

Welcome to our Summer 2 Safeguarding Newsletter

As we look ahead to the summer holidays, in this edition, we've brought together a range of helpful resources, local activities and expert advice to support your family over the break. From mental health and wellbeing tips to online safety guidance, fun summer opportunities and essential water safety information, we hope you'll find something useful for every member of the family. Wishing you a safe, enjoyable and memorable summer!

Online Safety

Find practical information from trusted places to help you feel more confident on the steps you can take to protect your child online. With so many apps, games and websites out there it is easy to feel overwhelmed, but the good news is you are not alone. Click [HERE](#)

[Online Safety and Support: When banter becomes bullying: A parents' guide to group chats](#)
[The dangers of sexting: what parents need to know](#)

[Smartphones: Should I get my child a phone? The complete guide](#)

[Generative AI: AI in education: 5 smart tips to help kids](#)

[Trends: What is looksmaxxing? A guide for parents](#)

[Screentime:](#)

[Do my kids need screen time rules for school breaks?](#)

Want to help better protect your child online?

Visit the CEOP Education website for:

Conversation starters

Advice

Activities

Videos

Where to get help

to help protect 4 to 18 year olds from online sexual abuse



Scan the QR code or visit:
www.ceopeducation.co.uk/parents



Useful Resources for you and your child

Alumina is a ground-breaking online support programme for young people who are struggling with self-harming behaviour. Live sessions, through a web browser connect young people with trained youth workers over seven weeks. It helps young people reduce their harming behaviour and find alternative ways. Visit selfharm.co.uk

Avenue Counselling Service - For support go to avenuecounselling.org.uk/contact We will reply within one working week to answer any questions you have and book you in.

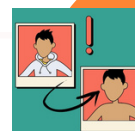
- Our Top 10 Actions to Support Good Mental Health. Click [HERE](#)
- [10 Quick Actions to Boost your Mental Health. Click HERE](#)
- [8 Actions to Improve your Mental Health in the Long Term. Click HERE](#)
- [This is my Place' art activity for children to express where is important to them. For step by step instructions click HERE](#)
- [Top Tips for Moving more for your Mental Health. Click HERE](#)

Get more tips and advice at mentalhealth.org.uk/mhaw



Tips for using online communities safely. Click [HERE](#)

Parents Guide to AI generated child sexual abuse material. Click [HERE](#)



SUMMER ACTIVITIES

Southampton HAF Programme - the programme offers valuable support to families on lower incomes, giving them the opportunity to access rewarding activities alongside healthy meals over the school holidays. To find out more and register click [HERE](#)

Summer in the City - Looking for an action-packed summer holiday for the whole family? With outdoor music festivals & cultural celebrations happening practically every week to live performances & outdoor dining the al fresco way, there are plenty of things to see & do in Southampton. Click [HERE](#)

Southampton PRIDE - Annual festival featuring a parade, live music and stalls. 29 & 30 August Click [HERE](#)

Rollerland - Roller skating for all abilities at West Quay, Southampton from 17-30 August Click [HERE](#)

Space to Create - John Hansford Gallery. Saturdays 11am - 1pm. Ages 4 and over. Draw, make and build inspired by our exhibitions! Click [HERE](#)

Youth Collective Programme - John Hansford Gallery. A creative space to make, explore and build projects for 14-19 year olds. Click [HERE](#)

FamilyFirst

Family First magazine is issued quarterly & focuses on promoting health & well-being for families in the UK. Click [HERE](#) to read.

WATER SAFETY

Shirley Swimming Pool are delighted to offer a series of FREE Water Safety Sessions to help children develop the knowledge and confidence to stay safe around water.

Sadly, accidental drowning remains a significant risk, and every child should know what to do if they find themselves in difficulty in or around water.

These fun, practical sessions are designed to teach essential lifesaving water safety skills in a safe and supervised environment.



FREE WATER SAFETY SESSIONS
STAY SAFE. HAVE FUN. SAVE LIVES.

Our FREE 1-hour water safety sessions teach children what to do if they get into a difficult situation in water. Essential skills that could one day save a life.

CHILDREN WILL LEARN:

- What to do if they get into difficulty in water
- How to stay calm and float
- Safe ways to help themselves and others
- Why wearing clothes in water feels different

SESSION DATES

- Tuesday 28th July
- Friday 31st July
- Monday 10th August
- Thursday 13th August

SESSION TIMES

- 1:30pm - 2:30pm: Primary school-aged children
- 2:30pm - 3:30pm: Secondary school-aged children

PLEASE BRING:

- Swimwear
- Towel
- Old clothes or pyjamas to wear over your swimwear that you don't mind getting wet!

EVERY CHILD SHOULD KNOW WHAT TO DO IN WATER

FUN, PRACTICAL AND LIFE-SAVING SKILLS!

PLACES ARE FREE BUT MUST BE BOOKED
Call 023 8078 1901 to reserve your child's place today!

HELPING CHILDREN STAY SAFE IN AND AROUND WATER

Love to swim
at Shirley pool

SPREAD THE WORD AND HELP KEEP OUR COMMUNITY WATER SAFE!

