

Springhill Catholic Primary School

10th July 2026

www.springhillcatholic.co.uk

info@springhillcatholic.net

Tel: 023 8033 3954

(office hours 8:30am—4:30pm)



Together we will do our best for Jesus

“The water that I will give them will become a spring of water within, welling up to eternal life.” - John 4:14

Dear Parents and Carers,

I can't quite believe we are about to enter the final week of the school year next week. Time flies when you are having fun.

Mental Health Newsletter:

Please find attached to the email our Children's Mental Health newsletter written by Miss Palmer with lots of ideas for the summer break.

Devices Controls:

Please also find attached a comprehensive and excellent Devices Controls document which shows you how to set up a wide range of children's devices so they have safety features – from phones, to consoles, everything is covered.

Toy Donations Plea:

If you have an older child who no longer plays with their duplo, lego or magnetic tiles – we'd love donations of these items as we are increasing our range of toys available to the children at break and lunch time. Please feel free to drop any donations into the school office for Mrs Ashworth's attention.

Final Week:

We have so much fun going on next week to celebrate a great year with all your amazing children.

Monday: Bubble fun for Year F and Year 6

Tuesday: Year 5 Ancient Greeks Day

Wednesday: St Maximilian House liturgy for their feast day celebration – children in this house can wear a red accessory or red socks to school.

Thursday: 9am – Year F graduation

All years - torch bearer treat day – inflatables and ice-lollies

Winning House feast lunch time celebrations

Mass in the afternoon for KS2 to celebrate the end of the year

Children's books will be sent home (please send in a bag to school on this day)

Friday 17th July: Year 6 leavers' day and guard of honour.

An ice cream van will be on the playground after school on Friday for families who wish to purchase an ice-cream on the last day.

We hope you have a wonderful weekend. For all those watching the football on Saturday – I hope it is a positive outcome.

Kind regards,
Mrs Ashworth
Head Teacher

Springhill is a diverse community which we are proud of. If English is not your first language - you can copy and paste school emails and newsletters into google translate and they will be changed to your preferred language:

<https://translate.google.co.uk/>

Winning house this week



**Working together to improve
attendance**

Target 97% and above

**Year Group Summary
w/c: 06/07/2026**

Year F - 97.31%

Year 1 - 96.52%

Year 2 - 97.09%

Year 3 - 97.98%

Year 4 - 97.43%

Year 5 - 97.08%

Year 6 - 97.06%



Springhill Catholic Primary School



Diary dates:

The **School calendar** with dates of all school events is available to view on the school website [here](#)

Diary dates for Summer term 2026 and holiday and INSET day dates for 2026 and 2027 can be downloaded from the school website [here](#)

Lunch Menu:

WEEK 1 Summer menu—Week commencing: 13 July, 7 Sept, 28 Sept, 19 Oct

	Monday	Tuesday	Wednesday	Thursday	Friday
Yellow choice	 Lasagne & garlic bread finger	 Cheese & tomato pizza with potato	 Sausage roll with potato	 Golden (quorn) nuggets with seasoned edges & sweetcorn	 Cheese & bean quesadilla with chips
Blue Choice	 Chicken nuggets with potato	 Chicken paella	 Sweet potato & chickpea curry with white & brown rice	 Pork sausages, Yorkshire pudding, roast potatoes	 Fish fingers & chips
Purple Choice		 Jacket potato with a choice of cheese or baked beans filling		 Jacket potato with a choice of cheese or baked beans filling	
Orange choice (Cold picnic)	 Tuna mayo bap	 Sausage baguette with pizza finger	 Cheese bap with cheese straws	 BILT wrap with tortilla chips, carrot & cucumber	 Cheese bap with cheese straws
Dessert	Shortbread	Fresh fruit platter	Rice crispie cake	Ice cream	St Clement's sponge

The menu for Thursday 16th July is a special one voted for by our Year 6 leavers.

Foundation children will have a pork patty instead of pork sausages.

Children with a Special Diet Menu will not receive this menu but will have their usual week 1 Thursday option.

