

North Baddesley Junior School



Respect. Aspire. Resilient

Dear Parents and carers,

Our wonderful Year 6 children spent the last week performing their end-of-year production of *Matilda*. The show was a tremendous success and was a fantastic showcase of the talent, dedication and hard work of both our pupils and the Year 6 staff team. We are incredibly proud of every child for the enthusiasm, confidence and commitment they brought to the stage. Their hard work truly shone through in every performance, delighting audiences and making the production a memorable way to celebrate the end of their primary school journey. Congratulations and well done to everyone involved!

As we come to the end of another wonderful school year, with just three school days remaining, we would like to extend our sincere thanks to all of our parents and families for your continued support throughout the year. Your encouragement and partnership have been greatly appreciated. We are incredibly proud of every child in our school. They have worked hard, embraced new challenges, and made wonderful progress throughout the year. We wish everyone a happy, safe, and enjoyable summer break and look forward to welcoming you back in the new school year.

Best wishes,
Miss Woolten
Head Teacher

Reminders:

Monday 20th July- Year 6 Paultons Park
Tuesday 21st July- Year 6 Leaver's Festival.
Tuesday 21st July -Embleywood dress down day
Wednesday 22nd July-Leaver's assembly
Return to school Tuesday 1st September 2026 – 8:40

Summer
Contact 13

Well done Year 6 - amazing SAT results



Key Stage 2 SATS results

2025 – 2026

Whole cohort	NBJS ARE+	National	Difference	County	Difference
Reading	84.9%	75%	+9.9	74.5%	+10.4
GAPs	89.5%	74%	+15.5	71.9%	+17.6
Writing (TA)	84.9%	73%	+11.9	73.4%	+11.5
Maths	87.2%	75%	+12.2	75%	+12.2
Combined R, WR, MA	81.4%	63%	+18.4	62.9%	+18.5
Science	91.8%	82%	+9.8	TBC	TBC

Whole cohort	NBJS GD	National	Difference	County	Difference
Reading	60%	TBC	TBC	30.5%	+29.5
GAPs	54.7%	TBC	TBC	27.4%	+27.3%
Writing (TA)	11.6%	TBC	TBC	13.8%	-2.2
Maths	47.6%	TBC	TBC	25.9%	+21.7
Combined R, WR, MA	11.6%	TBC	TBC	8.6%	+3

Monitor jobs next year.

Assembly Monitors Karina Finn Simeon Felix	Sports Ambassador Arthur Coen Scarlett Ellie	Prepext Muhammed Mia Rex Felix Thea	Lily Albie Charlie Elkana
Librarians Katie Clara Thiya Eddie Thea Malachi	Sport coaches Archie Fletcher Jasper Henry	IT Monitors Nick Lily Faith	
Buddy Monitors Mia Eliza Demi Luelka Freya	Embleywood Jude Nancy	Knightswood Daniel Lottie	Lordesword Isabella William
Ruby Elle Kyra Makida		Abbotswood Scarlett Elkana	

A huge thank you to our Year 6 pupils for their dedication and hard work in supporting the smooth running of our school this year. Their commitment has been greatly appreciated.

We were also incredibly impressed by the outstanding standard of applications from our Year 5 pupils for next year's pupil leadership roles. The thought, effort and enthusiasm shown in their letters made the selection process a real pleasure.

Roles have been announced, and the children are excited to begin their new responsibilities. They will receive their official badges after the summer break. We look forward to seeing them thrive in their new roles next year.

Attendance Figures For Academic Year 2025 - 2026

95.4%

Aiming for
97%+

Please work in [partnership](#) with us to ensure that your child attends school regularly.

