



GREENSHAW  
HIGH SCHOOL

# **Help for the Holidays (Christmas 2023)**

***A guide to sources of support  
for Greenshaw High School  
parents and students***

December 2023



# Winter Wonderland

WITH MENSAH  
EDUSPORT

## OUR ITINERARY

Sports | Games | Arts and Crafts |  
Team competitions | Winter themed fun  
| Outings | plus many more....

## JOIN US OVER THE WINTER HALF TERM

Tuesday 2nd January to Friday 5th  
of January, running from 9am to  
1pm and 2pm to 6pm

Primary ages - Trinity Church,  
Cheam Road

Secondary ages - Hill House, St  
Helier, Carshalton SM4 6BL

To sign up please use your voucher  
code on holiday activities. Sent to  
you via your children's schools.

## IF YOU NEED ANY HELP OR HAVE ANY QUESTIONS CALL OR EMAIL US

Leesha on 07549994732

[admin@mensahedusport.com](mailto:admin@mensahedusport.com)



# HAF Bookings

Find information on how to book a Holiday Activity and Food Programme (HAF) provision for your child.



**Sutton's Holiday Activities and Food (HAF) programme**

**The HAF programme is funded by the Department for Education to provide free fun holiday-enriching and physical activities with nutritious meals for children and young people (aged Reception to Year 11) receiving benefits-related free school meals.**

**Available to families receiving benefits-related free school meals including provision for children with special educational needs.**

## **Sportsworks - HAF Winter Activity Offer (Ages 4-16 years)**

Activities: Energetic, stimulating, enriching, fun and impactful outdoor sport/physical activities  
Dates: January 2<sup>nd</sup> – January 5<sup>th</sup> (10am-3pm)  
Venue: Manor Park Primary, Greyhound Road, Sutton SM1 4AW

## **Pure Futsal Academy – HAF Winter Activity (Ages 5-16 years)**

Activities: Indoor/Outdoor football activities, multisports drill, quizzes and other fun games  
Date/Time: December 21<sup>st</sup> & 22<sup>nd</sup>, January 2<sup>nd</sup> & 3<sup>rd</sup> (10am-2pm)  
Venue: Carshalton Boys Sports College, Muschamp Road

## **Talent Acquisition Group – HAF Winter Club (Ages 13-16)**

Activities: Samba Drumming, Smoothie making T-shirt design, Boxercise, Hat and Bag design  
Date/Time: January 2<sup>nd</sup> – January 5<sup>th</sup> (9.30am-1.30pm)  
Venue: Trinity Church, Cheam Road, Sutton SM1 1DX

## **Ambit Youth Club – HAF Winter Club (Ages 13-16)**

Activities: Themed activities, trips, games and discussions  
Date/Time: December 27<sup>th</sup> – December 29<sup>th</sup> & January 2<sup>nd</sup> (11am-3pm)  
Venue: Manor Park Primary, Greyhound Road, Sutton SM1 4W

**For further information about these activities and to book please visit:**

<https://suttoninformationhub.org.uk/pages/haf-bookings>

## **'Chill, Chat and Connect Group' For Dads/Male Carers**



**These sessions are facilitated by parent volunteers who are fathers themselves.**

**The group is aimed at dads, stepdads, dads to be, foster dads, grandfathers and other male carers.**

**Fathers/male carers matter and they have a huge and significant impact on the lives of their children.**

**These monthly evening sessions are a chance for dads/male carers to meet together to chill, chat and connect. It's a chance to share experiences and the challenges and positives of family life.**

**This is a safe, relaxed and non-judgmental space.**

**Support and advice is available if required.**

### **Where**

**The Quad, Green Wrythe Lane, Carshalton SM5 1JW**

### **When**

**Monday 18th September**

**Monday 16th October**

**Monday 20th November**

**Monday 18th December**

### **Times**

**6pm - 8pm**

**Light refreshments will be available**

**No need to book. Just turn up and get a warm welcome.**

**For further information, please contact:**

**Theresa Cameron**

**Telephone:07736 338 924**





BELIEF  
RESPECT  
CHOICE

Women  
and Girls  
Network  
Free  
Sexual Violence  
Helpline

0808 801 0770



Run By Women,  
For Women



## Free Sexual Violence Helpline

**Have you been affected by sexual violence and want to talk to someone? You are NOT alone. We believe. We listen. We are here for you.**

Women and Girls Network has been supporting survivors of sexual violence for over 30 years. Our Helpline offers free and confidential emotional support for anyone in London, who self identifies as a woman (aged 14+), and has been affected by any form of sexual violence at any time in their lives.

