



GREENSHAW
HIGH SCHOOL

Help for the Holidays *(December 2024)*

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

Winter Holiday Activities in Sutton (Ages 4-14)

APF Activity Camps offer free holiday activities and food during the school holidays for school age children who receive benefits-related free school meals



FREE CAMP - FREE HOT MEAL - FREE GOODIE BAG

- **For children eligible for free school meals (FSM)**
- **Dates: 23rd, 27th, 30th and 31st December**
- **Times: 11am-3pm**



SPORTS AND EXRTEME

20 Different Sports
Electric Go-Karts
Archery
Bouncy Castle
Sumo Suits



ARTS

Painting
Drawing
Colouring
Face Painting
Clay-Modelling
Christmas Themed Art



TEAM BUILDING

Den Building
Board Games
Twister
Speed Stacks
Jenga
Tug of War
Lego

EMAIL: SUPPORT@APFACTIVITYCAMPS.COM

CALL: 07555748776

Once you have received your HAF code from your school/local authority you can make your booking here <https://suttoninformationhub.org.uk/pages/haf-bookings>

For more information please contact support@apfactivitycamps.com



M mensah

s p o r t s

R.I.S.E. Winter Camp

WITH MENSAH
EDUSPORT
OUR ITINERARY

Sports | Games | Arts and Crafts |
Healthy Eating | Team competitions |
Library Trips | plus many more...

FREE

WITH
CODES
ISSUED BY
HOLIDAY
ACTIVITIES

**JOIN US OVER
WINTER BREAK,**

Our winter camp will be on Monday
23rd of December 10am to 2pm and
2pm to 6pm & Monday the 30th 10am
to 2pm and 2pm to 6pm.

Sign up for a longer day to enjoy the fun
trips with have in store

To sign up please email for instructions
of how to sign up via
HolidayActivities.com

CALL US ON:

07549994732

**EMAIL US FOR AN
APPLICATION FORM**

admin@mensahedusport.com



Supreme Education HAF CAMP (ages 13+)

Our camps are specifically designed for young people eligible for free school meals.

We have a camp in Sutton that caters specifically for 13+. (Wallington girls school)

Please find attached a link below to book: <https://www.supreeducation.org/holiday-camps>



The poster features a green background with white snowflakes and a starburst. At the top left, there are colorful Christmas lights. The word 'supreme' is written in red with a yellow pencil underline. The main title 'Supreme Education' is in large yellow letters, and 'WINTER HAF CAMP' is in pink. The dates and time are listed in white. Locations are listed in white. At the bottom, there are logos for Sutton, Royal Borough of Greenwich, Croydon Council, and Islington, along with the Buckinghamshire Council logo. A red pot of soup with steam is on the left, a basketball is on the right, and a yellow silhouette of a person meditating is on the right. A purple musical note is on the right.

supreme

Supreme Education

WINTER HAF CAMP

**DATE: 23&24 DEC
30&31 DEC 2024
TIME: 10AM-2PM***

**Locations: Buckinghamshire
Croydon.Greenwch.
Islington.
Sutton**

www.supreeducation.org
Camp time subject to location*

Sutton **ROYAL Borough of GREENWICH** **Buckinghamshire Council**
CROYDON COUNCIL **ISLINGTON**

Kids Eat Free or for £1 (during school holidays 2024)

FRANKIE & BENNY'S

Kids Eat Free deal from Monday 21st October to Friday 1st November.

MORRISONS

Spend £5 from the hot menu and get one free kids meal all day, every day.

COCONUT TREE

One child (under 10) eats free every day Monday 21st Oct- Sunday 3rd Nov 2024

SAINSBURYS CAFES

Kids eat for £1 with the purchase of an adult hot main. From 11:30am every day.

ASDA

Kids eat for £1 All Day, Every Day at Asda cafes, with no adult spend required.

BEEFEATER & BREWERS FAYRE

Two children under 16 can get a free breakfast every day with one paying adult!

THE REAL GREEK

Kids under 12 eat FREE every Sunday for every £10 spent by an adult

TRAVELODGE & PREMIER INN

Buy 1 Adult Breakfast from just £8.99 & up to two kids eat breakfast for free

SIZZLING PUBS

Every Monday to Friday, 3 - 7pm, kids' mains are £1 with every adult meal.