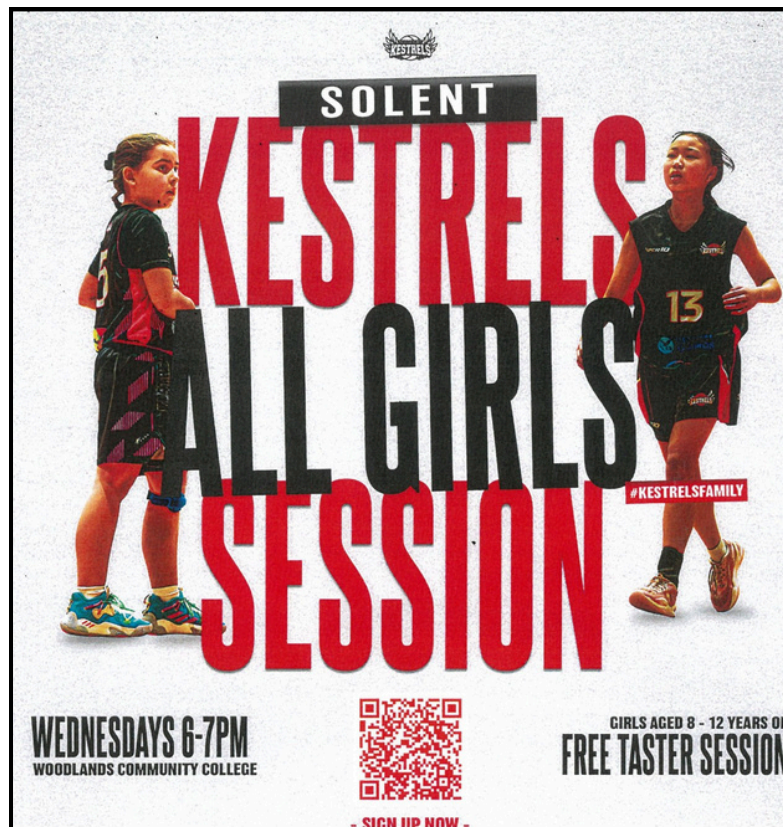
Koolskools Fairtrade Uniform Summer 2026 10% Discount for uniform sales (online and in the Koolskools shop) from **Friday 3rd to Sunday 12th July** inclusive.

Springhill Catholic Primary School



Sport News:

Fifteen Year 5 girls attended a basketball coaching session at Itchen College this week, an event run by female Young Leaders to encourage more girls to play this sport. Our children had great fun and if your daughter is interested in starting, or already plays, this sport, please see the flyer below.



Congratulations to our U11 swimming team who were runners up in last week's City Gala - well done to Isadora, Rachele, Joseph, Lia, Oliver, Adam, Aurelia, Caitlin, Khye, Harvey and Orlaith.

Our U11 Quadkids athletics team, having finished in second place at the city event, represented Southampton in the County Finals in Winchester this week where they finished 10th. Congratulations to Milan, Harvey, Lochlann, Jacob, Myah, Mia, Tinaye and Inga.

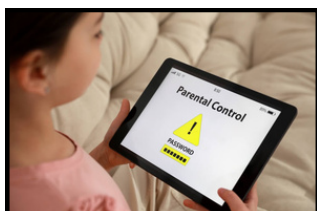
Two victories for our U11 mixed football team, against Portwood Primary School and St Denys Primary School, in the last group matches was a great way to finish the Buzz Cup group stages. Finals Night will take place next Tuesday! Good luck in that, children!

Our U10 boys' football team beat Bevois Town Primary School in a football friendly this week - well done to all thirteen players.

Springhill Catholic Primary School



Online Safety:



Device Safety – Keeping Information Secure

Keeping devices secure is an important part of online safety. Children may not always understand the importance of protecting their personal information.

Simple steps such as using strong passwords can make a big difference. Encourage your child to choose passwords that are difficult to guess and not to share them with others.

It is also important to keep devices updated. Updates often include security improvements that help protect against potential risks.

Talk to your child about why these steps matter. Helping them understand the reasons behind safety measures can encourage responsible behaviour.

By building good habits early, children can learn how to protect themselves online.

The Springhill NumBots Results!



Well done to all the children that have been playing NumBots and practising their maths skills.

