



A Parent's Guide to Managing the Summer Holidays

The summer holidays provide our children with a well-earned break from education and an opportunity to spend time with family and friends. During what promises to be an exciting break, many parents report finding this period difficult. Whether that be coping with childcare, balancing work, or finding the money to keep children entertained throughout the summer period.



This expectation put on parents can prove stressful, this information pack is designed to help you get through the summer and is jam packed with advice on ways to stay busy in Bromley with your children, whilst taking care of yourself too.

What does this pack include?

- Pages 2-5** Activity ideas for children and families
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- Page 14** Activities in Bromley for parents
- Pages 16-18** Useful support services

This pack is provided by Bromley Well Mental Health & Wellbeing Service. For information about the service or if you have any questions related to anything you see in this pack, please contact us by:

Text **07718 403 574**

Phone **0300 330 9039**

Email **wellbeing@bromleywell.org.uk**

@BromleyWell



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Summer

Knowing what to do with your children over the summer can prove challenging for many parents, especially when you may have children of different ages with different interests. Did you know there are core stages of your child's development and you can use this to help you plan meaningful and engaging activities to aid their learning and build confidence?

Use this toolkit to help you get started on understanding your child's stage of development and the activities research shows us are the most stimulating for their age group.

Age	Learning Stage	Activity Ideas
3-5	Curiosity, inquisitiveness, sensory development, development of communication skills, seeking to understand community and world around them, imaginative, peak for drama and pretend to help understand the world.	Model play dough, sing together, draw and paint, read and write, create a puppet show, play hide and seek, fly a kite, plant in the garden, have a picnic, do a scavenger hunt.
6-8	Development of own interests, friends become more important, risk taking behaviour/exploring, enjoy the outdoors	Play an instrument, learn to ride a bike, go on a nature walk, visit a zoo, visit the library, learn to skip, make friendship bracelets, plan activities with children's friends.
9-12	Begin to enter puberty, hormonal changes, become more independent, aware of body image and self-perception, begin to care about social circle.	Visit museums, go bowling, learn to play sports, bake, learn to fold origami, create problem solving tasks.
12+	Significant physical and emotional development, development of personal values and morals, concerned with acceptance, able to apply logic to scenarios, care greatly about social circle.	Attend youth clubs and centres, make new friends, go roller-skating, learn to cook, practice photography, enhance sports skills.

Are you interested in learning more about your child's developmental stages?

Visit: www.centerforparentingeducation.org

Everyday activity ideas

Quality time can often provide encouragement and enjoyment for children, as it supports bonding with adults and siblings, and aids social skills and personality development. Below are some free/low cost activity ideas that you can do with your family during the school summer holidays to enhance fun, quality time together.



Summer activities for the family

Go for a nature walk

Take a walk through the woods, or a nature park, go and feed the ducks by a lake. Visit the National Trust website to find nature days near you: www.nationaltrust.org.uk.

Go to the library

Take a visit to the local library where you can spend a couple of hours reading books or playing board games. This is a great way to get out of the house for free but this also allows your children's brains to stay stimulated. Some libraries also do book clubs, storytelling sessions and opportunities to meet famous authors! Visit: www.bromley.gov.uk/libraries.

Go swimming

Swimming is a great activity all year round but can feel even more fun in the summer period! It is also a relatively cheap activity. If your children cannot swim, perhaps set a fun goal with them, that during the summer period they will learn the basics of swimming. Check out local lidos in the area that are free. There are outdoor lido's in Beckenham and Tonbridge. Bromley MyTime offers free swimming for under 4's, as well as low-cost learn to swim programmes and other activities and holiday camps for children under 15. Visit: www.mytimeactive.co.uk/summer-holiday-activities.

Go to a museum

Visiting a museum is an enjoyable and free activity that also helps both children and adults learn about history and culture. In our area, the local museum is the Horniman Museum and Gardens in Dulwich, where they are hosting a range of free events for children, adults and families over the summer. Visit: <https://www.horniman.ac.uk/>.

Have a movie day

Plan a fun afternoon/evening to lounge around at home and watch movies with your children. Alternatively, cinemas such as Odeon, Vue and Cineworld have selected kids' screenings on weekend and school holiday mornings, at around £2.50 for children and adults! Find your local cinema here: <https://www.familiesonline.co.uk/local/bromley/places-to-go/cinemas>.

Have a day together at home

Whilst everyday life does not stop during the school holidays and certain tasks, like chores, still need to be done, keep in mind that children, especially younger ones just want your company. Doing chores as a family such as dusting or drying dishes can actually be a treat! Maybe even encouraging your children to help with preparing meals can be a fun activity for all!