Year 3	95.64%
Year 4	96.08 %
Year 5	95.41%
Year 6	94.76 %



Attendance Award

Presented to: Year 4
For managing to achieve 96.08% attendance
For 2025 - 2026



*A great achievement that will
contribute to your learning.*



Attendance Award

Presented to: 5B
For managing to achieve 96.76% attendance
For 2025 - 2026



*A great achievement that will
contribute to your learning.*



Dates for the diary – Autumn one - yearly overview to follow in Autumn 1 contact

SEPTEMBER 2026	Y3	Y4	Y5	Y6	Event/Activity
Tuesday 1st September	✓	✓	✓	✓	Return to school – doors open at 8.40. Registration at 8.50am
Thursday 3rd September					Karate club begins 7:45
Friday 4th September	✓	✓	✓	✓	Year group Welcome Letters to be sent home via parent mail.
Monday 7th September	✓	✓	✓	✓	Hampshire Service Music Lessons begin.
Tuesday 8th September	✓	✓	✓	✓	Whole school Vaccinations
Friday 11th September	✓	✓	✓	✓	Individual and sibling photographs.
Tuesday 15th September					Year 6 cohort Stone Farm Meeting 2025 @ 5.30pm.
Wednesday 16th September	✓	✓	✓	✓	Parent communication: Welcome Meetings Year Group Information Meeting and any questions regarding the year and home learning can be answered. Children are welcome to attend. Session 1: 3.30pm - 4pm Session 2: 4pm - 4.30pm
Week commencing 21st September	✓	✓	✓	✓	School led Clubs begin (3:20 - 4:20) Outside providers may have different start and finishing times. Each club will advertise this separately.
Thursday 17th September				✓	6H class assembly to parents (10:20 -10:45). Please wait near the year 4/6 gate.
Friday 18th September		✓			Year 4 Celtic topic experience day (Dress up)
Tuesday 22nd September				✓	Stone Farm Medicine Drop off 8:30 - 9:00
Monday 21st September				✓	6R class assembly to parents (10:20 -10:45). Please wait near the year 4/6 gate.
Thursday 24th September				✓	Open Morning for parents and children @ The Mountbatten School. Arrive at 9am for a 9:15 start. Return to school by 11:00.
Monday 28th September					Harvest Celebrations- donations welcome.
OCTOBER 2026					
Thursday 1st October				✓	6T class assembly to parents (10:20 -10:45)
Monday 5th October - Friday 9th October				✓	Stone Farm Residential Netball, football trials and Cross Country are not taking place.
Wednesday 14th October	✓				Stone Age Survival Workshop-
Thursday 15th October	✓				Stone Age Survival Workshop-
Friday 16th October	✓				Stone Age Survival Workshop-
Wednesday 14th October	✓	✓	✓	✓	Whole school Gym competition AM - PE Kits needed.
Monday 19th October	✓	✓	✓	✓	Parent Evening 3:40 - 6:30 - 1 appointment per child (No staff run clubs this week)
Wednesday 21st October	✓	✓	✓	✓	Parent Evening 3:40 - 6:30 - 1 appointment per child

Wednesday 21st October				✓	Victorian Experience Day (Dress Up)
Thursday 22nd October				✓	Victorian Experience Day (Dress Up)
Thursday 22nd October	✓				Year 3 Stone Age Day - Dress up day
Thursday 22nd October	✓	✓	✓	✓	School Disco (Yr 3 & 4: 4.30 -5.45) (Yr 5 & 6: 6:00 – 7.15)
Friday 23rd October	✓	✓	✓	✓	Whole School Theme Day - Art Day
Monday 26th Oct – Friday 30th October	✓	✓	✓	✓	HALF TERM

Website: <https://www.northbaddesley-jun.hants.sch.uk>

Telephone: 02380 411100

E-mail: school.office@northbaddesley-jun.hants.sch.uk

House Points - yearly totals

15,926

14,935



18,353

20,100

Well done Embleywood

Student Spotlight

Well done to all of our students for their achievements outside of school. We are proud of you.



Goodbyes and Good Luck

As another successful academic year draws to a close, we would like to take this opportunity to express our sincere gratitude and bid a fond farewell to the members of staff who will be leaving our school. We thank them all for their dedication and commitment to our school community and wish them every success in their future endeavours, whether they are moving on to new roles or beginning a well-earned retirement. **Miss Cheng** and **Miss Murphy** are returning to university to continue their studies. **Mr Lombardo** will be continuing his teaching journey at a smaller school.

We would also like to make a special mention of **Mrs Jonas**, who is retiring from her role as our Home Support Worker. Mrs Jonas has been a valued member of the NBJS family for many years, and her kindness, care and dedication have made a lasting impact on our school community. We wish her a long, happy and healthy retirement, filled with wonderful memories and special times with her family.

Finally, we would like to thank all of our families for your continued support throughout the year. We wish you all a safe, relaxing and enjoyable summer holiday. We look forward to welcoming everyone back in the new academic year.