Over the last two weeks, the **most active** players were:

YG	1 st	2 nd	3 rd
F	Kieran	George	Angelina
1	Charlotte	Nivansh	Adlyne
2	Teresa	Bhoomi	Spiro

Springhill Catholic Primary School



Head Teacher Award

Neve - 2LW

Emmanuel - 2LW

Assistant Head Teacher Award

Yvette - Year 3

Teacher Award

FCL	Jayden A	Gioele
FDH	Noah	Mia
1SL	Grace	Kamdi
1DB	Lara	Ashley
1KG	Iris	Andrii
2JH	Sarah	Spiro
2LW	Juvina	Kayla
2EW	Sebastian	Judith
3BM	Yvette	Emmanuella
3MD	Sophia	Anton
3NC	Judah	Kyesret
4JW	Tola	Patrick
4MR	Milena	Stefanos
4SW	Seb	Esther
5JP	Zion	Arlene
5LP	Isabella S	Daniel A
5PA	Ronnie	Gerald
6LK	Kayden	Halyn
6GA	Milan	Natalia
6JS	Rico	Amelia



Doing Our Best for Jesus Certificates

FCL	Lena
FDH	Josiah
1DB	Britney
1SL	Joe
1KG	Mila
2LW	Mary
2JH	Ivy
2EW	Khloe
3MD	Bella
3BM	Theo
3NC	Oliwia G
4MR	Alex
4SW	Chelsea
4JW	Matilda
5LP	Adanna
5JP	Justin
5PA	Paula
6LK	Ikenna
6GA	Andrew
6JS	Stefanos

Springhill Catholic Primary School



Parents' Association:

School Uniform Sale – Thank You!

A huge thank you to all the parents and carers who donated school uniform items and supported our pre-loved uniform sale last Friday. Your generosity helps make the sale a success, and we are incredibly grateful for your continued support.

We are always looking for good-quality pre-loved uniform, so if your child has outgrown any Springhill uniform that is still in good condition, please consider donating it. We will be collecting uniform donations throughout the new school year, so please keep an eye out for collection dates and further details.

Can You Help Next Year?

To keep our uniform sales running successfully, we need **more volunteers to help next year**. Whether you can spare an hour sorting donations, setting up displays, or helping during sale events, your support would make a real difference.

Interested in helping? Please contact the school office, email us at: info@springhillpa.uk or speak to a member of the PA. Even a small amount of time can help us ensure this valuable service continues for our school community. Let's work together to make our pre-loved uniform scheme a continued success for Springhill families. 🌟

Support Springhill Primary School with Stickins Name Labels!

Getting ready for a new school term? Make sure uniforms, coats, lunchboxes and water bottles find their way back home with **Stickins name labels** – and help raise funds for Springhill at the same time!

When you order from www.stickins.co.uk, simply enter our **fundraising number: 18495** at checkout and **Springhill Catholic Primary School will receive 30% commission** on your purchase.

Every order placed using our fundraising number helps generate valuable funds for Springhill, at no extra cost to you.

Order today at www.stickins.co.uk and use fundraising number 18495 to support Springhill Catholic Primary School.

Thank you for your continued support! 💙💛

Springhill Parents' and Friends' Association

C/o Springhill Catholic Primary School

Milton Road

Southampton

SO15 2HW

Registered Charity Number 1147247.

Raise funds with shopping:

<https://www.easyfundraising.org.uk/causes/springhillcatholic/>

Springhill Catholic Primary School



Superstarsports Summer holiday clubs at Springhill:

SUPERSTAR HOLIDAYS

CHOOSE YOUR DAY THE SUPERSTAR WAY



**SUPERSTAR
ARTS &
ACROBATICS**

DANCE
DRAMA
SINGING



**SUPERSTAR
STRIKERS**

TOURNAMENTS
SKILL
CHALLENGES
SMALL SIDED
GAMES



**SUPERSTAR
HOLIDAY
CLUB**

CRAFTS
MULTISPORTS
COOKING
TEAM GAMES

SPRINGHILL CATHOLIC PRIMARY SCHOOL

DATES	TIMES & COST	AGES
MONDAY 20 TH JULY - FRIDAY 28 TH AUGUST	9:00AM - 3:00PM £20 PER DAY 8:00 - 9:00AM £6 3:00 - 4:00PM £6 3:00 - 6:00PM £12 HAF FUNDED PLACES AVAILABLE VIA SOUTHAMPTON HAF TAX-FREE CHILDCARE & CHILDCARE VOUCHERS ACCEPTED	FOR CHILDREN IN RECEPTION CLASS AND ABOVE 4-12 YEAR OLDS 10% SIBLING & UNIFORMED SERVICES DISCOUNT



