



# SUMMER WELLBEING PACK

Sometimes the summer holidays can be a difficult time of year - we may find ourselves not as able to connect with our school friends and supportive networks, or that we are spending more time with unsupportive family members, or finding the expectations around summer clothes challenging...

In this "Summer Wellbeing Pack" you will find lots of helpful suggestions on how to support yourself over the Summer Holidays, as well as important information on where to contact if things become too overwhelming.

If things feels too difficult to manage, it is important to remember that there are services out there to support you. There is a list of services at the end of this document. **In emergencies, please call 999.**

## STAY CONNECTED

Free2B clubs and groups will run for 3 weeks during the summer holidays.

Why not come along and join us!

Gapsters Junior Youth Club - ages 9-14

Fridays 4:00-5:30pm

Gap Senior Youth Club - ages 13-19+

Fridays 6:00-8:00pm

Wellbeing online - ages 13-19+

Wednesdays 5:30-6:30pm

Trans Wellbeing - ages 13-19+

Thursday 1st Aug 1:00-3:00pm

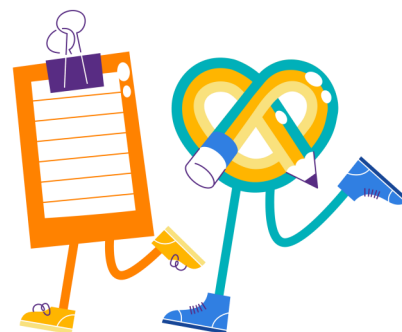
**Free2B will be CLOSED for 2 weeks from 19th - 30th August 2024**

## FREE2B RESOURCES

There are a number of resources which you can find on our [Free2B website](#)

Some suggestions are:

- [Our Activities and Wellbeing Page](#)
- [Our Trans101 Guide](#)
- [Our Race and Faith Booklet](#)
- [Additional Support Information](#)



## SUPPORTING YOUR WELLBEING

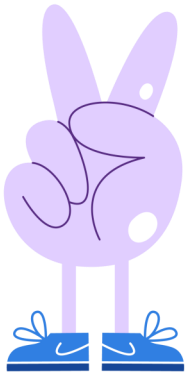
Here are some Summer Wellbeing tips from our Young People and Free2B Community, on how to support your wellbeing over the holidays and stay connected to supportive people and places:

- Create collaborative music playlist with your friends
- Plan at least 1 day out a week to keep a sense of routine
- Create a Bucket List of Films to watch or Books to read
- Get outside in the hopefully sunny weather - this could be for walks, picnics, reading...
- If possible, plan hangout dates with your friends and supportive people - this could be in person or online!
- Discover new parts of London - especially all the wonderful parks
- Try new ways to stay active and be outside - hiring bikes, going to LGBTQ+ swimming sessions etc
- Eat Ice cream! And most importantly, stay hydrated!
- Enjoy the Pride Celebrations, in whatever way feels most comfortable and fun for you!



If you find yourself getting anxious or stressed, try the **54321 technique** to help ground yourself:

**First off - take 3 slow and quiet deep breathe**



**5 - List 5 things you can SEE**

**4 - List 4 things you can FEEL**

**3 - List 3 things you can HEAR**

**2 - List 2 things you can SMELL**

**1 - List something positive about yourself**

**Remember you can adapt the technique to suit your interests, you could try listing song lyrics, favourite TVs shows or characters etc**

**And remember your "5 Ways to Wellbeing"...**

- ♦ Give
- ♦ Keep Learning
- ♦ Stay Active
- ♦ Take Notice
- ♦ Connect



## HELPLINES AND SUPPORT

Here are a list of services you can contact if you need immediate or out of hours support. **In emergencies, please call 999.**

### **LGBTQ+ Support Services**

#### **Mermaids:**

Phoneline (9am-9pm Monday to Friday) – 0808 801 0400

Web Chat (9am-9pm Monday to Friday) - <https://mermaidsuk.org.uk/young-people/>

#### **Switchboard:**

Phoneline (10am – 10pm Every day) – 0800 0119 100

Online Messaging Service - <https://switchboard.lgbt/>

Email: [hello@switchboard.lgbt](mailto:hello@switchboard.lgbt)

### **General Support Services**

#### **Samaritans:**

Phoneline (24/7 every day) – 116 123

Email: [jo@samaritans.org](mailto:jo@samaritans.org)

Website: [www.samaritans.org](http://www.samaritans.org)

#### **Childline:**

Phoneline (25/7 every day) – 0800 1111

1-2-1 webchats

<https://www.childline.org.uk/get-support/1-2-1-counsellor-chat/>

#### **Kooth:**

Website - <https://www.kooth.com/>