Self-Care Over Summer

July 2026

West London Mind

HAPPY HOLIDAY, FROM ALL OF US AT WL MIND!

We wish you a restful, fun summer.

Rest comes in many forms. Here are some ideas to help build your resilience ahead of the new school year…..

RESTING OUR BODIES

When we think of resting our bodies, we tend to think of sleep. While sleep is an excellent way to restore our physical health, it's also important to rest our bodies in more active ways e.g.:

Playing sport ● Practising yoga ● Dancing at home
Taking a bath ● Breathing exercises

RESTING OUR MINDS

Giving our brains some 'downtime' helps our mood, memory, self-awareness, and empathy. Find time for activities that require focus but aren't too draining e.g.:

Reading a book or blog ● Watching a film ● Baking
Creating art ● Practising mindfulness

RESTING OUR SENSES

We spend a lot of time in front of screens or in busy environments. It's helpful to give our senses a rest (sight, sound, touch, taste, smell). We can do this by blocking out all distractions or by concentrating on 1 sense at a time e.g.:

Taking screen breaks ● Using noise-cancelling headphones
Enjoying the garden or park ● Listening to music

Join us at our summer events! All details are on the attached posters.

You're never on your own.

If you struggling with difficult emotions over summer, speak to a parent, carer or GP.

You can also call Childline: 0800 1111 (free, confidential, 24/7)

For blog posts, and to learn more about the support we offer, visit our website: www.wlmind.org.uk `

NHS North West London

Online Workshops

For Secondary Students

Are you worried about returning to school in September?

Join our online workshop for ways to increase your confidence and manage difficult emotions and anxiety.

You can keep your camera off if you prefer – it'll be a relaxed safe space.

For Parents, Carers & School Staff

Join our online workshops to support your children/students and your own mental wellbeing. Topics include:

- Supporting children with school anxiety and avoidance
- Supporting children to regulate difficult emotions including anger
- Managing stress and self-care

Use the QR or click here to register – we'll then email you to provide a choice of dates.

Are you under 18 and finding it hard to cope?

The Circle is a safe space, offering mental health support to children and young people aged 5-18. Our team is here when you need us the most and will listen without judgement.

If you need urgent medical treatment, or feel that you are in imminent danger, you should always contact emergency services on 999 or attend A&E.

Opening Times (365 days a year)

Mon – Fri: 14:00-22:00 (drop ins 14:00-18:00)

Weekends/school holidays: 12:00-20:00 (drop ins 12:00-16:00)

Visiting the Circle:

- Come by during drop in hours (please call ahead if possible to avoid waiting).
- Call the team to book a time to come in. This will usually be the same day or the next.
- Fill out a referral form (scan QR code below) and we will contact you.

For any questions, call 0203 475 0060 or email: circleteam@wlmind.org.uk

To find out more, or to fill out a referral form, scan this QR code:

To listen to this leaflet in English, scan this QR code:

NWL CAMHS Provider Collaborative

West London mind

wlmind.org.uk
Charity No. 801259

Mind on Music

Aged 8-18? Come and make music with the team at our group sessions. No previous musical experience needed to join the fun, express yourself, and explore emotions through playing instruments, songwriting and singing...

To Sign Up Scan QR code or visit:

Mind on Music at Circle - 2026

Dates and times:

Tuesday 18th August:

2-3pm for ages 13-18 4-5pm for ages 14-18

Tuesday 25th August:

2-3pm for ages 13-18 4-5pm for ages 14-18

Location:

The Circle, 46 South Ealing Road, London, W5 4QA

Mind on Music is a music and mental health initiative developed and delivered by the West London Mind Children and Young People's team

For more info contact us on email or visit our website:

wellbeingteam@wlmind.org.uk

www.wlmind.org.uk

West London mind

West London Mind

Singing workshops

2 Sessions from 3.30-4.30pm on:
Thurday 20th and 27th August

CALLING ALL 5-11 YEAR OLDS!

HAVE FUN THIS SUMMER SINGING IN A GROUP WITH WARMUP GAMES, LEARNING SONGS, GROWING IN CONFIDENCE, AND EXPRESSING YOURSELF.

YOU DON'T NEED PAST MUSICAL EXPERIENCE - BUT BE READY TO USE YOUR VOICE!

Location:
Tudor Rose Community Centre, Fulham Ct SW6 5PG

Sign your child up now by scanning the QR code below or visiting: Singing Workshops

In Partnership with:

NHS Family Hub

BEST START IN LIFE

For more info about West London Mind visit:
www.wlmind.org.uk