bookings.superstarsportsuk.co.uk
02382 127331



Website: <https://www.superstarsportsuk.com/>

Bookings: Superstar Sports | Booking School term and Holiday Activities

Springhill Catholic Primary School



HAF Basketball Summer camps:

Free sessions if you are entitled to HAF place

HAF registration and booking link: [HAF registration and booking](#)



**WE ARE EXCITED TO ANNOUNCE
WE ARE RUNNING
HAF THROUGH SUMMER!**

WEEK 2	WEEK 3	WEEK 4
3 RD JULY 4 TH AUGUST 5 TH	10 TH 11 TH 12 TH AUGUST	17 TH 18 TH 19 TH AUGUST
 LOCATION: REDBRIDGE COMMUNITY SCHOOL	 TIME: 9AM – 3PM	 AGES: 5–16 YEARS
 FOLLOW US ON INSTAGRAM: @SSBSOUTHAMPTONSUNS	 VISIT OUR WEBSITE: WWW.SOUTHAMPTON-SUNS.COM	 SIGN UP LINK: LINKTR.EE/SOUTHAMPTONSUNS

SIGN UP NOW!

Free Cricket:



**FREE CRICKET FOR BOYS AND GIRLS AGED 8-15
TERM TIME ONLY**

ST MARY'S

Ages 8-11 • Tuesdays 5:30-6:30pm
Girls Only • Wednesdays 5-6pm
Ages 12-15 • Wednesdays 6-7pm
MOUNT PLEASANT JUNIOR SCHOOL, SO14 0WZ

SHIRLEY

Ages 12-15 • Mondays 6-7pm
Ages 8-11 • Wednesdays 6-7pm
ST MARK'S SCHOOL, SO15 5TE

BASSETT

Ages 8-11 • Thursdays 5-6pm
Ages 12-15 • Thursdays 6-7pm
CANTELL SCHOOL, SO16 3GJ

To register and for more information, please contact Dani Ransley:
Danielle.Ransley@utilitabowl.com | 07880724768



LORD'S TAVERNERS
Empowering young people through cricket

Springhill Catholic Primary School



Free Trial Session and £40 discount at Perform:

Free Trial Session and £40 discount at Perform

Popular children's drama and dance school Perform is offering a Free Trial Session and a **special introductory discount of £40 for members of Spring Hill School** if they sign up by Wednesday 23rd September 2026. Parents should quote SPRG230926 when they book their free session by going to perform.org.uk/try or calling 020 7255 9120.

You can find out more about the classes at perform.org.uk/try. Alternatively, pdf flyers can be downloaded from [here](#).

The nearest classes to Spring Hill School are as follows (please click for a map and further details):

Perform Southampton (Drama for 4-7s)
(1.3 miles)
Wednesdays at 4pm and 5.05pm

Highfield Church Centre
Highfield Lane,
SO17 1RL

Perform Southampton (Drama for 7-12s)
(1.3 miles)
Wednesdays at 6.10pm

Highfield Church Centre
Highfield Lane,
SO17 1RL

Perform Chandlers Ford (Drama for 4-7s)
(5.3 miles)
Mondays at 4pm

Chandlers Ford Methodist Church
Winchester Road,
SO53 2GJ

Play is a **POWERFUL THING**

Perform classes help boost children's **confidence, concentration, coordination and communication** skills, as well as being lots of fun.

Our expertly designed drama, dance and singing sessions for 4-7s and 7-12s are run by experienced teachers, hand-picked for their warmth and approachability. They'll be with your child every step of the way – inspiring and encouraging them to develop vital life skills as they discover the joy of performing.

What does Perform offer?

- Performing arts-based games and exercises
- Focus on a different social skill each week
- Small classes and feedback on your child's progress
- Specially created scripts, videos and apps
- End of term presentation for family and friends

“Perform helps develop all key areas of a child in a fun, supportive and engaging way. It gives my daughter a brilliant sense of fun, community, purpose and pride in her achievements.”

