



GREENSHAW
HIGH SCHOOL

Help for the Holidays

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

Summer 2024



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



Summer Resources for families:

- Free KoothTalks webinars “*Parenting pressures during the summer holiday and how we can help*” - here’s the [booking form](#)
- [Activity sheets](#) to supplement all the good ideas of things to do that are available on Kooth.

Online sessions around anxiety management for families:

KoothTalks training: Helping your child manage anxiety [Booking form here](#)



Get urgent support from a crisis service

If you need urgent support you can contact any of these services.

Childline



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

Samaritans



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

Visit website

Shout



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](#)

Report abuse



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.

[Visit website](#)

School's Out Take an emotional health check



Head into the summer with a better understanding of your **child's brain development** and their **emotional wellbeing** as you support them into their next new phase.

FACT

Our brains develop most rapidly in childhood shaping our emotional health and wellbeing for the rest of our lives.

HERE FOR YOU

Online courses developed by clinical psychologists can help you to **understand your child, read their behaviour and help them look after their emotional health.**



inourplace.co.uk

Understanding your child online course has been paid for by **London Borough of Sutton**, so you can access it **completely free** using the code **TREE**

Short courses on **Understanding the impact of the pandemic on your child or teenager** also included.

<https://inourplace.co.uk/>

Parenting Support Offer

London Borough of Sutton
Family Hubs



Parenting Support Offer

We know that being a parent can be both rewarding and challenging, and we all need a helping hand at times.

Knowing where to go and who to turn to can be vital to getting that help early and preventing further escalation.

Our parenting support programmes are a source of support for all parents and carers and offer an opportunity to share parenting experiences, develop a greater understanding of child development, build positive relationships and learn skills to deal with challenging behaviour.

What support can I get as a parent/carer and what do we offer in Sutton?

We provide the following parenting support programmes.

Empowering Parents, Empowering Communities (EPEC):

- **Being a Parent course** (05/09/2024 - 08/10/2024 - 6-8pm - The Quad, Green Wrythe Lane, Carshalton)
- **Being a Parent – Together course** (17/09/2024 - 12/11/2024 - 6-8pm - The Quad, Green Wrythe Lane, Carshalton)

Care for Family:

- **Time out for parents - The Teenage Years** (11/09/2024 - 16/10/2024 - 6-8pm – Greenshaw High School, Sutton)

Adapt to Learn:

- **Small Change, Big Difference** (02/10/2024 - 23/10/2024 – 9.30-11.30am – The Youth Zone, Phoenix Centre, Wallington)

For further information on these courses please contact:

Theresa Cameron - Parenting Coordinator - 07736 338924 - parenting@sutton.gov.uk

Clare Kennedy - Parenting Administrator - 07873 702777 - parenting@sutton.gov.uk

Other parenting support

- Playwise - <https://playwise.org.uk/services/#family>
- Sutton Women's Centre - <https://suttonwomenscentre.co.uk/what-we-offer/>
- Sutton Young Carers - <https://www.suttoncarerscentre.org/young-carers-services>
- Sutton Parent Forum - <https://www.suttonparentsforum.org.uk/>
- Cognus - <https://www.cognus.org.uk/services-for-families/cognus-therapies/>
- Bags of Taste - <https://bagsoftaste.org/>
- Sutton Children's Centres - <https://www.sutton.gov.uk/-/children-s-centres-family-support>
- Homestart - <https://homestartsutton.org.uk/get-support/>
- Solihull Parenting - <https://solihullapproachparenting.com/online-course-for-parents-0-19/>
- Family Lives - <https://www.familylives.org.uk/>
- Sutton Men in Sheds - <https://www.daddilife.com/>
- Jigsaw4u - <https://www.jigsaw4u.org.uk/parenting/>
- Transform Sutton - <https://cranstoun.org/help-and-advice/domestic-abuse/transform-sutton/>

HAF ACTIVITY CAMPS (available to families receiving free school meals)

APF ACTIVITY CAMPS (HAF)

THIS SUMMER HOLIDAYS



SPORTS

Dodgeball,
Basketball,
Football Rounders,
Rugby, Athletics,
Rackets



ARTS AND CRAFTS

Face Painting, Craft,
Painting, Drawing,
Colouring

ADVENTURE AND TEAM BUILDING

Bouncy Castle,
Archery, Water
Games, Scooters,
Giant Snakes and
Ladders, Dominoes



Summer Camp - AGES 4-14

At APF Activity Camps, your child will make friends, try new activities, and have a blast!

From sports, arts and crafts, water games, archery, football, inflatables and dodgeball, you can rest assured that your child will never be bored! Each child will also be given a hot meal, snacks, fruit and drinks.

