

Wellbeing Wednesday

Welcome to the 2nd edition of Wellbeing Wednesday. There is some great stuff attached from the British Red Cross who are adding weekly activities.

There is also a link below to the new Hampshire NHS Crisis helpline for young people, click to see what sorts of things they can support with.

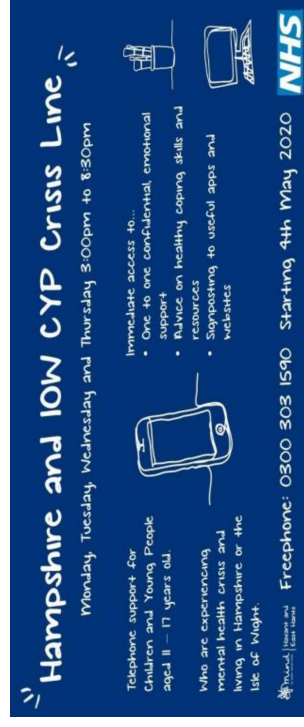
School Wellbeing Areas

Keep checking these for updates and all the information we are putting out with regard to wellbeing.

NHS Hampshire & IOW CYP Crisis Line

A newly commissioned Crisis Line opened on Monday 4th May for children and young people aged from 11-17 years in Hampshire and the Isle of Wight. **Freephone 0300 3031590 Mon-Thurs 3-8:30pm**

[NHS Crisis Booklet](#)



Hampshire and IOW CYP Crisis Line
Monday, Tuesday, Wednesday and Thursday 3:00pm to 8:30pm

Telephone support for Children and Young People aged 11 – 17 years old.

Who are experiencing mental health crisis and living in Hampshire or the Isle of Wight.

Immediate access to...

- One to one confidential emotional support
- Advice on healthy coping skills and resources
- Signposting to useful apps and websites

Freephone: 0300 303 1590 Starting 4th May 2020

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NHS

Wellbeing



wildernschool



**British
RedCross**

This week's Red Cross activities are based around resilience and have some great ideas for activities at home for children aged 7-19!

[Coronavirus: how to build resilience and ease tensions](#)





NSPCC COVID-19

Childline and NSPCC have developed a guide to COVID-19 and it gives advice and help with some of the things we are having to adapt to. Please find a link below:

NSPCC [Coronavirus](https://www.nspcc.org.uk/covid-19)

They deal issues such as:

- Talking to others
- Staying Healthy
- Keeping Busy

Contacting School

If your child is unwell and cannot complete work set by school, please contact the absence line at absence@wildern.org

The setting of work is to ensure that each student can carry on as best as they possibly can with their studies. We realise at this current time each family has a different situation and routines are different from house to house.

We hope you have been watching our virtual assemblies that we have been posting, they also contain messages of support, so please have a look to see what else is happening!

“Every Mind Matters, Every Student Counts”

Charlie Waller Memorial Trust Wellbeing Challenge 2020

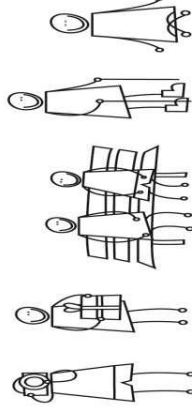
This challenge started this week, but you can still have a go!

Visit their website for a pack and how to get involved:

<https://www.cwmt.org.uk/wellbeing-challenge>



CWMT Wellbeing challenge 2020



St Johns Ambulance

St Johns Ambulance have launched some activities to support us during lockdown. Visit their website for details

There is also a useful wellbeing assessment tool that may help if needed.

[St John's Ambulance Wellbeing Self-Assessment](https://www.stjohns.org.uk/wellbeing-self-assessment)