You can access the Helpline as a one off, every now and then or on an on-going basis; however you wish. Our specialist team of women will offer you a safe space to explore your feelings in your own way. The Helpline also provides support to professionals and supporters of survivors, to help them understand how best to support survivors of sexual violence.

When you call us, we will:

- Believe you
- Never judge you
- Treat you with respect
- Honour your wishes and never tell you what to do

You can access the Helpline anonymously. Helpline calls are free and do not show on your phone bill.

Our team speak several languages and can access phone interpreting. The Helpline is accessible for Deaf or hard of hearing people via Text Relay.

**FREE & CONFIDENTIAL LONDON  
SEXUAL VIOLENCE HELPLINE**

**0808 801 0770 (Freephone)**

**Webchat: [www.wgn.org.uk](http://www.wgn.org.uk)**

(click on 'CHAT' & select 'Emotional Support')

**Email: [svhelpline@wgn.org.uk](mailto:svhelpline@wgn.org.uk)**

**Open: Mon to Fri 10am-12:30pm, 2:30pm-4pm**

**Also Wednesday evenings from 6pm-9pm**

**Reg. Charity 1150354    Company No: 8286856**

## Other parenting support

- Playwise - <https://playwise.org.uk/services/>
- Sutton Woman's Centre - <https://suttonwomenscentre.co.uk/what-we-offer/>
- Sutton Young Carers - <https://www.suttoncarerscentre.org/young-carers>
- Sutton Parent Forum - <https://www.suttonparentsforum.org.uk/>
- Cognus - <https://www.cognus.org.uk/services/cognus-therapies/>
- Bags of Taste - <https://bagsoftaste.org/>
- Sutton Children's Centres - <https://www.sutton.gov.uk/children-and-family-centres>
- Homestart - <https://homestartsutton.org.uk/get-support/>
- Solihull Parenting - <https://solihullapproachparenting.com/online-courses-for-parents/>
- Family Lives - <https://www.familylives.org.uk/>
- Sutton Men in Sheds - <https://menssheds.org.uk/>
- Jigsaw4u - <https://jigsaw4u.org.uk/what-we-do/>
- Transform Sutton - <https://cranstoun.org/help-and-advice/domestic-abuse/transform-sutton/>



# GETTING HELP OVER CHRISTMAS

Most food banks have different opening hours over Christmas – find out how and where to get help.



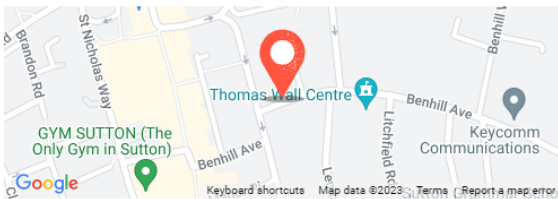
## Emergency food

Many of our food banks will have different opening hours over the Christmas period, so it's worth checking their website and social media channels for updated information. If you are in need of emergency food support, your local food bank will be able to explain which referral agency you need to speak to, to get a food voucher. You can then exchange this voucher for a food parcel at your nearest food bank centre.

