



Wellbeing at Toynbee



This is our final Wellbeing newsletter of the year before a well deserved summer break! This half term the Wellbeing Ambassadors took over the tutor time sessions and created sessions for years 7 to 9 looking at different aspects of Mental Health and Wellbeing – a big thank you to the ambassadors for doing this and we are looking forward to working with them again in September! The year 10s have been looking at exam stress and worries and learning strategies to support them as they get ready for their mocks next term. We would like to thank the Wellbeing ambassadors for all of their hard work and wish everyone a restful summer break!

Supporting young people through results day

Place2Be have put together a guide for parents so that whatever the feelings, parents can support their children through the day. These can be found [here](#)

Local CAMHS events

Parent's information and advice session – The next informal drop-in session is 6th August. They are held at The Arc, Jewry Street, Winchester 10am-2pm, they 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](#)

Hampshire CAMHS are delighted to announce a whole week of young people's mental health focussed training sessions, from September 8th – 12th 2025, in Winchester. Five separate full days which will include, Trauma, Anxiety, Eating difficulties/disorders, autism, ADHD. See attached flyer at the end of the newsletter. People can book onto as many as they wish. In addition we will be running a week of one hour sessions on a variety of topics, and people can book as many or few as they wish. There is a small charge to cover our costs, as always some discretionary tickets are available. These events are suitable for parents/carers as well as professionals wanting to understand mental health better, and build skills and build confidence to support young people.



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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](#)

Kooth

With the Summer holidays fast approaching, here at Kooth we appreciate there will be some young people who may struggle during the holidays without the access to the daily pastoral support, trusted adults and friends that the school community provides.

A reminder that [Kooth.com](https://www.kooth.com) is a free, safe and anonymous mental health and wellbeing service commissioned for all young people aged 11-25 in Hampshire and the Isle of Wight. Available without referral or waiting lists until 10pm each night, 365 days per year, it provides a much needed out of hours service for advice and help.

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 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



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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.

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	3 September
7 May	1 October
4 June	5 November
2 July	3 December
6 August	

hampshirecamhs.nhs.uk



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Hampshire Child and Adolescent
Mental Health Services

8 - 12 September 2025

Mental Health Focus Week



A week of training days for Parent/Carers and Professionals provided by Hampshire CAMHS on a variety of subjects.

8th Eating Disorders and Difficulties

9th Anxiety - understanding and strategies to support young people

10th Trauma - The profound impact on young people

11th Understanding ADHD

12th Embracing Autism

All
sessions
9.30am
- 3.30pm

All
training
days are
£20

Mental Health bite size sessions

All
bite size
sessions
are £5



We are also running a whole week of bitesized workshops to run alongside these days. The sessions all last one hour and cover topics including: Introduction to mental health, anxiety, low mood, sleep hygiene, trauma and much more.

8 - 12 September 2025

United Reform Church Jewry Street, Winchester, SO23 8RZ

For more information scan the QR codes or visit:

<https://hampshirecamhs.nhs.uk/events/>



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Mental Health

bite size sessions

8-12 September 2025

United Reform Church Hall
Jewry Street, Winchester, SO23 8RZ

Time	Monday 8th	Tuesday 9th	Wednesday 10th	Thursday 11th	Friday 12th
9.30am - 10.30am	Introduction to mental health	Supporting your child to transition to a new school	Introduction to mental health	tbc	Supporting parents to manage children's anxieties
11am - 12 midday	Introduction to anxiety	Sleep hygiene	Trauma	tbc	Exam stress
12.30pm - 1.30pm	Introduction to low mood	Understanding suicidal language in children and young people and how to support them	Sleep hygiene	tbc	Understanding suicidal language in children and young people and how to support them
2pm - 3pm	Tics & Tourettes	Teenage turmoil	Supporting parents to manage children's anxieties	Emotionally based school avoidance	Introduction to low mood

All bite size sessions are £5

Part of Hampshire CAMHS Mental Health Focus Week