Visit a local park

Keep it simple by taking a ball to a local park and having a throw or kick about! Physical exercise is a great way to release endorphins, making us feel more positive and proactive. You can find your nearest park by visiting: www.bromleyparks.co.uk

Rainy day ideas

Complete a puzzle

Many tricky puzzles are available to buy at low cost. Set time aside every day to continue working on the puzzle until it is completed, or visit your local charity shop for a cheap game. *Alternatively, Warboar Games and Paradise Board Game Cafe in Bromley is one of the UK's largest board game venues, where you can go to play board games. It is located 28/30, The Mall, Bromley BR1 1TS. For further information, visit: www.warboargames.co.uk/*

Play in the garden

Perhaps even do some gardening. There are many benefits of gardening for young people, including that it engages all the senses, teaches responsibility and patience and highlights the importance of taking care of the environment. Being in the garden also provides opportunities to educate children on wildlife. Some ideas include, making a bug/bird/hedgehog house from free items in the garden, or monitoring the animals that visit the garden.

Play an instrument

Use the holidays to learn how to play an instrument. Take a look at YouTube to teach yourself.

Get creative with arts and crafts

Some ideas include painting a garden pot, making floor art from clothes, writing poems, dancing and colouring in.

Reach out and involve other parents

Your friends or family members with children, or even the parents of your children's friends will also be looking for ways to entertain their children during the holidays. Consider doing things together; this will provide ready-made entertainment for your children and adult conversation for you.

Find out what other activities are taking place near you by visiting

The List

Find out what events are being held for kids during the school summer holidays. Visit: www.list.co.uk

Visit London (Bromley)

A guide for visiting Bromley including activities, events and transport options. Visit: www.visitlondon.com/are/bromley

Families Online

Helping families find fun things to do in your local area. Visit: www.familiesonline.co.uk

Free/Low cost activity ideas in Orpington

Penny Playdates have compiled an A-Z list of free/very low cost places to go with the kids in Orpington. To see this list for some great ideas, visit: www.buff.ly/2jQ8WMA.



Activities in Bromley

Sainsbury's Active Kids

Sainsbury's Active Kids holiday clubs are designed to help kids to be more active and lead healthier lives in the summer holidays, at a great price for parents. These clubs offer a number of different activities including sports such as tennis, gymnastics and dodgeball, alongside arts & crafts, circus skills and the opportunity to try a para-sport! Kids will be grouped by age, helping to build their confidence with new people and new activities. All of this is only £7.50 per child per day, and includes a healthy lunch and snacks.

In Bromley, these clubs run at two locations: *Harris Primary Academy Orpington, Dyke Drive, Orpington, Kent, BR5 4LZ* & *Bishop Challoner School, 228 Bromley Road, Shortlands, Bromley, Kent, BR2 0BS*

For further information, or to book your kids a place at these clubs, visit:

www.activekids.sainsburys.co.uk



Horrible Habits & Costumes through the Ages!

Every Wednesday in August, you can find out about horrible habits and costumes through the ages. You can make a mask and receive an information sheet from your favourite historical period, or create a collage of a historical person! Sessions begin at 10:30am and no booking is required. For children up to the age of 11, £4 per child and accompanying carer enters for free.

Tel: 01689 860939

Website: www.cka.org.uk/crofton-villa.htm

Email: crofton.roman.villa@gmail.com



Hobbycraft FREE kids in-store events

Over the school holidays, Hobbycraft are running FREE kids workshops ranging from 'Slime Saturdays' to 'Make your own wind chime'. Hobbycraft Orpington is Bromley's main store and the address is: *Nugent Shopping Park, 20, Cray Ave, Orpington BR5 3RP, United Kingdom*

To see what in-store events are taking place, visit:

<https://www.eventbrite.co.uk/o/hobbycraft-14689461450>

Children & Family Centres in Bromley

With most other playgroups closed during the summer holidays, the children & family centres remain open and host a range of different activities and classes. To find out what's running at your local children & family centre, visit: www.buff.ly/30JSAVf

For older children and young adults

Bromley Youth Support Programme (BYSP) brings together different services for young people. If you want to gain new skills, have fun things to do and get support around a wide range of issues, this programme can offer support. BYSP offers an education and employment service, youth centres across the borough, a mobile outreach team and a youth involvement team that can help you have your say. For more information, call: 020 8466 3080 or visit:

www.bromley.gov.uk/youthactivities



JusB is a community-based youth centre that works with young people to help them develop new skills and talents through groups and workshops. During the school holidays, JusB runs several youth projects in the community. Past programmes have included trampolining, tennis and bowling, ice skating and rowing. For more information, call **020 8464 2722** or visit: www.jusb.co.uk to see this year's summer holiday timetable!

