312 263093. Available Monday-Friday, 9am - 5pm
- CAMHS Emergency Line:** Urgent advice and guidance to support young people in crisis, who may need to attend hospital: 0800 953 9599

For urgent care you should always go to the GP, call 999 or go directly to your nearest Accident and Emergency Department