

July 2026

# Wellbeing Newsletter

[wellbeing@ous.e-act.org.uk](mailto:wellbeing@ous.e-act.org.uk)

## Water Safety



**Stop and  
think** – spot  
the dangers



**Stay  
together**



In an  
emergency:  
**Float**



Call  
**999 or 112**

## Risks to consider in open water

- The shock of cold water can make swimming difficult and increase the difficulty in getting out of the water
- Lack of safety equipment and increased difficulty for rescue
- The height of the fall or jump if tombstoning
- The depth of the water – this changes and is unpredictable
- Underwater objects and hazards may not be visible
- Obstacles or other people in the water
- Strong currents can rapidly sweep people away
- Uneven banks and river beds
- Water quality, e.g. toxic algal blooms and industrial/agricultural pollution

July 2026

# Wellbeing Newsletter

[wellbeing@ous.e-act.org.uk](mailto:wellbeing@ous.e-act.org.uk)

## 10 day summer challenge

**Day 1: Design / eat the strangest combination of edible food you can think of. (That doesn't make you sick!)**

**Day 2: Take a spooky video that makes your friends jump!**

**Day 3: Take a picture of something that plays with perspective**

**Day 4: Create a 10-20 second song that advertises your favourite sweets.**

**Day 5: As a photograph/ drawing, recreate the cover art for a music album / TV show.**

**Day 6: Take a picture with something hiding in the background for people to find. (like a Where's Wally picture)**

**Day 7: Look for hidden letters from the alphabet in your surroundings. (This is called A-Z photography).**

**Day 8: Create a quick comedy sketch and perform it to someone.**

**Day 9: Can you say "red lorry, yellow lorry" ten times as fast as you can? Can you write your own tongue twister?**

**Day 10: Re-draw a book cover for your favourite book.**

**Made for you by:**



July 2026

# Wellbeing Newsletter

wellbeing@ous.e-act.org.uk

## Things taking place in Milton Keynes this summer

**25th July – Community & Culture  
Celebration at MK Museum**

**22<sup>nd</sup> August – ‘Try Out’ Youth Pop up  
sports event at Western Road  
Recreational Ground**

**27th July – 20th August – Free activities  
and food for those receiving  
Free School Meals  
[https://www.milton-  
keynes.gov.uk/children-young-  
people-and-families/holiday-  
activities-and-food-programme-2026](https://www.milton-keynes.gov.uk/children-young-people-and-families/holiday-activities-and-food-programme-2026)**

**More ideas of activities and things to do  
[https://www.milton-  
keynes.gov.uk/mk-youth-  
council/activities-and-things-to-do-  
milton-keynes-young-people](https://www.milton-keynes.gov.uk/mk-youth-council/activities-and-things-to-do-milton-keynes-young-people)**

## Wellbeing Tips

- 1. Keep some structure –  
flexible but there to help you feel  
better and sleep better**
- 2. Stay connected –  
spend time with family and friends  
in person or with your phone**
- 3. Limit your scrolling –  
too much time on your phone can  
be harmful for your mental health**
- 4. Get outside –  
supports your wellbeing in lots of  
ways so spend time outside**
- 5. Do something that feels good –  
it can boost your mood, reduces  
stress, refuels energy and builds  
resilience**

July 2026

# Wellbeing Newsletter

wellbeing@ous.e-act.org.uk

## Where to find support

**childline**

ONLINE, ON THE PHONE, ANYTIME

Call **childline** on 0800 1111 if you need to talk

**116 123** Call them at any time for free.

They offer support for anyone in emotional distress,  
struggling to cope or at risk of suicide.

**SAMARITANS**

**YOUNGmINDS**

Your feelings are valid and things can get better.

<https://www.youngminds.org.uk/young-person/>

Message the number, it's free and they offer 24/7 support.

**shout**  
**85258**  
here for you 24/7

**kooth**

Kooth (which is sponsored by the NHS) offers online  
mental health support for young people.