TGIF@MIND Share the company of others in this youthful environment of people with similar interests such as going to the cinema, restaurants etc. This group runs on Friday evenings from 7:30pm-10:30pm at Stepping Stones, 38 Masons Hill, BR3 9JG. For further information of how to access this group, call **0208 289 5020**

DID YOU KNOW: Bromley's Queen's Gardens will be hosting a **FREE** 3-day outdoor cinema screening of a selection of movies. Engaging families in a free event to enjoy during the summer. For further information and to see which films will be shown, visit <https://yourbromley.com/movies-competition>

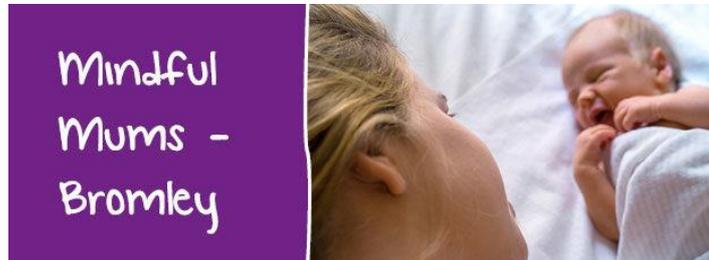


Are you a new parent?

Becoming a new parent can be hard work and with the focus being on the new-born, it can become easy to forget to self-care. In Bromley, there are a few services supporting new mums on their new journey, to enhance both physical and emotional wellbeing.

Bromley Mindful Mums

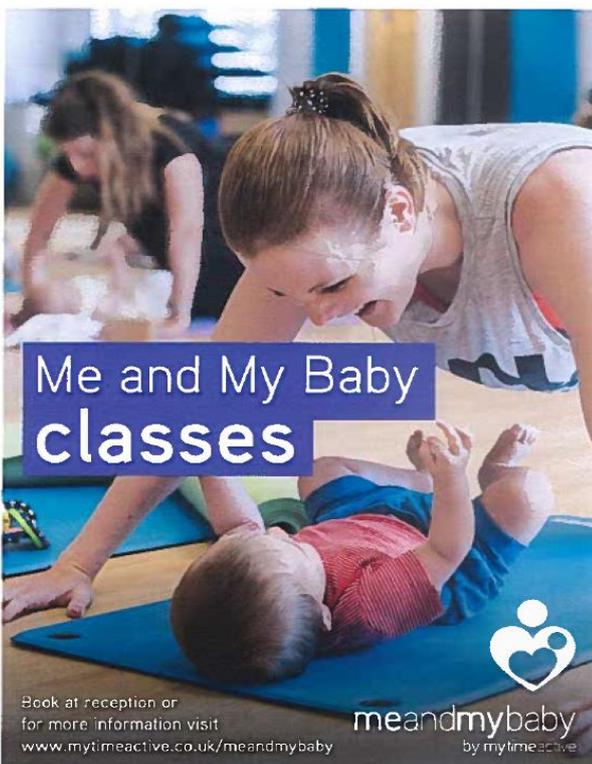
Bromley Mindful Mums helps pregnant women and new mums in the London Borough of Bromley to look after themselves during pregnancy and the first year of birth. This service offers support in multiple ways:



- **Wellbeing groups** - free groups for women to learn more about looking after themselves, staying emotionally well, developing confidence and social connections during pregnancy and in the first year of birth.
- **Befriending** - provides pregnant women and new mums with regular, practical, social and listening support on a one-to-one basis.
- **Twins & multiples groups** - Learn tips and techniques to look after yourself and build resilience to handle the stresses and anxieties of being a mum of twin babies or more.

For more information about Bromley Mindful Mums or to register for a group, visit: <https://www.blgmind.org.uk/bromley/mindful-mums/> or call: **07935 073625**