### 3 FOODBANK CENTRE(S)

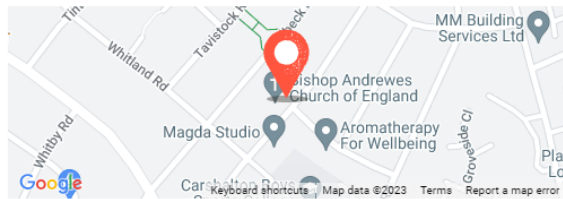
#### Sutton Salvation Army

OPENING TIMES	ADDRESS
Mon 12:00 - 14:00	44 Benhill Avenue Sutton SM1 4DD
Tue Closed	
Wed Closed	
Thu Closed	<a href="#">Directions via Google Maps</a>
Fri 12:00 - 14:00	
Sat Closed	
Sun Closed	



#### Bishop Andrewes Church

OPENING TIMES	ADDRESS
Mon Closed	Bishop Andrewes Church, 59 Wigmore Road Carshalton SM5 1RG
Tue Closed	
Wed 18:30 - 20:00	
Thu Closed	<a href="#">Directions via Google Maps</a>
Fri Closed	
Sat Closed	
Sun Closed	



#### St Michaels & All Angels Church, Wallington

OPENING TIMES	ADDRESS
Mon Closed	Milton Road, Wallington SM6 9RP
Tue Closed	
Wed Closed	
Thu 12:00 - 14:00	<a href="#">Directions via Google Maps</a>
Fri Closed	
Sat Closed	
Sun Closed	



Phone: **07525 838 640**

Website: <http://sutton.foodbank.org.uk/>

Email: [admin@suttoncommunityworks.org](mailto:admin@suttoncommunityworks.org)



# FREE TEEN PROJECT



## SURREY Teen Project



11 - 16 year olds

Christmas Holidays  
Tuesday - Thursday

10:00 - 15:00

**Free Hot lunch included**

Free for young people eligible for benefits-related free school meals



Department  
for Education



[www.personalbesteducation.com](http://www.personalbesteducation.com)

01794 510225



@PERSONALBESTEDUCATION

# TEEN PROJECT LOCATIONS



## BOOK NOW



Please complete the registration form found on our website:

[www.personalbesteducation.com/teens/teen-projects/](http://www.personalbesteducation.com/teens/teen-projects/)



[www.personalbesteducation.com](http://www.personalbesteducation.com)  
**01794 510225**



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# Understanding and supporting your teen with Autistic Spectrum Condition

The NHS are running two parent webinars in January on how to understand and support teenagers with Autistic Spectrum Condition. A poster with further information is attached.

**Education Wellbeing Service Webinar**

## Understanding and Supporting Your Teen with Autism Spectrum Condition

This webinar is designed for parents of Teenagers with diagnosed Autism Spectrum Condition

It will provide parents with a variety of approaches, tools and useful resources.

**DATE / TIME**

Monday 15th January 6-7.30 pm  
Wednesday 24th January 12-1.30 pm

**LOCATION**

Online - Hosted on Teams

Sign up to this event for free on Eventbrite (and check out our others!) by scanning the QR Code or following the link below:

[Click here to book](#)

wellbeinginschoolevents@swlstg.nhs.uk

**NHS**  
South West London and St George's Mental Health NHS Trust

Education Wellbeing Service

# Loneliness over the festive period

## Top Tips for when you're feeling lonely



### Find people with similar interests

Don't worry if you haven't found "your people" yet. There are many opportunities throughout life to meet similar people.

### Explore ways to express your thoughts and feelings

Find out what works best for you. You could try journaling, sports or listening to music.

### Talk to someone

Opening up is brave. There is lots of support out there, including your GP, friends, family and school.

### Do things you enjoy

Doing things you enjoy and are confident in will make you feel happy!

### Connect with people

Supportive relationships will help us feel less lonely. Spend time with people you trust.

### Look out for yourself

Feelings of loneliness are okay and can happen to everyone at some point. Do what makes you comfortable.

### Be mindful of social media

If social media is making you feel lonely, take a break or be aware of what content is making you feel this way.

### Be kind

Showing gratitude for the things around us can help to make us feel more connected and less lonely.



Mental Health  
Foundation



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# GETTING SUPPORT WHEN YOU'RE FEELING LONELY

Hey, are you ok?


Not really, feeling a bit  
lonely 


Sometimes I feel  
lonely too 


Anything help?

Talking to someone

Like who?

Someone I trust -  
family, friend, teacher... 

...or a helpline 

Thanks 



## Childline

You can contact Childline  
about anything.  
Call free on 0800 1111.

## Shout 85258

Shout offers support 24/7.  
Text "SHOUT" to 85258.



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