Begum Bari



Ready to try for free?

Your child's first class is free, so why not give it a go? Classes take place all over, have a look online or call us:



perform.org.uk/try 020 7255 9120

Find more information [here](#)

Springhill Catholic Primary School



Tennis Summer holiday camps:

Courtside
Kids Holiday Camps
for 5-15 year olds
Half Terms, Easter, and Summer Holidays
at Places Leisure Eastleigh and Lee-on-the-Solent Tennis, Squash, and Fitness Club
10am-4pm
Early drop-off and late pick-up available.
Scan to book!
Booking for siblings?
If you're booking siblings onto camp we'll give you **10% off the entire booking**. Just give us a call on 023 8017 0725 and our friendly team will make your booking and apply your discount, it couldn't be easier!

Tennis Coaching:

Courtside
Looking for coaching?
We offer coaching across Hampshire for kids and adults, so whether you're just starting out or ready to improve your game, there's something for you.
Or searching for a court?
Whether it's fun with friends or a match, we've got a membership free court for that!
term and Holiday Activities
courtside.uk/hampshire

Springhill Catholic Primary School



Sholing FC Summer holiday courses:

SUMMER FOOTBALL COURSE

DATES **27 JULY - 28 AUGUST**
9AM - 3PM WEEKDAYS

ALL ABILITIES WELCOME
AGES 5-13

£20 PER DAY

£75 PER WEEK

FURTHER DISCOUNTS AVAILABLE - SEE FAQS

SHOLING FC 3G PITCH
The Mortgage Decisions Stadium
Portsmouth Road, Sholing, SO19 9PW
www.sholingfc.co.uk

Scan QR code to book your place

FAQ'S

ARE THERE DISCOUNTS AVAILABLE?
If your child is a current Sholing Youth player, a Sholing FC Supporters club member or Project 10,000 member, there will be a £5 a day discount.

COURSE TIMINGS
The course runs Monday-Friday between 9am and 3pm, however, drop off is from 8.30am and collection by 3.30pm.

WHAT SHOULD MY CHILD BRING?

- Packed lunch (nut free)
- Water bottle
- Weather appropriate clothing

WHAT FOOTWEAR IS REQUIRED?

- Artificial ground, hard ground and firm ground boots are permitted
- No blades or flat soled shoes are permitted

IS FOOTBALL EXPERIENCE NEEDED?
No, the course is open to all abilities. Coaches will adapt activities so everyone is included and enjoys themselves.

HOW DO I BOOK MY CHILD'S PLACE?
Please complete the form by scanning the QR code or via our website. We will then contact you with payment information. Spaces are limited so we recommend early booking.

Springhill Catholic Primary School



☀️ **THEATRE KIDZ SUMMER PERFORMING ARTS WORKSHOPS** ☀️

3rd – 7th August 2026

🕒 9:00am – 3:00pm

🕒 Extended hours available until 5:00pm (additional charge applies)

👤 Ages 4–12

Join us for a fun-filled week of creativity, confidence-building and performing arts, led by our experienced Theatre Kidz team.

£150 First Child

£130 Second Child

£35 Individual Day Pass

Activities include:

🎭 Drama

🎤 Singing

💃 Dance

🎨 Arts & Crafts

🎧 Silent Disco

🍦 Ice Cream Treats

✨ Confidence Building & Creativity

🎪 **THE GRAND SPECTACULAR – A SHOW IN A WEEK** 🎪

Inspired by The Greatest Showman ✨

17th – 21st August 2026

🕒 9:00am – 3:00pm

🎭 Live Performance: Friday at 3:00pm in the Lantern Theatre

👤 Ages 6–14

Children will spend the week learning songs, choreography and scenes as they work towards a spectacular live performance for family and friends at the end of the week.

£195 Per Child

Please note: This is an intensive rehearsal and performance week. Due to the nature of the production, children must attend the full week.

Numbers are strictly limited to ensure every child has the opportunity to shine on stage and be fully involved in the performance.

Book Your Place

<https://app.gostudiopro.com/online/tpa>

Spaces for both workshops are expected to fill quickly, so we recommend booking early to avoid disappointment.