MyTime Active: Me & My Baby programme



Monday	Class	Site	Instructor
Time	Baby Boogie & Tone*	Spa	Mickey
10.30-11.30	Baby Bops (1-3 Years)	Spa	Mickey
11.30-12.15	Pregnancy Conditioning on the Ball	Spa	Mickey
19.05-20.00			
Tuesday			
Time	Class	Site	Instructor
11.30-12.30	Postnatal Yoga with baby*	Spa	Jo
Wednesday			
Time	Class	Site	Instructor
10.30-11.15	Postnatal fitness*	Spa	Mickey
11.15-12.00	Postnatal Fitness*	Spa	Mickey
11.30-12.30	Post Natal Yoga with Baby	Wainuts	Regine
13.00-14.00	Baby Boogie & Tone *	West Wickham	Sharon
13.30-14.30	Post Natal Pilates with Baby	Pav	Samantha
19.00-19.45	Pregnancy Yoga	Pav	Regine
Thursday			
Time	Class	Site	Instructor
11.30-12.30	Baby Boogie & Tone*	Spa	Mickey
11.30-12.30	Post Natal Yoga with Baby	Pav	Jo
12.00-13.30	Sing and Splash	Spa	Jo R
13.30-14.15	Post Natal Yoga with Baby	Spa	Carrie
Friday			
Time	Class	Site	Instructor
11.30-12.30	Post Natal Yoga with baby*	Spa	Jo
14.00-14.45	Post Natal Yoga*	West Wickham	Miki
14.00-14.45	Toddlers' Yoga (2- 3 years with guardian)	Spa	Anna
16.30-17.15	Children's Yoga (4 years upwards)	Spa	Anna
Saturday			
Time	Class	Site	Instructor
10.30 – 11.30	Pregnancy conditioning on the Ball	Spa	Mickey
Sunday			
Time	Class	Site	Instructor

*All postnatal classes and baby boogie classes are suitable from 6 weeks post birth if natural delivery or 12 weeks if delivery was by caesarean section.

Book your class online at www.mytimeactive.co.uk or via our app on your smart phone

mytimeactive

Support for children with Autism

Did you know that behavioural symptoms of Autism often occur in early development, with many children showing signs by 12-18 months of age? Some early signs include issues with eye contact, non-verbal communication and lack of skills in pretend play and imitation. If you are concerned about your child's development, the National Autism Association have created a toolkit to guide parents through the assessment and diagnosis process as well as how to access services. This is a free toolkit and can be found by visiting:

<https://nationalautismassociation.org/first-signs-next-steps/>

Below are some great local services that support both children with autism and their caregivers:

The Maypole Project provides activities and outings for children and young people with complex medical needs, SEN and disabilities. They also welcome siblings! The Maypole Project provide a number of services such as therapies, activities and outings, befriending and groups. You can self-refer for services and they also have a regular newsletter.

Website: <https://www.themaypoleproject.co.uk>

Telephone: 01689 851 596



Choice Support is a national charity supporting people over the age of 18 who have autism, learning disabilities and mental health needs. Choice Support enables people who would like additional structure and support to take control of their lives in a way that works best for them.

Website: <https://www.choicesupport.org.uk>



Bromley Mencap, in partnership with CASPA, delivers a family support service for families of children & young people with social communication needs. They have family support workers who provide information, advice and support to parents and carers who have concerns about their child's social and communication needs, are awaiting assessment or who have received a diagnosis of Autistic Spectrum Disorder/Condition.

Website: <https://www.bromleymencap.org.uk/info-and-support/family-support-service/>

Telephone: 020 8466 0790



CASPA is a local charity set up to provide support to autistic children, young people and their families living in Bromley. The charity provides opportunities for young people living with Autism to develop their social, communication and independent living skills, gain confidence and increase their chances of full integration into society. They also run social clubs (banded by age range) and specialist projects.

Website: <https://caspabromley.org.uk/>



Odeon Cinema Autism Friendly Screenings, in partnership with Dimensions, hold monthly autism friendly screenings in selected cinemas around the UK.

The lights will be on low, the volume will be turned down, there will be no trailers at the beginning of the film, you'll be able to take your own food and drinks and be able to move around the cinema if you like. Cinema tickets can be bought as normal from the cinema in your area or online through the ODEON website.

Website: www.odeon.co.uk



Information, Advice & Support Services Network (IASS) Supports young people up to the age of 25, who are disabled or require extra help with learning. IASS offer support around school, college and training, healthcare, and ensuring that correct support is being received.

Website: <https://cyp.iassnetwork.org.uk>

Telephone: 020 8461 7630



Managing difficult behaviour

During the school summer holidays, normal routines may be thrown up in the air for your children and this may influence their mood, thoughts and behaviours. Whilst routines do change during this long period, it is important to ensure that there are still boundaries in place to provide the children with positive structure to their day to enhance proactivity, creativity, sleep, wellbeing and learning.



Reduce technology use

Technology plays a key role in our day-to-day lives. Over the summer period, it is possible that children may be inclined to spend more time on their smartphones, computers or video games. It is important to find a healthy balance so kids do not spend the majority of their days 'plugged in'. Try setting technology boundaries by encouraging good behaviour through rewards unrelated to technology, putting all phones away at dinner, and having off-technology time that the whole family agrees to.



Support your children to socialise

Take time out to be with your children, talk about their interests and explore what's on in the local area that they would like to attend. Children's ability to socialise is developed early and modelled on parent-child interaction. If they're older, encourage children to attend local groups where they can meet others of a similar age and create new community links.