North Baddesley Junior School – After/Before School Clubs - Autumn Term 2026

Wrap around care at NBJS is via Kidzplay - [please book direct.](#)

Day	Time	Club	Run by	Dates
Monday	3.20 – 4.20	Year 3/4 football club (Shin Pads Needed.)	Andy Marks - Sign up directly with the company. https://www.cognitofirms.com/TopMarksFootballCoaching/Block1NorthBaddesleyJuniorSchoolFootballAfterschoolClub	21st Sept - 9th Nov Not available 16th Nov
	3.20 - 4.20	Cross Country	Miss Wootten	21st Sept - 16th Nov (not on 5/10/26 due to Stone Farm residential) Races will be held on 28th September, and 12th October. No Club on these days. Races instead. No club Monday 19th October due to parent consultations.
	3.20 - 4.20	Netball (Years 5 and 6)	Miss Hall	21st Sept - 16th Nov (not Stone Farm week 5/10/26) No club Monday 19th October due to parent consultations.
Tuesday	8.00 - 8.45	Tennis all year groups.	Absolute Tennis - Sign up directly with the company. martin@absolutetennis.co.uk	Term Time. Start Date TBC
	3:20- 4:20	Street Dance Club- All Year groups	Divya Academy Kim@divaacademy.co.uk	15th September - 8th December
	3:20 - 4:20	Girls' Football	Sammy Balcombe	22nd Sep- 17th Nov
	3:20 - 4:20	Crochet club - Year 5&6 only (max 15 children) £1 per session.	Kate Horton	22nd Sep- 17th Nov
	3.20 - 4.20	Christmas Club (crafts and prep for Christmas shopping day) £1 per session.	Claire Taylor	22nd Sep- 17th Nov not Stone Farm week (6/10/26)
Wednesday	8.00 - 8.45	Netball (Years 5 and 6) Boys and Girls.	Miss Hall	23rd Sept - 18th Nov (not Stone Farm week 7/10/26)
	3.20 - 4.20	Gym (Change in Hall)	Tanya White - Sign up directly with the company. Tanya.white5@btinternet.com	16th Sept-2nd Dec
	3.20 – 4.20	Choir Club	Miss Driver	23rd Sept - 18th Nov
Thursday	7.45 - 8.45	Karate - all year groups.	Sama Karate -Sign up directly with the company. Email MS.SKOnline@gmail.com to Book your place.	Term Time. Start Date Tuesday 8th Sept
	3.20 - 4.20	Year 5/6 football club (Shin Pads Needed)	Andy Marks https://www.cognitofirms.com/TopMarksFootballCoaching/Block1NorthBaddesleyJuniorSchoolFootballAfterschoolClub	25th Sept - 20th Nov
	3:20-4:20	Craft club All years welcome Max 16 £1 per session.	Miss Schofield	22nd Sep- 17th Nov

Lunchtime clubs (No sign up needed).

Library - outdoor library

Library open to parents with their child on Tuesdays 3:30 - 4:00

Tuesday lunchtime 12:30 - 1:00 - upper school football trials - (children need separate kit including football boots and shin pad.. This cannot be their school uniform, school shoes, or weekly PE kit.)

Sign up is via parent mail or direct to club organisers.

**NON CONTACT KARATE
TAUGHT BY FULLY
QUALIFIED INSTRUCTORS**



**EVERYONE WELCOME
FROM 4 YEARS OLD**



**WE TEACH TRADITIONAL KARATE
ENCOURAGING CONFIDENCE, RESPECT,
DISCIPLINE, SELF AWARENESS AND AGILITY IN
A FUN & CONTROLLED ENVIRONMENT. ALL
CLASSES ARE FRIENDLY, INFORMATIVE &
CATER TO THE INDIVIDUAL NEEDS OF THE
STUDENT.**



NORTH BADDESLEY JUNIORS

THURSDAYS 07.45AM – 08.45AM

£6.50 PER CLASS – PAY AS YOU GO

MEMBERSHIP REQUIRED AFTER FIRST CLASS £27.50 PER YEAR

MANY MORE CLASSES TO CHOOSE FROM, FIND THEM ALL AT: WWW.SOUTHERNKARATE.ORG

FOR MORE INFORMATION AND TO BOOK YOUR PLACE

EMAIL: info@southernkarate.org

Tel: 07764 478507



**Child Protection
in Sport Unit**



Chartwells Summer Holiday Resources

UK FOOD WASTE

Food waste is a real problem in the UK and **we need your help** to tackle it. In 2024, the UK threw away approximately 9.5 million tonnes of food waste, with 6.6 million tonnes attributed to households, and **6.4 million tonnes of that could have been eaten**.

This recipe book has been designed to **help you in your Waste Warrior Challenge at home**. All of the dishes featured in this booklet are designed to minimise food waste. Fridge Raider Pasta uses up stale bread and vegetables that have passed their best. There is even the recipe for our versatile Chartwells Tomato Sauce made with wonky vegetables.



