



# Wellbeing at Toynbee



In this edition of the wellbeing newsletter I wanted to bring to everyone's attention some great events being held by our local Hampshire CAMHS teams as well as their "Connect 2 Thrive in 25" campaign.

**Hampshire CAMHS recognises that life can be incredibly challenging for our young people which can impact on their anxiety, experiences, connectivity, and learning.**

Across 2025 Hampshire CAMHS will be running a campaign called

*"Connect 2 Thrive in 25"*. The theme is on connections the importance of them, the contribution they make to our mental health, how to connect, along with some ways of signposting and inspiring young people to connect. The campaign will be based on the five steps to wellbeing which we already use at Toynbee as a basis for our wellbeing support.

CAMHS have put together a great resource pack to support the campaign, many of the activities outlined in the pack have formed part of our tutor time wellbeing sessions. The activities included in the pack focus on helping young people to:

1. Identify how they are feeling
2. Activities to try to match their mood
3. Ideas for generating activities to try which will build confidence, help to manage mood, and to build connections with others.

If you are interested in having a copy of these resources to look through with your child they can be found here: [Connect 2 Thrive resource](#).

## Local CAMHS events

Parents information and advice session – CAMHS had a great turn out of over 60 parents at their first informal drop in session. They are being held every first Wednesday of the month at The Arc, Jewry Street, Winchester 10am-2pm and are an opportunity for parents/carers, professionals, or young people to come and chat to CAMHS clinicians, ask questions, get advice, and resources. The flyer for this and other events run by Hampshire CAMHS can be found at the end of this newsletter, they run events across Hampshire and are well worth attending, for a full list of events please see their website: [Events – CAMHS](#)



# Wellbeing at Toynebee



The Hampshire CAMHS website has a wealth of information and advice for young people and their families which can be found here: [Young People – CAMHS](#)

## CAMHS YOUNG PERSONS PHOTO COMPETITION 2025

Hampshire CAMHS are looking for creative photos that reflect connections; how we connect, who we connect with and the importance of connections. This competition is open to any young amateur photographer in Hampshire. Download our [YOUNG PERSONS PHOTO COMPETITION 2025 – Leaflet here.](#)

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](#). Please EMAIL your entry form plus up to three photos to:

[HantsCAMHSinnovations@southernhealth.nhs.uk](mailto:HantsCAMHSinnovations@southernhealth.nhs.uk)

### Terms and Conditions

*All submissions MUST include a FULLY completed Entry Form.*

*The information from the Entry Form will allow us to contact the winning entries of the outcome – the information won't be shared or processed for any other reason and will be destroyed. You have the right to withdraw if you wish.*

*Only the winning entries will be contacted.*

*Submissions assume the rights to use photos to publicise this competition.*

*Submissions will assume rights to display photos as part of a one-off exhibition related to this competition only.*

*Submissions will assume rights to include entries in a printed collection.*

*The deadline for submissions is midnight on September 8th 2025.*

*Entries that have faces included will be disqualified.*

*The winners will be notified by 29th September 2025. Every effort will be made to contact the winners*



# Wellbeing at Toynbee



## Get Involved

If you have any links to Mental Health and Wellbeing and would like to get involved with any aspect of supporting staff and pupils at Toynbee we would love to hear from you! Please email [e.hill@toynbee.hants.sch.uk](mailto:e.hill@toynbee.hants.sch.uk) in the first instance and we can arrange a meeting.

Mrs Stroud is planning to create a reflection garden which can be used as a quiet space for children and staff who have been faced with bereavements and would love to hear from any parents who might be able to lend her a hand or some expertise! Along with some of the wellbeing ambassadors she has secured a grant from Valley Park Parish Council to help with the garden, we are very excited to see what she can create! She can be contacted on [j.stroud@toynbee.hants.sch.uk](mailto:j.stroud@toynbee.hants.sch.uk)

## Kooth

Kooth are a free online mental health support platform for young people. It is quick and easy to make an account and young people do not have to give any information that would identify them. They can they access articles written by Kooth staff exploring different aspects of health, wellbeing and day-to-day life, discussion boards, personal journals and mini-activities designed to support mental health and a goal setting area. They can also, if they wish, send a message to one of the Kooth practitioners or join the queue for a live text-based conversation with a practitioner (open 12-10pm Mon-Fri and 6-10pm Sat and Sun). For more information about the service watch the “what is Kooth?” video here: [Home - Kooth](#)

Kooth are offering parent workshops called “Kooth Talks” their next one is on either Tuesday 25<sup>th</sup> or Thursday 27<sup>th</sup> February 6-6:30pm and is on the subject of the role that Kooth can play in supporting young people with eating difficulties, for more information or to sign up for the talk follow the link: [Form](#)



# Wellbeing at Toynbee



## Inourplace

Hampshire County Council have a paid partnership with inourplace which offers online courses developed by psychologists at the Solihull Approach in partnership with health experts, schools and psychotherapists as well as parents.

For emotional health and wellbeing for all children and their parents so that they can thrive as kind, sociable and emotionally aware people throughout their lives.

[Online courses for emotional health and wellbeing](#)



# Wellbeing at Toynbee



Hampshire Child and Adolescent  
Mental Health Services

## HOW TO COPE WHEN YOUR CHILD CANT

Four one-day events focused on parents/carers understanding their own needs, and learning strategies to look after themselves as they support a young person with their own mental health needs.

Each morning session will focus on different topics - further details can be found on our website.

The afternoon session will focus on How to Feel Better as a Parent in Burnout.

**Tickets £25**  
Tea, coffee  
and lunch  
included

**For more information and to book a place go to:**  
<https://hampshirecamhs.nhs.uk/events/>

Some events have a small charge to allow us to cover costs, some discretionary free tickets are available

**Thursday, 30 January 2025**  
9.30am - 3.15pm

Proteus Creation Space,  
Council Rd, Basingstoke  
RG21 3DH

**Thursday, 8 May 2025**  
9.30am - 3.15pm

St Peter's Catholic Church  
Conference Centre, Jewry St,  
Winchester SO23 8RY

**Thursday, 23 October 2025**  
9.30am - 3.15pm

Colbury Memorial Hall,  
133 Main Rd, Totton,  
Southampton SO40 7EL

**Tuesday, 2 December 2025**  
9.30am - 3.15pm

Waterlooville Community Centre,  
10 Maurepas Way, Waterlooville,  
PO7 7AY



## Wellbeing at Toynbee



NEW  
FOR 2025



Hampshire Child and Adolescent  
Mental Health Services

# HAMPSHIRE CAMHS INFORMATION & ADVICE SESSION YOUNG PERSON'S MENTAL HEALTH

10am - 2pm

Wednesday, 5 March 2025 and then every  
first Wednesday of the month

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.



[hampshirecamhs.nhs.uk](https://hampshirecamhs.nhs.uk)



# Wellbeing at Toynebee



**NHS**  
Hampshire Child and Adolescent  
Mental Health Services

## 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](http://hampshirecamhs.nhs.uk)**

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