Provide new learning opportunities

Take advantage of encouraging your children to use unstructured time in their holidays to enhance their creative sides (e.g. by reading, writing or doing arts and crafts). Visiting museums is also a great, fun activity that stimulates the mind and supports learning.



Plan family based activities

Planning family based activities can be a great way to encourage positive structure during the summer holidays. Activities like swimming, hiking, nature walks and cycling can be very exciting for children and also provide the time and space for family bonding. Bikeability delivers free, on road and off road training to groups in schools, through clubs, to families or individually to children, adults, new learners and experienced cyclists. Find out more at www.bikeability.gov.uk

Plan ahead

If you have six or more weeks of school summer holidays ahead of you, it can be helpful to plan ahead. Specifically, think about your own routine, budget and the time you are able to spend with your children. Consider arranging one or two 'organised' activities each week such as days out, play dates or creative activities (more information of activity ideas can be found on page 3), this can lessen the expectation for spontaneous entertainment. Money worries? Seek support through Bromley Well Advice Service www.bromleywell.org.uk/our-services/advice-service/ and check their outreach sessions here www.bromleycab.org.uk/visit-us/

Support for children in distress

Regardless of what age children are, there will be moments when they do struggle to manage their feelings. It is also true to say that it is not just the children who may require extra support. Many parents will also admit to losing their temper or finding it hard to remain calm and patient, especially if they feel their children are out of control or being challenging in their behaviours. This can be made trickier if you are a single parent or in conflict with your significant other.



In these circumstances, it may help to explore the triggers to your child's behaviour. This helps us to think about how to approach and support children when they appear to be emotionally overwhelmed.

Whilst this can lead to difficult periods, especially during the school holidays, it is key to keep in mind that most children do not intentionally plan to upset parents – they are really just thinking about their own needs and sometimes test how far they can push the boundaries. Below are some useful tips to support children who may be distressed:

- **Focus on positives** A lot of the time, children who are distressed can become fixated on negative thoughts and self-criticism. Try to focus your child on positive thoughts and aspects of a situation, the more this is done, the more your child will be reminded to focus on positives, in turn reducing levels of distress.
- **Help your child to problem solve their situation** Importantly, make sure to validate your child's emotions by showing that you understand what they are saying and are listening to their points of view. Then you can help your child to resolve their issue. Ask your child what they think would be most helpful. Often children can problem solve on their own.
- **Give it time** Much of the time, difficult behaviour is short lived. All children go through stages of emotional change, including feelings of frustration, anger and anxiety and this can be shown in many ways (e.g. tantrums, crying, trouble sleeping, arguments). They might be adapting to personal changes and generally grow out of this on their own with family support.
- **Give them thinking space** Older children may not feel comfortable talking at first so it is important to let them know that you are concerned and reassure them that you are there for them. Perhaps send a text message if this is their preferred method of communication.

If you are worried about a young person this summer, below are some helpful services



Shout – *Shout line* is the free, 24/7, confidential text message service for people in crisis. Text **SHOUT** to **85258** to text with a trained crisis volunteer.



Missing People - Provides a runaway helpline for people who are missing in the community and supports families during crisis. Visit: www.missingpeople.org.uk

National support for children and young people



The Mix

This is a charity providing emotional support and advice to any young person up to the age of 25. They offer online counselling, telephone counselling, web chats and forums, as well as support and advice resources on their website.

Freephone: 0808 808 4994

Website: www.themix.org.uk

Crisis Text Line: Text 'THEMIX' to 85258



The Princes Trust

Offer grants and courses for young people aged 13-30 who struggled at school, are unemployed, have been in care, or have been in trouble with the law.

Call: 0800 842 842

Website: www.princes-trust.org.uk/need_help.aspx



Mermaids UK

Supporting children, young people and their families around gender non-conformity. Offering advice and guidance to both children and parents.

Helpline: 0808 801 0400

Email: info@mermaidsuk.org.uk

Website: www.mermaidsuk.org.uk



Kooth

Free, safe and anonymous online support for young people. Offers an online counselling and emotional well-being platform for children and young people, accessible through mobile, tablet and desktop and free at the point of use.

Website: www.kooth.com



Bullying UK

Information and resources for supporting a bullied child, reporting bullying and taking further action.

Website: www.bullying.co.uk



Youth Access

Offers an information, advice and counselling service in the UK for young people aged 12-25 years.

Call: 020 8772 9900

Website: www.youthaccess.org.uk



StreetLink

StreetLink exists to help end rough sleeping by enabling members of the public to connect people sleeping rough with the local services that can support them.

Website: www.streetlink.org.uk



Take a moment to note down 3 things that often worry you about the summer holidays

Managing your wellbeing

The school summer holidays are an enjoyable time for children and families but it can prove difficult as our normal routines and structure can be thrown up in the air and we can begin to feel under pressure, causing an increase in our stress levels.