TOP 10 MOST WASTED FOODS

Bread	Fresh Meat
Fresh Vegetables	Potatoes
Milk	Leftovers
Fruit Juice	Fresh Fruit
Eggs	Out of Date Dry Food

There are 24 million slices of bread wasted every day.

Stale bread can be made into delicious croutons to top salads and soup.

Fresh fruit can be turned into a mood boosting smoothie or a moist banana bread.

Potatoes can be turned into mash and stored in the freezer for up to a month.

What ideas can you think of to reduce waste?

2



SERVES 5

CHARTWELLS WONKY VEGETABLE TOMATO SAUCE

Ingredients

400g Tinned Tomatoes
10g Tomato Paste
1 tbsp Oil
10g Chopped Garlic
75g Sliced White Onion
10g Caster Sugar
75 ml Water
Pinch Mixed Herbs
Selection of Wonky Vegetables

Method

Put the oil in a pan, add the onion and garlic and gently cook until soft. Add the herbs, and tomato paste and cook out for a few mins. Add the tin of chopped tomatoes, sugar and water and bring to the boil, simmer for at least fifteen mins until the sauce has thickened.

Wonky veg bit

Check your fridge and cupboards for any vegetables past their best: carrots, courgettes, butternut squash, anything you have; it's up to you what you use. Dice the vegetables and add to the tomato sauce at the same time as the onion and garlic. A pinch of herbs will help bring out the flavours; oregano is a classic but try exploring different flavours and make a note of what you did so you can make it again.

Serving suggestion

For a hearty, wholesome meal we recommend serving with some wholewheat pasta and grated cheese.

3



SERVES 5

FRIDGE RAIDER PASTA BAKE

Ingredients

500g Dried Pasta
5 portions (550g) Wonky Vegetable Tomato Sauce or Regular Tomato Pasta Sauce
Stale Bread made into Breadcrumbs
100g Grated Cheese
1 Vegetable Stock Cube
500g Mixed Vegetables
Pinch Black Pepper

See what you have in the fridge that needs using up!

Method

- Open the fridge and look for any vegetables that need using up: bendy carrots, limp leeks or spinach, bashed broccoli – whatever you have – dice it all up into chunks.
- Place your pasta into a pan of boiling water with the vegetable stock cube. Boil your pasta for 16 mins until cooked, drain but keep the stock.
- Add your chopped vegetables to the stock and cook for five minutes, drain and mix with pasta and wonky vegetable tomato sauce.
- Place it all into an ovenproof dish, season with black pepper and top with the cheese and breadcrumbs.
- Bake at 180°C for twenty minutes until the cheesy crumb topping is golden brown.

6

TORTILLA PIZZA

SERVES 4

Ingredients

4 Tortilla Wraps
2 portions (220g) Wonky Vegetable Tomato Sauce
200g Mozzarella
100g Sliced Peppers
50g Sliced Red Onions
50g of Salami, Ham or Cooked Chicken

Method

- Lay two tortilla wraps out and use half the tomato sauce to spread over each one, then sprinkle half the cheese over.
- Lay another tortilla wrap on top of each wrap and repeat the process. Add your assorted toppings on top of the cheese.
- Bake in the oven for 15 mins on a medium heat until the cheese is melted and crispy.
- Cut each tortilla into four.

Topping suggestions

- Keep it simple with cheese, add something that you've never tried before like olives or capers! Look out for leftovers that you can pop on your pizza – the choice is yours.



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SERVES 5

Ingredients

5 portions (550g) of
Chartwells Wonky
Vegetable Tomato Sauce
1/2 Vegetable Stock Cube
2 Slices of Stale Bread
5g Chilli Powder
1 Tin Butterbeans
400ml Water
Pinch Black Pepper

(or Pita, Baguette
or Wrap)

BUTTERBEAN AND TOMATO SOUP WITH CRISPY CROUTONS

Method

- Drain and wash your butter beans, add the water and place in a pan with the stock cube, chilli powder, pepper and wonky vegetable tomato sauce.
- Gently bring to a simmer and cook for 15 minutes on a low heat.
- Make your croutons by cutting into small squares or strips, place in the oven on a baking tray and cook until they are crisp.
- Use a hand blender to blend your soup, you can add some natural yoghurt or a handful of spinach leaves before you blend, see what's in the fridge that needs using up!
- Serve with the crispy croutons sprinkled over the top.