TGI FRIDAYS

Kids Eat Free When 'Stripes Rewards Members' purchase any adult meal (Via App)

PRETO

Kids up to age 10 eat free all day, every day with paying adults at Preto in Half Terms

EMBER INNS

Kids eat for £1 from Monday 21st October to Friday 1st November 2024 (excludes weekends)

YO! SUSHI

Monday 14th October - Friday 1st November 2024
kids eat free with every £10 adult spend

GORDON RAMSEY RESTAURANTS

Kids under 8 eat FREE all day, every day at selected Gordon Ramsay restaurants

BILLS

2 kids eat FREE Mon - Fri from Monday 21st October - Friday 1st November 2024

PIZZA HUT

Free Kids buffet Monday 14th Oct - Tuesday 5th Nov daily until 3pm with code **SPOOKY**

BELLA ITALIA

Children eat for £1 with any adult main. The offer is valid 4-6pm Mon to Thurs.

WHITBREAD INNS

Two kids under 16 eat for FREE with every adult breakfast purchased

TABLE TABLE

Two children under 16 can get a free breakfast every day with one paying adult!

PAUSA CAFE @ DUNELM

Kids get 1 mini main, 2 snacks & a drink FREE with every £4 spend after 3pm

IKEA

Kids get a meal from 95p daily from 11am

HUNGRY HORSE

Kids eat for £1 on Mondays

FUTURE INNS

Under 5s eat for free with any adult meal.



GET HELP

HOW TO GET HELP

If you need help from our foodbank there are a few simple steps to follow.

THE MOST IMPORTANT STEP IS TO GET A FOODBANK VOUCHER.

In order to provide the most appropriate help for the circumstances of your situation we work with local agencies. If they feel you are struggling to put food on the table, they will issue you with a foodbank voucher. The local agency can also provide long term support if needed to help address some of the issues behind the reasons for your crisis.

GET IN TOUCH WITH AN AGENCY

Agencies we work with include: Citizens Advice, housing support officers, children's centres, health visitors, social services, some local charities and some local churches. Here are some examples:

- Citizens Advice: 0208 4053552 or online via their [website](#)
- Together for Sutton: 020 8254 2616 or via their [website](#)
- Welfare Reform Team: 020 8770 5000 or [email them](#)
- Sutton Uplift: 0800 032 1411 (Freephone) or 020 3513 4044
- Tweeddale Children's Centre: 020 8770 5801
- Encompass: 020 8770 5000 or via [email them](#)

They will discuss your situation and supply you with a [foodbank voucher](#) where appropriate.

Visit website



Childline is a free, private and confidential service that you can access online and on the phone. They can provide help and support for people up to their 19th birthday.

Visit website



You can access confidential emotional support at any time from Samaritans either by calling 116 123 or emailing jo@samaritans.org

Visit website



24/7 text service, free on all major mobile networks, for anyone in crisis anytime, anywhere. It's a place to go if you're struggling to cope and you need immediate help. Text 85258.

Only available in mainland UK

Visit website



CEOP help children stay safe online. If anybody acts inappropriately towards you or another child or young person online (such as sexual chat, or being asked to do something that makes you feel uncomfortable); you can report it here.



Supporting the mental health
of children and young people
in your community



With 52% of young people experiencing daily struggles with mental health according to YoungMinds (2023), access to continuous support is essential. This festive season, we're here to help - offering free resources and webinars to keep families supported, and a reminder that Kooth is here for you over the winter break.

KoothTalks Families

Supporting your child with Emotionally Based School Avoidance (EBSA)

[Link to share](#)



We're still here

Supporting you over the festive period

Kooth's live chat hours over the holiday period

24th December	(Christmas Eve)	12pm – 8pm
25th December	(Christmas Day)	4pm – 8pm
26th December	(Boxing Day)	12pm – 8pm
31st December	(New Years Eve)	12pm – 8pm
1st January	(New Years Day)	4pm – 8pm

Other days over the holiday period will follow our usual live chat hours of 12pm – 10pm on weekdays and 6pm – 10pm on weekends.

[kooth.com](https://www.kooth.com)





FAITH AND CULTURALLY SENSITIVE SUPPORT BY PHONE, LIVE CHAT, WHATSAPP OR EMAIL

We offer non-judgemental, confidential support 7 days a week, 365 days a year including bank holidays and Eid.

Call: 0808 808 2002 – you can reach our free helpline any day of the week between 4pm and 10pm. Our team will offer you support in a non-judgmental and non-directive way.

Email: help@myh.org.uk – need support but you don't want to call or chat? You can also reach us by email and we'll get back to you soon.

More about us - to find out more about the team behind MYH and to see how we can help support you please visit: <https://myh.org.uk/>



Muslim Cultural &
Welfare Association
of Sutton

The Muslim Cultural & Welfare Association of Sutton (MCWAS) was established in 1981 by the late Mr Lal Hussain MBE, former Mayor for the London Borough of Sutton, to serve the needs of the local Muslim community

To find out more about us go to: <https://www.mcwas.org/about-us>

YOUNGMINDS



Cultural identity and mental health

Our cultural identity is a big part of who we are. It can affect our mental health and influence what support we need. Find out more about the relationship between cultural identity and mental health, how to navigate expectations and pressures, and where to find support.