Whilst the summer period can be a hectic time of year for parents, maintaining our own wellbeing during this busy time is crucial to ensuring a positive mood and reducing the feelings of pressure and stress.

What is Stress?

Stress is often used to describe a challenging situation in which we feel overwhelmed, unprepared or unable to cope. The term stress actually refers to the interaction that takes place between an individual and their environment over a period of time. In other words, stress describes the *pressures or external stressors* around an individual. Often we feel the need to adjust when pressures become intense or demanding, and the extent to which a person can do this successfully without becoming impaired is known as their *stress tolerance level*. It is important to keep in mind that what is perceived to be stressful to one person, may be perceived as less stressful to another, and as such the experience of stress is entirely unique to the individual and dependent upon personal coping skills and resources.

Why do we experience stress?

Stress is a temporary phenomenon, which means that pressures rise and fall depending on how critical we perceive them to be when they happen. Sometimes, stressful or pressured situations can have a positive effect on our performance and resilience e.g. preparing to take an exam, or moving house. Yet in some circumstances, the sensation of being under stress or pressure may linger beyond the event and lead us to experience distress (or bad stress). This is when we perceive an event or situation negatively or we feel threatened. Distress can then lead to activation of a physiological stress response which increases the excessive release of cortisol in our blood stream, making our stress response system overactive and hard to turn off. This is why we may begin to feel emotionally unstable or overwhelmed.

Where can I go for support?



The Bromley Well Mental Health & Wellbeing Service provides support to people living in Bromley who may be experiencing mild concerns relating to their emotional and mental wellbeing, which may be contributing to feelings of stress, anxiety and low mood. We offer emotional support and practical information on how to manage wellbeing, by exploring approaches to self-care, health and lifestyle. We also help people to develop links and activities in the community, build social networks, and access appropriate services. You can access our service by calling: **0300 330 9039**.

Some things to keep in mind to help yourself manage this summer



Take time to self-care. As parents, understandably the focus turns to taking care of the children, however a lack of self-care can leave you feeling stressed and overwhelmed, which can make it tougher to be patient and empathetic. Taking care of your own needs will not only help you to be more patient but it will help you feel more proactive and positive. *Try to set aside a small amount of time in your day to focus on yourself and self-care. It could be a quick five-minute meditation first thing in the morning or maybe completing a reflection journal once the children are asleep.*



Strip back the pressure. Whilst we want to ensure the children have an enjoyable summer and remain entertained, the pressure of trying to plan perfect activities can become quite overwhelming. Strip back that pressure by keeping in mind what is important for you and your children. The power of presence can be a lot more significant than a grand day out. *Rather than overstretching yourself, perhaps as a family, take a football to a park and spend a couple of hours enjoying each other's company.*



Remember your financial limits. School summer holidays can be an expensive time of year for families, and we may feel encouraged to spend a little more than normal. Keeping in mind your financial limits and setting yourself an activity budget will help you to feel on top of the holidays and may reduce stress and anxiety from overspending. There are also little ways to save small amounts of money, which all builds up! *For example, if you tend to buy a coffee every day in the working week for £2.50, whilst this may not seem a lot, saving this and making your own coffee for 5 days can save £12.50 a week (£50 a month!).*



Do not compare yourself to others. In today's society, it is very easy to become caught up on social media and reminded of how 'perfect' other people's lives are. Whilst it is understandable that this causes pressure, keep in mind that everyone paints an airbrushed picture of their family life on social media. Some families could spend a large amount of money on an expensive holiday but do not actually enjoy their time together. On the other hand, other families could go for a long walk together locally and have a great day. *It is key to remember not to compare yourself to others and take social media with a pinch of salt.*



Take a moment to consider what wellbeing support you will give yourself this summer to combat your worries

Mindfulness

Practicing mindfulness can be a great way to reduce stress and become present. As humans, we can all at some point ruminate on the past or worry about the future. This stops us appreciating what's going on right now. Rather than becoming stressed over tomorrow's activity plans or thinking about what you could have done differently yesterday, value the present moment as this will help you to feel more positive, enjoying what's in front of you now.



