



# Wellbeing at Toynbee



This week is Mental Health Awareness Week and the theme of the week this year is “Community”. Being part of a safe, positive community is vital for our mental health and wellbeing. We thrive when we have strong connections with other people and supporting communities that remind us we are not alone. Communities can provide a sense of belonging, safety, support in hard times and give us a sense of purpose. This [article](#) by the Menal Health Foundation highlights the positive benefits from being part of a community.

To highlight the importance of community all pupils will have an assembly looking at advice around how to get involved in their community, this could be in school or in the wider local community.



### 1. MAKE IT FUN

Choose an activity you enjoy. You could join a club or group centred around your interests.



### 2. GET OUTDOORS

Get out and moving in nature for more mental health benefits.



### 3. FIND LIKE-MINDED PEOPLE

Build connections with people who share your interests and values. But try to also meet people who are different from you, too.



### 4. SHOW KINDNESS TO OTHERS

Connect with your community through small acts of kindness, which will benefit both you and others.







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## 5. SHOW YOUR APPRECIATION

Sharing a compliment or showing appreciation can strengthen your relationships.



## 6. CONNECT ONLINE

Find others who share similar experiences or interests online. Remember, healthy online communities should make you feel safe and valued.



## 7. GIVE BACK

Helping others is a great way to build community and give you purpose.



## 8. CARE FOR YOUR LOCAL COMMUNITY

Increase your sense of belonging by getting involved in your local community.



## 9. WELCOME OTHERS

Make new people joining your community feel welcome and included.



## 10. FIND PEER SUPPORT IF YOU'RE STRUGGLING

Connect with others going through similar experiences through peer support groups.



Pupils will also have a tutor time session looking at the power of community and giving them a chance to discuss together how they can get involved and work together to make sure everyone feels included in our school community.



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The mental health foundation has written a [blog](#) about the importance of community for parents mental health as well which has links to resources which might be of interest to parents in our community.

## Charlie Waller Trust

The most recent newsletter from the Trust highlighted their PLACE Network

“Often the best way for parents and carers to get support is to connect with others who have been through something similar. This is known as parent and carer peer support (PCPS). That’s why we help to support the PLACE Network: a collection of individuals or support groups/projects who are interested in or provide parent-carer peer support (PCPS) in the children’s and young people’s mental health space.

So, if you’d like to connect with parents and carers who are using their experiences to help others, take a look at [our website](#) to find PLACE Parent Carer Peer Support organisations or groups near you which offer support”

## Getting young people through exam season

Young Minds have put together some resources for schools and parents to support young people who are finding the exam season overwhelming. This [stress bucket activity](#) can be used to help young people to identify exactly what is causing them stress and the things they can do to reduce it.

These [mindfulness activities](#) can help young people calm their heightened emotions and cope with anxiety.

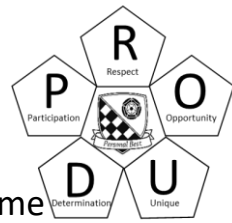
For more tips and advice see their [guides for parents/carers](#).

## Local CAMHs events

Parent’s information and advice session – The next informal drop-in session is 4<sup>th</sup> June. They are held at The Arc, Jewry Street, Winchester 10am-2pm and



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are an opportunity for parents/carers, professionals, or young people to come and chat to CAMHS clinicians, ask questions, get advice, and resources. For a full list of events please see their website: [Events – CAMHS](#)

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](#)

## 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)

## 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.



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The free courses for parents/carers include:

- Understanding your child from toddler to teenager
- Understanding your child with additional needs (0-19 years)
- Understanding your teenager's brain
- Understanding your child's feelings
- Understanding your child's mental health and wellbeing
- Understanding the impact of the pandemic on your child/teenager
- Understanding your own trauma

All courses can be translated using Google translate and some professional translations are also available.

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



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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)





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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**



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## 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)**



Prize money sponsored by



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Mental Health Services