[HTTPS://WWW.SHIRLEYSWIMMINGPOOL.CO.UK/](https://www.shirleyswimmingpool.co.uk/)



Mental Health & Wellbeing Recommended Reading. Click [HERE](#)

HAVE FUN & STAY SAFE THIS SUMMER

Re:Minds



Next Week at Re:Minds 20th – 24th July

Please email
info@reminds.org.uk to
book in for advice
clinics.

With thanks to:



Eating Disorder Advice Clinic



10:30am, Tuesday 21st July

About the Clinic

Book a private, 15-minute virtual appointment to speak with a specialist clinician from the CAMHS Eating Disorder Team for advice and guidance on:

- Eating disorders / disordered eating
- Changes in eating habits, attitude towards food, weight, or body image
- Increased or concerning activity levels
- Making themselves sick
- Preoccupied with food, body image or appearance
- Binge eating or secretive eating
- Any other concerns related to eating

To book your advice slot, please email:

info@reminds.org.uk



Art Museum & Gallery Activities





Summer Holiday ACTIVITIES

AT SOUTHAMPTON
MUSEUMS AND GALLERY

From £6 per activity

ART FOR ALL Fri 24 Jul Print a Pangolin and More (6+) Tue 28 Jul Paint with Palette Knives (7+) Mon 27 Jul Fossil Plaster Casting (5+) Tue 28 Jul Shrinkable Tudor Portraits (6+) Wed 29 Jul Gruffalo Clay (4+) Thu 30 Jul Summer Sun Prints (all ages) Fri 31 Jul Fossil Plaster Casting (5+) Tue 4, Wed 5 Aug Brilliant Beach Bags Mon 10 Aug Clay Capybaras (5+) Tue 11 Aug Surrealism Starts Here (6+) Wed 12 Aug Animal Magic Monoprinting (5+) Mon 17 Aug Bugs in Boxes (4+) Tue 18 Aug Impressionism Starts Here (6+) Wed 19 Aug Greek Pottery Pots (6+) Mon 24 Aug Summer Sun Prints (all ages) Tue 25 Aug Highland Cows in Clay (5+) Wed 26 Aug Pencil Case Printing (5+) Thu 27 Aug Pet Portrait Printing (6+) Fri 28 Aug Dino Drawing and Printing (6+)	HANDS ON HISTORY Thu 23 Jul Potty Prehistory (7+) Mon 27 Jul Knight School (6+) Mon 3 Aug Shiver Me Timbers (6+) Tue 4 Aug The Hidden History of Harry Potter (5+) Fri 7 Aug Discover Titanic (6+) Fri 14 Aug Soaring Spitfires (7+) Thu 20 Aug Great Fire of London (6+) Fri 21 Aug Awesome Egyptians (7+)
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TOURS FOR ALL Thu 6 Aug Secrets of Southampton Castle (6+) Thu 13 Aug Titanic Walking Tour (6+) Tue 18 Aug Roman Southampton Walking Tour (6+)	TODDLER TIME Thu 30 Jul Delightful Dinosaurs (under 4s & friends) Thu 20 Aug Gorgeous Birds (under 4s & friends)
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BOOK YOUR SUMMER ADVENTURE TODAY
For times, prices and locations visit our venue websites

Kids go free by bus this August

As part of a government initiative, children aged 5 to 15 will travel for free on any participating local bus in August. This offer runs in addition to the £3 single fare cap and the £1 after 6pm single fare.



Leave the car at home this August and catch the bus instead, it's much less fuss by bus!

For further information see southampton.gov.uk

SUMMER TIME

SOUTHAMPTON PLAY DAY RETURNS TO HOGLANDS PARK ON FRIDAY 24 JULY 2026, 11AM–3PM AND IS A FREE FAMILY EVENT PACKED WITH ACTIVITIES, SPORTS, ARTS AND CRAFTS, FACE PAINTING, BOUNCY CASTLES AND MUCH MORE.

WHY FAMILIES LOVE PLAY DAY:

- ✓ FREE ENTRY FOR EVERYONE
- ✓ CENTRAL CITY LOCATION AT HOGLANDS PARK
- ✓ OPEN, INCLUSIVE, AND WELCOMING TO ALL AGES AND BACKGROUNDS
- ✓ A WELL-LOVED SOUTHAMPTON TRADITION, RUNNING FOR OVER 15 YEARS AND ATTRACTING THOUSANDS OF FAMILIES EACH YEAR

PLAY DAY IS ALL ABOUT BRINGING COMMUNITIES TOGETHER THROUGH FUN, PLAY AND CONNECTION, WHILE HELPING FAMILIES DISCOVER LOCAL SERVICES, ORGANISATIONS AND OPPORTUNITIES.

THANK YOU FOR HELPING US SPREAD THE WORD AND ENSURE AS MANY SOUTHAMPTON FAMILIES AS POSSIBLE CAN ENJOY THIS FANTASTIC COMMUNITY EVENT.

[PLAY DAY EVENT](#) LINK TO FACEBOOK