The 'five senses' mindfulness exercise is a relatively easy one that can be practiced anywhere quickly, helping to bring you to a mindful state, aware of the present moment:

1. Notice five things that you can **see** - Look around you and bring your attention to five things that you can see. Pick something that you don't normally notice, like a shadow or a small crack in the concrete.
2. Notice four things that you can **feel** - Bring awareness to four things that you are currently feeling, like the texture of your pants, the feeling of the breeze on your skin, or the smooth surface of a table you are resting your hands on.
3. Notice three things you can **hear** - Take a moment to listen, and note three things that you hear in the background. This can be the chirp of a bird, the hum of the refrigerator, or the faint sounds of traffic from a nearby road.
4. Notice two things you can **smell** - Bring your awareness to smells that you usually filter out, whether they're pleasant or unpleasant. Perhaps the breeze is carrying a whiff of pine trees if you're outside or the smell of a fast food restaurant across the street.
5. Notice one thing you can **taste** - Focus on one thing that you can taste right now, at this moment. You can take a sip of a drink, chew a piece of gum, eat something, notice the current taste in your mouth, or even open your mouth to search the air for a taste.

Meditate

Meditation can help decrease stress, better manage your emotions and be more attentive around your kids. Try this for two or three minutes to start with and then for longer periods of time:

Sit or lie in a comfortable position and close your eyes. Do not make a conscious effort to control your breathing; just breathe naturally without controlling intensity or pace. Now, focus on your breathing and pay attention to how your body moves when you inhale and exhale. Take notice of your chest, stomach, shoulders and rib cage. If you begin to find your mind wandering, return all focus back to your breathing.



Calm aims to support better sleep, lower levels of stress, and reduce anxiety through guided meditations, sleep stories, breathing programs, stretching exercises, and relaxing music. Visit: www.calm.com for more information.

Have a healthy sleep routine

A good night's sleep is crucial to ensuring positive wellbeing, both physically and mentally. At a physical level, sleep plays an important role in repairing our organs, boosting our immune system, helping balance our hormones, as well as controlling our sugar levels. Sleep also helps our mental wellbeing: it is important for the retention and consolidation of memories; problem solving and decision-making; as well as helping safeguard us against stress, low mood and worry. If you're struggling to sleep at night after a hectic day, set time aside to wind down, perhaps meditate or practice mindfulness. 14

Wellbeing activities in Bromley for parents

Bromley

Well

**Mental Health Peer Support Service
Summer Wellbeing Programme**

Bromley Well offers a variety of courses designed to improve mental health and wellbeing which focus on common mental difficulties such as anxiety, stress and depression. This pilot scheme during the summer will include drop in sessions on ways to improve social connections and boost wellbeing, with mindfulness, walks and other creative and outdoor activities.



Well Walks

A gentle paced walk in Beckenham Place Park to include a mindfulness element with time for coffee and connecting with others will take place on:

Dates: Wednesday 14th & 28th August

Times: 10:45am-12:45pm

Meeting point: Mansion Café, Beckenham Place Park



Out and About

An opportunity to explore different parks in and around the Bromley Borough and meet new people will take place on:

Dates: Wednesday 7th August

Times: 10:45am-12:45pm

Meeting points:

24th the Café (near playground), Kelsey Park

7th August the Café (near dinosaurs) Crystal Palace Park



Ways to Wellbeing an Introduction

If you are not sure where to start here is a good place! This 90-minute session will introduce you to the Five Ways to Wellbeing and the simple steps we can all take to improve our own health and wellbeing, will take place on:

Dates: Monday 5th & 19th August

Times: 1pm-2:30pm

Meeting point: Red Room, Beckenham Centre, BR3 4HY



Mindfulness, meditation and relaxation

These 90 minute sessions will focus on various mindfulness activities and/or meditation and are suitable for everyone.

Dates: Wednesday 7th & 21st August

Times: 1.30pm – 3pm

Meeting point Red Room, Beckenham Centre, BR3 4HY

Please call **07718 445 558** or email wellbeing@bromleywell.org.uk
for more information or to book.

My Wellbeing Workbook

This workbook is a dedicated place for you to plan how you will make the school holidays and summer in general an enjoyable time for yourself and your family.

My Name:

My value this summer is.....

This summer I....

Want to...

E.g. see family, watch films, read, bake, go on a long walk, give back to others, socialise.

Will spend time with my children by....

E.g. planning activities together, playing together, going on days out, spending quality time.

Will make time for myself by...

E.g. meditating, painting my nails, going for a massage, shopping, having a sleep etc.

Ensure I have quality time with loved ones by...

E.g. by inviting people over, by attending a family event, writing a quiz, organising a game.

Will try something new with my family by...

E.g. trying a new activity such as ice skating, cooking a different dish, learning a craft, making my own cards.

Am thankful for...

E.g. use this space to reflect on the year, what you have and those around you. Ask yourself what it means to you and your family.



Use this template to plan the ways and benefits of writing down goals and planning ahead this summer

Directory of Local Services

For further information around support for distressed children, resolving family conflict, or simply managing those difficult days, below are some useful services that may be able to provide you with additional support and advice.



