



GREENSHAW  
HIGH SCHOOL

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

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



## Holiday Activities and Food Programme (HAF)

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

Places with some providers or at some locations may be limited.

For bookings, go to [www.suttoninformationhub.org.uk/pages/HAF](http://www.suttoninformationhub.org.uk/pages/HAF)

## Free parenting support for parents and carers in Sutton

[Inourplace.co.uk](http://Inourplace.co.uk) is commissioned by Sutton to offer 11 different courses to help parents and carers understand their children. Courses are FREE to all Sutton residents if they use the access code TREE. The courses provide bitesize modules covering a range of subjects such as sleep, tantrums, managing anxiety, supporting teens after the pandemic and many more. The courses are available for families to access from mobile phones as well as laptops and are available in a range of languages.

If you would like any more information get in touch by emailing [parenting@sutton.gov.uk](mailto:parenting@sutton.gov.uk)

## Sutton Community Uniform Bank

In these difficult times for families the Sutton Health Visiting and School Nursing teams alongside Sutton children's centres have set up a community uniform shop (they don't do shoes, sorry!). There is no criteria for the service, which is free and open to any Sutton families to use. [Read how to access and also how to donate.](#)

## Support and Resources for Families and Young People

### Autism advice sessions for Sutton families

Would you like to gain some new ideas and resources to support your young person? Sign up to one of Cognus' 30 minute slots by mailing: [theautismservice@cognus.org.uk](mailto:theautismservice@cognus.org.uk)

<p><b>WOULD YOU LIKE TO TALK ABOUT YOUR YOUNG PERSON AND GET SOME NEW IDEAS OR STRATEGIES?</b></p> <p>IF AVAILABILITY, YOU WILL BE ALLOCATED A 30 MINUTE SLOT BETWEEN THESE TIMES</p> 	<p><b>AUTISM ADVICE SESSION FOR SUTTON FAMILIES</b></p> <p><b>TUES 6TH JUNE 9.30-12.30</b> <b>TUES 13TH JUNE 9.40-12.30</b> <b>MON 10TH JULY 9.30-12.30</b> <b>THURS 14TH SEPT 9.30-12.30</b> <b>WEDS 11TH OCT 1-4</b> <b>MON 6TH NOV 9.30-12.30</b> <b>TUES DEC 12TH 3-6</b></p> <p><b>BOOK BY EMAILING</b> <b>THEAUTISMSERVICE@COGNUS.ORG.UK</b></p>
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### Are you worried about the cost of living support is available in Sutton?

From money matters to mental health and wellbeing, Sutton Council, local charities, community groups and partners are working together to support you and those you care about with the rising cost of living. [Find out how to access support or help others.](#)



**Worried about the cost of living?**

**Support is available in Sutton**  
[sutton.gov.uk/support](https://sutton.gov.uk/support)

 

## The Local Offer

Sutton's Local Offer gives children and young people with special educational needs or disabilities, and their families, information about what support services are available in their local area. [Take a look at the website](#) and [join the facebook page for regular updates](#)

## Family concerns about a child's health

Created by local experts in child health, Healthier Together is a brand new website which provides information on common childhood health concerns such as fever and breathing problems. You will find information about a range of health concerns, all of which have been created by child health specialists, GPs and clinicians in South West London. [See more information about this website](#) which is designed to support parents and carers of children in south west London.



## Find out about Sutton's volunteering opportunities

Through our extensive network, we are the first port of call for anyone looking to volunteer in Sutton. With over fifty years' experience in matching people to volunteering opportunities, we can help you find your perfect role based on your skills and interests, as well as your commitment and availability.

You can call us on 020 8661 5900 Monday to Friday 9.30am to 4.30pm, and speak to one of our friendly volunteering advisors. You can also email us at [hello@vcsutton.org.uk](mailto:hello@vcsutton.org.uk). We can help you find out what roles are available, and we can also help you to contact the organisation and apply for the role.

Sign up to receive our [Volunteering Opportunities Newsletter](#)

# Everyone deserves a life without domestic abuse

For support, visit our male-only 'One Stop Shop':

Every 3rd Thursday of the month,  
10am-1pm

Masonic Hall, 9 Grove Road,  
Sutton SM1 1BT

Thursday 15 June



**CRANSTOUN**  
Empowering People, Empowering Change

**Together for Sutton Information Network  
5th June 2023, 2pm – 5pm**

Please come along to our third TfS Information Network being held on **Monday 5 June, 2-5pm, at The Salvation Army in Sutton.**

Our first and second events focussed on pressures of the cost-of-living crisis and the ripple effects this may have on mental health. We explored equitable access to professional services in Sutton and some of the hidden biases and assumptions we may all be prone to!

This time round we would like to look at the following areas:

1. The pressures on families with children.
2. Issues for residents who may be engaging in risky or harmful behaviours e.g. domestic abuse, gambling, alcohol and substance misuse.
3. How unpaid adult and young carers may be impacted by these issues.

We have organised some inspirational guest speakers for this event, and given that it will be National Carers Week, Rachael MacLeod, Chief Executive of Sutton Carers Centre, Carer, and a proud TfS Partner, will be our Key Note Speaker.

We also are pleased to have speakers from Sutton's Family Hubs, Transform, SignHealth Sutton, GamCare and Inspire, as well as information stalls from many more TfS and wider Sutton Partners.

We look forward to seeing you all there for some great networking and sharing of information! And more cake!

**Kate, Together for Sutton Information & Advice Contract Manager**

[Click here to book your place](#)

For more information on TfS please do visit our [website here](#)



## MAY HALF TERM

Family Friendly Activities  
in Sutton's Libraries  
and Heritage Houses.



### **Language of Flowers Week - Honeywood Museum, Carshalton (27 May-3 June)**

Follow Millie's Language of Flowers Trail. Also make a Tudor rose headband, a bunch of flowers and a decorative floral wreath to hang.

### **Inspired by Nature Trail and Craft - Whitehall Historic House, Cheam (27 May-3 June)**

Come along to Whitehall Historic House and follow this new trail to find out how animals and plants have inspired art for centuries!

### **Tudor Day - Honeywood Museum, Carshalton (27 May)**

The Tudors Unleashed, come in traditional Tudor costume to welcome you to Honeywood. Take photos and ask questions about the Tudor period!

### **Explore Africa! Children's Workshop, Wallington & Sutton Central Library (30 May)**

A fun way to build character and provide children with moral values like integrity, courage and working together.

### **SEND activity Quiet Days - Honeywood Museum, Carshalton (31 May)**

Enjoy the museum at your own pace, free from the general public.

### **Woodblock printing - Whitehall Historic House, Cheam (1 June)**

Create your own fabric print, using our special nature-inspired woodblock prints.

### **Made a pomander - Honeywood Museum, Carshalton (1 & 2 June)**

Join us and make your own orange and clove pomander to take home.

To book your place on one of the following events please follow the link below:

<https://www.eventbrite.co.uk/cc/may-half-term-events-2189019>