<https://www.youngminds.org.uk/young-person/coping-with-life/cultural-identity-and-mental-health/>



A self-care guide for young Muslims

It's normal to have ups and downs, but if you're struggling, there are things you can do that can really help. Check out our faith-friendly guide to self-care and how to practise self-care that's right for you.

<https://www.youngminds.org.uk/young-person/coping-with-life/a-self-care-guide-for-young-muslims/>

Getting professional help

Getting professional help can feel scary, especially when you don't know what to expect. But sometimes getting the right professional support is what you need to start to feel better.

There are lots of different types of professional help, like [therapists](#), psychologists and GPs. There are also free helpline and listening services available through charities and other organisations, where you can call and talk to trained advisers. It can be helpful to understand what support is available to you, so you can choose what works for you.

Whether you're seeing your GP, a therapist, or any other service, it's important to remember that everyone's experience is different.

Below are just some of the ways that professional support can help.



<https://www.youngminds.org.uk/young-person/coping-with-life/muslim-mental-health/#Gettingprofessionalhelp>

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



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.



Mental Health
Foundation



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>
- 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/>



Parent/carer Coffee Information Sessions
For Sutton Families
January-December 2025



Would you like to meet with other parents/carers in a cosy, non-judgemental and welcoming environment?

Would you like to find out about services that are available in the London Borough of Sutton that may benefit you and your family?

Would you like to give your opinion about what you feel is needed in your local area?

Maybe you just want some advice on a matter and you don't know where to turn.

Do you require any parenting advice?

If your answer is 'yes' to any of the questions above, we are facilitating parent/carer coffee/information sessions in your local area.

The very least you will get from attending our coffee/information sessions, is a genuine and sincere warm welcome, a cup of tea/coffee and a chance to sit and chat to other parents/carers.

We can organise guest speakers who can offer you advice on a range of issues and we can signpost you to relevant services if required subject to your needs.

Parenting can be so rewarding. However, at times it can also bring its challenges and worries and this can make you feel isolated.

You don't need to make an appointment. Just turn up.

If you would like to find out more about the sessions, please contact

Clare Kennedy Parenting Administrator: clare.kennedy@sutton.gov.uk

<p>Carshalton Family Hub and Children's Centre Session times: 9.30am - 11.30am (Fridays)</p> <p>January 10th / 24th February 14th / 28th March 14th / 28th April 25th May 9th / 23rd June 13th / 27th July 11th September 12th / 26th October 10th / 24th November 14th / 28th December 12th</p>	<p>Sutton Library Family Hub Session times: 9.30am -11.30am (Fridays)</p> <p>January 17th / 31st February 28th March 21st April 4th May 2nd / 16th June 6th / 20th July 18th September 5th / 19th October 3rd / 17th November 7th / 21st December 5th / 19th</p>
<p>Parent Coffee/Information Sessions Shanklin Community Centre Session times: 1pm - 2.15pm (Mondays)</p> <p>January 13th / 27th February 10th / 24th March 10th / 24th April 28th May 12th June 9th / 23rd July 7th / 21st September 8th / 22nd October 6th / 20th November 3rd / 17th December 1st / 15th</p>	<p>Parent Coffee/Information Sessions Stanley Park Children's Centre Session times: 9.30am -11.30am (Wednesdays)</p> <p>January 8th / 22nd February 5th / 26th March 12th / 26th April 2nd / 23rd May 7th / 21st June 4th / 18th July 2nd / 16th September 10th / 24th October 8th / 22nd November 5th / 19th December 3rd / 17th</p>
<p>Parent Coffee/Information Sessions The Quad. Green Wrythe Lane, Carshalton SM5 1JW Evenings: 6pm - 8pm (Mondays)</p> <p>January 27th February 24th March 24th May 12th June 9th July 7th September 22nd October 20th November 17th December 1st</p>	<p>Chill, Chat and Connect Men's Group The Quad. Green Wrythe Lane, Carshalton SM5 1JW Evenings: 6pm - 8pm (Mondays)</p> <p>January 13th February 3rd March 10th April 28th May 19th June 23rd July 21st September 8th October 6th November 3rd December 8th</p> <p>These sessions are aimed at fathers, stepfathers, foster dads, grandfathers and other significant male carers to meet together to chill, chat and connect. It's a chance to share experiences and challenges/positives of family life in a safe, supportive, relaxed and non-judgemental space. Led by male parent volunteers who are fathers themselves with support of the parenting coordinator, Theresa Cameron.</p>