✉️ info@theatrekidz.com <<mailto:info@theatrekidz.com>>

🌐 www.theatrekidz.com

Springhill Catholic Primary School



SUMMER GYMNASTICS CAMPS 2026

Looking for an active and exciting way to keep children busy during the summer holidays?
Active School UK's Summer Gymnastics Camps feature gymnastics, obstacle courses, games, challenges and lots of fun for children of all abilities.

- ★ 10% Early Bird Discount available until Sunday 21st June
- ★ Experienced and DBS checked coaches
- ★ Suitable for beginners and experienced gymnasts
- ★ Multiple locations available

Book now: www.activeschool.org.uk/portal/summer-camps
Spaces are limited and some locations are already filling quickly.
www.activeschool.org.uk

LOCATION: SHOLING JUNIOR SCHOOL, SOUTHAMPTON

ACTIVE SCHOOL **SUMMER GYMCAMPS 2026**
FUN • ACTIVE • CONFIDENT

SAVE £7.50
WHEN YOU BOOK BEFORE 21 JUNE!



RECEPTION TO YEAR 6 • ALL ABILITIES WELCOME

WHAT'S INCLUDED?

- ✓ GYMNASTICS ACTIVITIES
- ✓ TEAM GAMES
- ✓ CHALLENGES & COMPETITIONS
- ✓ CONFIDENCE BUILDING
- ✓ QUALIFIED & DBS CHECKED COACHES
- ✓ SAFE & INCLUSIVE ENVIRONMENT

CAMP DATES

WEEK 1 28 - 30 JULY	WEEK 2 4 - 6 AUGUST	WEEK 3 18 - 20 AUGUST
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🕒 9:15AM - 12:15PM

PRICING

EARLY BIRD PRICE £67.50 PER 3-DAY CAMP
STANDARD PRICE £75
SAVE £7.50 BEFORE 21 JUNE!

BOOK NOW! → **BOOK ONLINE**
<https://www.activeschool.org.uk/portal/summer-camps>



 DBS CHECKED COACHES

 QUALIFIED STAFF

 SAFE & INCLUSIVE

 FUN & ACTIVE

 WWW.ACTIVESCHOOL.ORG.UK

 @ACTIVESCHOOLUK

Springhill Catholic Primary School



Summer Holiday Camps:

JAMES BEATTIE
SUMMER HOLIDAY
FOOTBALL CAMPS
COACHING THE STARS OF TOMORROW

2 DAY CAMP
Thurs 23rd – Fri 24th July
9:00am – 3:00pm
£45.00 Full Camp
£25.00 Per Day
Stoneham Lane Football Complex
Stoneham Ln, Southampton,
Eastleigh SO16 2PA

3 DAY CAMP
Mon 3rd – Wed 5th August
9:00am – 3:00pm
£67.50 Full Camp
£25.00 Per Day
Places Leisure Eastleigh
Passfield Ave, Eastleigh
SO50 9NL

4 DAY CAMP
Mon 17th – Thurs 20th August
9:00am – 3:00pm
£90.00 Full Camp
£25.00 Per Day
Winchester City Football Club
Charters community Stadium,
Hillier Way, Winchester SO23 7SU

**LEARN NEW SKILLS,
FACE FUN CHALLENGES,
COMPETE IN GAMES
AND ENJOY EVERY
MOMENT ON THE PITCH**

To sign up please contact: info@jamesbeattiefootballacademy.com
f @James Beattie Football Academy | @jamesbeattiefootballacademy

Football summer holiday camps running
this July and August
at Stoneham Lane Football Complex,
Places Leisure, Eastleigh and
Winchester FC

To celebrate the upcoming ICC Women's T20 World Cup,
**Trojans Cricket Club will be running a girls only Dynamos
Cricket course this summer!**

Sessions will take place **every Friday from 29th May to 17th
July, between 17:30 and 18:30 at Stoneham Lane.**

Dynamos Cricket is the ECB's exciting programme for girls
aged 8–11 years, designed to develop skills and a love of the
game in a fun, welcoming environment.

Places are £50 per child and include a personalised Dynamos
kit.