Location:

St. Oswald's Church,
Brocks Drive, Sutton,
SM3 9UP

6th- 30th August
11:00am - 3:00pm



If eligible, you will receive a code from your school or directly from the local authority. Then follow the link sent to you to book.

OR CONTACT US FOR MORE INFORMATION:

support@apfactivitycamps.com

07555748776



APF ACTIVITY CAMPS
MAKING MEMORIES THAT
LAST A LIFETIME

APF ACTIVITY CAMPS

THIS SUMMER HOLIDAYS



SPORTS

Dodgeball,
Basketball,
Football Rounders,
Rugby, Athletics,
Rackets

ARTS AND CRAFTS

Face Painting, Craft,
Painting, Drawing,
Colouring, Clay
Modelling

ADVENTURE AND TEAM BUILDING

Bouncy Castle,
Archery, Water
Games, Scooters,
Giant Snakes and
Ladders, Dominoes



Summer Camp - AGES 4-14

At APF Activity Camps, your child will make friends, try new activities, and have a blast!

From sports, arts and crafts, water games, archery, football, inflatables and dodgeball, you can rest assured that your child will never be bored! You also have the option to purchase a meal each day.

Location:

St. Oswald's Church,
Brocks Drive, Sutton ,
SM3 9UP

6th- 30th August
11:00am - 3:00pm



FROM £16 PER DAY PLUS SIBLING DISCOUNT 10%

BOOK NOW:

www.eequ.org/experience/9479

OR CONTACT US FOR MORE INFORMATION:

support@apfactivitycamps.com

07555748776



APF ACTIVITY CAMPS
MAKING MEMORIES THAT
LAST A LIFETIME



Surrey Summer 2024 Teen Project

Club4

Personal Best is delivering the Surrey **Teen Project** in partnership with Surrey County Council (Club4) during the Summer holidays for students **aged 11-16** who are in receipt of benefit related free school meals at their current school or for families here from the Ukraine.

What to expect?

Teens will get the opportunity to take part in a variety of workshops each day. Previous workshops have included activities such as: Laser Tag, Cooking, Pottery, Circus Skills, DJing, Climbing, Archery, Canoeing, Trampolining, Theme parks and many more!

Food?

All attendees eligible for free school meals will be provided with a free hot lunch.

For information on activities and to book a space please follow this link:

<https://form.jotform.com/241353671957363>

Contact details: Tel: 01794 510225

enquiries@personalbesteducation.com

www.personalbesteducation.com



Free School Uniform Bank

Sutton Children's Services have a free school uniform shop to support families in Sutton with children aged 4- 19 years.

There is no criteria for this service and anyone with a child who needs a uniform can get in contact regardless of income.

They are also currently requesting good quality school uniforms, particularly current logoed uniform. To find out what is currently being accepted please email: suttoncommunityuniform@sutton.gov.uk.

The uniform shop is based at:

Tweeddale Children's Centre
Tweeddale Road
Carshalton
SM5 1SW

Open 09.30 - 16.30pm

To book an appointment or for more information, please contact us by email at: suttoncommunityuniform@sutton.gov.uk



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.

Kids Eat Free – Summer Holidays 2024



PLACES WHERE KIDS EAT FREE (OR FOR £1) DURING MAY HALF TERM 2024

moneysavingcentral.co.uk/kids-eat-free



LAS IGUANAS

Join 'My Las Iguanas' via the App & Niños eat free with every adult main

ASDA

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

SAINSBURYS CAFES

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

PAUSA CAFE @ DUNELM

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

THE REAL GREEK

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

TGI FRIDAYS

Kids Eat Free When 'Stripes Rewards Members' purchase an adult's main meal (App needed)

PUREZZA

Children under the age of 10 get free pizza at Purezza with every adult meal purchased

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.

BEEFEATER & BREWERS FAYRE

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

PRETO

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

MORRISONS

Spend £4.49 and get one free kids meal all day, every day.

GORDON RAMSEY RESTAURANTS

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

YO! SUSHI

From Monday 27th May to Friday 31st May 2024, kids eat free all day at YO! Sushi (minimum adult spend £10).

WHITBREAD INNS

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

BELLA ITALIA

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

BILLS

Two kids can eat free ALL DAY (Weekdays) from Monday 27th May to Friday 31st May 2024, with one adult main dish.

DOBBIES GARDEN CENTRES

At Dobbies, for every adult breakfast or lunch purchase, kids eat for FREE. Every Day!

TABLE TABLE

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

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.

Copyright of MONEY SAVING CENTRAL