Welcare Bromley Local centre based in Bromley - a charity that provides support for families with children up to the age of 13, who need practical and lifestyle support, as well as guidance on social care and health and wellbeing.

Telephone: 0207 820 7910

Website: <https://welcare.org>



Bromley Y Community wellbeing service for children and young people up to the age of 18.

Telephone: 0203 770 8848

Website: <https://www.bromleywellbeingcyp.org/>



Young Minds is the UK's leading charity supporting children and young people's mental health. Young Minds offer support in a number of ways:

- They provide confidential and free advice and support to parents concerned about the mental health of a child or young person in their care or community up to the age of 25. Visit: www.youngminds.org.uk or call the parents helpline on: 0808 802 5544
- Young Minds offer online guides explaining different mental health conditions, how to cope with feelings and understand what support is available.

For more information about Young Minds and their mission, visit: www.youngminds.org.uk



Family Lives

National charity providing support for parents on all aspects of family life.

Helpline: 0808 800 2222

Website: www.familylives.org.uk



Support and friendship
for families

Home-Start

Supports families where there is at least one child under the age of five, offering home visits, family groups and social events for families.

Website: <https://www.home-start.org.uk/>



Family Action

Family Action transforms lives by providing practical, emotional and financial support to those who are experiencing poverty, disadvantage and social isolation across the country. Their innovative services reach out to those in need, they strengthen families and communities, build skills and resilience and improve the life chances of children and adults.

Familyline: 0800 802 6666

Website: <https://www.family-action.org.uk/>



Nacro

Information and advice for ex-offenders, their families and people working with them.

Telephone: 0207 840 1212

Email: helpline.nacro.org.uk

Website: www.nacro.org.uk



Parentline

Helpline open 24/7 specialising in helping parents under stress and also provides advice and guidance on how to manage family situations e.g. divorce and separation

Website: www.parentlineplus.org.uk



Families Need Fathers

Help with shared parenting issues arising from relationship breakdown whether the mum or dad, married or unmarried.

Website: www.fnf.org.uk



The Samaritans

This is a national charity providing emotional, listening support to any person, at any age, who feels alone, down or in crisis at any time of day or night. You can reach them 24/7. You are not alone.

Freephone: 116 123 to talk to someone right now.

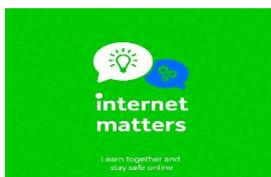
Website: www.samaritans.org.uk



Deaf Parenting

Central resource of information for deaf parents and professionals working with deaf children/parents.

Website: www.deafparent.org.uk



Internet Matters

Support service for parents or adults concerned about ways to stay safe online.

Website: www.internetmatters.org



Bromley and Croydon Women's Aid

This is a charity established to provide emotional support, information, advice and advocacy for any woman at risk of harm or victimisation as a result of domestic abuse, assault or harassment.

Domestic Abuse Helpline (24/7): 0808 2000 247 (Freephone)

Website: <http://www.bcwa.org.uk/>



Bromley Drug & Alcohol Service

Bromley Drug and Alcohol Service (BDAS) offers a range of treatment and support services for adults aged 18+ who have concerns about their drug or alcohol use and are residents in the borough of Bromley.

Website: www.changegrowlive.org.uk

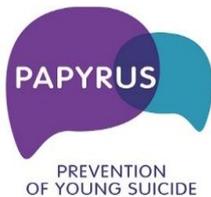


The Silver Line

This is a listening service set up to provide emotional information, advice and support to any person over 55 who needs to talk to someone. The service is available 24/7 all 365 days of the year.

Freephone: 0800 4 70 80 90

Website: www.thesilverline.org.uk



Papyrus

Confidential advice and support for people who are feeling suicidal. Includes the HOPELineUK, which provides 1:1 clinical support to an individual (up to the age of 35) who is at imminent risk of suicide and in need of support. The service will work with the client to provide a safe care plan and will monitor their safety to bring the caller to a cool calm.

Telephone: 0800 068 4141

Text: 07786209697

Email: pat@papyrus-uk.org

Website: www.papyrus-uk.org

If you feel in crisis, tell someone. Text 'HELP' to 85258 for crisis counselling, ring Samaritans on 116 123 for listening support, or the Oxleas Urgent Advice Line on 0800 330 8590 for practical advice, all accessible 24/7. If you feel at risk to yourself, likely to cause harm or complete suicide phone 999-Ambulance immediately.

Thank you for taking the time to read this information pack, provided by the Bromley Well Mental Health & Wellbeing Service. For information about the service or if you have any questions related to anything you see in this pack, please contact us by:

Text **07718 403 574**

Phone **0300 330 9039**

Email **wellbeing@bromleywell.org.uk**



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