For more information or to book a place, visit:

<https://ecb.clubspark.uk/Dynamos/trojans>

DYNAMOS CRICKET

Power your play

dynamoscricet.co.uk

Join us at:
Trojans Cricket Club, Stoneham Lane, Eastleigh

Session dates:
Every Friday 29 May – 17 July 2026

Session timings:
17:30 – 18:30

Contact:
ecb.clubspark.uk/Dynamos/trojans | trojanssportsclub.co.uk



Community Events:



Springhill Catholic Primary School



Re:Minds:



Next week at Re:Minds

13th – 17th July

Please email info@reminds.org.uk to book in for advice clinics. No need to book for a support group, just check the events section of our Facebook group

With thanks to:








10am Monday 13th July

About the Clinic
Book a private, 10-minute virtual appointment to speak with a clinician about support for your child's mental health, behaviour, attention, and day to day challenges. For parents and carers who are concerned about their child's mental health, including where ADHD may be contributing to their needs.

Appointments will be with Laura Nisbet, Lead ADHD Nurse from CAMHS

To book your advice slot, please email: info@reminds.org.uk



10.30am Tuesday 14th July

About the Clinic
Book a private 10 minute, virtual appointment to speak with a clinician about support for your child's mental health, behaviour, attention, and day to day challenges. For parents and carers who are concerned about their child's mental health, including where autism may be contributing to their needs.

The clinic is led by clinicians from the Southampton Autism Assessment Service.

To book your advice slot, please email: info@reminds.org.uk



SEND Legal Advice Clinic

From 12.30pm Tuesday 14th July

About the Clinic
We are linking with Shentons Solicitors to offer free SEND legal advice clinics for Reminds families. These sessions provide clear guidance and support on issues such as:

- BIC needs assessments and how to request one
- Problems at school related to SEN (with or without an EHCP), and issues with plan contents or placement
- Preparing for Tribunal and gathering evidence of need
- Issues with provision in an EHCP, including non-delivery or placement breakdown
- Annual reviews, statutory timescales, and LA compliance
- Health and social care needs linked to EHCPs
- Disability discrimination in education
- Rights of young people aged 16+ (with capacity) regarding their EHCP

To book your 30 minute advice slot, please email: info@reminds.org.uk



10am Thursday 16th July

About the Clinic
Book a private, 10-minute virtual appointment to speak with a clinician about any issues covered by CAMHS.

This clinic is led by the Southampton Specialist CAMHS service and is open to all Reminds members seeking general advice.

To book your advice slot, please email: info@reminds.org.uk

6–10th July

To book in for an advice clinic, please email info@reminds.org.uk. No need to book for a support group, just check the events section of our Facebook group or email us to receive the link to join.

With thanks to:






Eating Disorder Advice Clinic

5pm, Monday 6th 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 patterns
- Increased or concerning activity levels
- ARFID / relationship with food
- Any other concerns related to eating

To book your advice slot, please email: info@reminds.org.uk

Virtual Support Group

For parents and carers of children who are neurodivergent and/or have mental health needs

6:30pm Monday 6th July

This is a chance to get advice, support and meet others who understand what you are going through from the comfort of your own home.

If you would like some individual advice we can use a breakout room to speak to you during the meeting.

The zoom link will be shared in the events section of our Facebook group, or emailed on request.

Sholing Support Group

For parents and carers of children who are neurodivergent and/or have mental health needs

Join us for a special support group session run with the Southampton Mental Health Network.

A safe, welcoming space to connect with other parents and carers who share similar experiences, share support, and take some time for yourself.

Alongside the usual opportunity to meet others who understand and speak with our trained staff with lived experience, there will also be:

 Arts and crafts
  Colouring

 Air dry clay
  Cake & refreshments

No booking needed. No cost. Just drop in!

10-12, Wednesday 8th July
Salvation Army, 93 North East Road, Sholing, Southampton, SO14 8AF
Keep open to the rear via Pembroke Road

Springhill Catholic Primary School



Church News:

St Joseph's & St Edmund's



Weekly newsletter available to view at: <https://www.southamptoncitycentrecatholics.org/newsletter>

Immaculate Conception Church



Weekly newsletter available to view at: <https://www.immaculateconception.church/newsletter>