CHEESE AND LEEK POTATO POPS

SERVES 5

Ingredients

450g Leftover
Mashed Potato
50g Grated Cheese
30g Cornflour
Leftover Green
Vegetables (green
leek tops or unused
broccoli stem)
Pinch Black Pepper
Pinch Mixed Herbs

Method

- Take your green vegetables and slice or dice them, bring a pan of water to the boil and add the vegetables, boil for five mins until tender, strain and cool under a cold tap.
- Drain the cooled vegetables and mix with the leftover mash, cornflour, cheese, pepper and mixed herbs.
- Once mixed you want a firm texture, if necessary add a little more cornflour.
- Roll into ten even balls. Place on a baking tray and spray with a little oil. Bake in the oven at 180°C for around 15 minutes until golden brown.
- Serve as a side or even as a starter using the wonky vegetable tomato sauce as a dip.



QUICK TIPS FOR REDUCING FOOD WASTE

1

Don't throw leftovers away – use them to create new recipes.

2

Buy foods with a longer expiration date to extend their shelf life.



COCOA AND APRICOT ENERGY BALLS



**MAKES: 8
PREP TIME: 15 MINS**

WHAT DO I NEED?

- 180G OATS
- 130G DRIED APRICOTS
- 1 MEDIUM BANANA
- 1 TBSP HONEY
- 1 TBSP COCOA POWDER (OPTIONAL)
- 1-2 TBSP OF WATER (ADJUST AS NEEDED)



DID YOU KNOW:



Honey gives us energy and is made by our friends, the bees! Bees pollinate our gardens and help all the delicious fruits, and vegetables to grow!

Oats, dried apricot and banana are a source of fibre which is great for supporting a healthy gut. They also offer us carbohydrates, which are a good way to give our bodies energy, either as a snack or a yummy breakfast!



HOW DO I MAKE THEM?

- MIX ALL INGREDIENTS
- ROLL INTO BALLS
- CHILL FOR 20 MINS

DON'T FORGET!

Summer days can feel long, especially when you're hungry and are used to the routine of school meals! Here's an idea from our chef and nutrition team to get you started. Don't forget to order your school meals for september, we'd love to see you.



Chartwells



Hampshire
County Council

Library Service

Summer Holiday Activities

at Romsey Library

Music Crafts*

Tuesday 28 July, 10am, £2 per child

Under the Sea Crafts*

Tuesday 4 August, 10am, £2 per child

Pirate Crafts*

Tuesday 18 August, 10am, £2 per child

Seaside Crafts*

Tuesday 25 August, 10am, £2 per child

Stay and Play

Mondays and Fridays, 10am - 1pm
(24th July to 28th August)

Story Time - Every Tuesday, 11am

Rhyme Time - Every Thursday 11am and Friday 2pm

Saturday Family Fun - Every Saturday, 10am - 4pm

Construction Club - Every Saturday, 1 - 4pm



*ticketed event.

Book your place via
shop.hants.gov.uk





Animal Encounters

HAF Summer Events



Hampshire
County Council

Library Service

Free
goody bag
with activity
and snacks to
take away!



Monday 3 August
Hythe Library - 2:15pm

Tuesday 4 August
Totton Library - 10am
Eastleigh Library - 12pm
Romsey Library - 2pm

Limited
places
available!



Come and meet some friendly
animals (and their handler!)

Places are for Children eligible
for Free School meals and/or
with a SEN/EHCP. [Click here](#)
[to book](#) or scan the QR code!



Parents/carers must stay with Children under 8

HAF Family Events

Musical Mayhem with Cartoonist Nick Gowman

Tuesday 25th August
Hythe: 10am
Totton: 2pm

Limited
places
available!

Friday 28th August
Romsey: 10am
Eastleigh: 2pm



All events include a free
goody bag with activity
and snack to take away.

These events are suitable for children who receive free school meals as part of pupil premium or are supported under an SEN/EHCP.

Children under 8 must be accompanied by a parent/carer.



Scan the QR
code to book

Tickets are free but must be booked -
[Click here to book!](#)



Diva
Academy

STREET DANCE

After School Club

NORTH BADDESLEY JUNIOR SCHOOL

Discover the foundations of hip-hop, locking, house and breaking in our popular club

Tuesday's 3.20-4.20pm

What to expect

- Expert instruction
- Skill development
- All year groups welcome

HOW TO JOIN

Spaces in the Street Dance Club are limited, so be sure to secure your spot!

The 12 week course will commence on 15th September and costs £6.50 per week

To book please scan the QR Code
or email - kim@divaacademy.co.uk





Support resources available to families over the holidays



McIver, Charlotte
Public Health Practitioner

4 min read

With the Summer holiday rapidly approaching, please let your families know about the support available to them.

[UPDATED Quick access mental wellbeing resource for parents and carers over the summer holidays 2026.pdf](#) - Please attach this to newsletters.

[ChatHealth](#) - ChatHealth is a confidential text support service for parents, carers, families and young people in Hampshire manned by Hampshire and Isle of Wight NHS Foundation Trust Health Visitors and Public Health Nurses (school nurses). There are three ChatHealth services for:

- **Parents and carers of children under 5** - Health Visitors have a wealth of experience working with mums and dads-to-be, babies, toddlers and young children. They are trained to support with a wide range of health and wellbeing issues including crying babies, infant feeding, starting baby on solid foods, sleep and behaviour problems. As well as giving advice, the team can signpost to appropriate services. Text **07520 615720**.
- **ChatHealth 5-19** - The Public Health Nursing Team supports parents with questions relating to a wide range of health and wellbeing issues including **healthy lifestyles, toileting, behaviour, sleep, emotional wellbeing and health conditions**. As well as giving advice, the team can signpost to appropriate services and other support. Text **07507 332417**
- **Young People aged 11-19** - The Public Health Nursing Team supports young people with questions relating to a wide range of health and wellbeing issues including **self-harm, relationships, bullying, weight, anxiety, drugs, smoking, stress, body worries, alcohol and sexual health**. As well as giving advice, the

team can signpost to appropriate services and other support. Text **07507 332160**.

Opening times: 8.30am - 4.30pm Monday-Friday (ChatHealth 0-5 is 9:00am-4:00pm) exc. bank holidays. Any text sent outside opening hours will receive an automated message with advice of where to get help if their question is urgent. Out-of-hours texts will be replied to within one working day. **For urgent medical enquires, please call 999 or 111.**

Hampshire Healthier Together - clear information on common illnesses, including advice on what serious 'red-flag' signs to look out for, where to seek help if required, what you should do to keep comfortable and how long symptoms are likely to last.

Kooth is a free online counselling and emotional wellbeing support service offered to young people aged 11 - 25 years (up to their 26th birthday) with a safe and secure means of accessing support with their emotional and mental health needs from a professional team of qualified counsellors.

By accessing Kooth young people can benefit from a **free, confidential, anonymous and safe** way to receive support online, **online counselling** from a professional team of BACP qualified counsellors is available via 1-1 chat sessions or messaging on a drop in basis or via booked sessions including **out of hours' availability** - counsellors are available from 12pm to 10pm on weekdays and 6pm to 10pm at weekends, every day of the year on a drop in basis. No referral is required, young people can access the service directly and in complete confidence at www.kooth.com.

Smokefree Hampshire - do you smoke and would like help to quit? Are you worried about family members who smoke or vape? Smokefree Hampshire is a free and confidential stop smoking service which offers 12 weeks of support with a specialist stop smoking adviser as well as free nicotine replacement products. Smokefree Hampshire is available to anyone over the age of 12 years and can give advice on vaping.

Catch 22 - A specialist treatment service offering targeted, specialist and family support for children and young people in Hampshire who are affected by substance misuse. Referrals can be made on the Catch 22 website and young people can call the 24 hour helpline 24/7 help line **0800 599 9591**.

Mental Wellbeing Hampshire - is a partnership of organisations working to support good mental health and wellbeing in our communities.

Hampshire Family Information and Services Hub (FISH) - Find information about what is going on in your area, details on how to access services, organisations and activities in Hampshire, and the advice and support that is available.

Hampshire Safeguarding Children's Partnership provides practical advice and help on supporting your child and keeping your family safe.

The Royal Life Saving Society (RLSS UK) - 46% of drownings occur in the summer months and this rises to 75% amongst 13 – 17-year olds. The RLSS UK offers lots of advice and tips to stay safe in the water during the summer.

Togetherness - These **free online courses** offer advice and practical tips to boost your confidence as a parent, help you navigate family life and strengthen your relationships. Whether you are a mum, dad, foster parent or grandparent, there is a course for you.

Developed by psychologists and professionals, they have been designed to help you understand your child's feelings, development and behaviour, as well as focus on your own feelings as you grow as a family. Click on the link to find out more information and how you can access these free courses.