



GREENSHAW
HIGH SCHOOL

Help for the Holidays

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



March 2026






Sutton Holiday Activities and Food (HAF) Programme



Monday, 30th March – Thursday 2nd April (10:00am – 2:00pm)

Wilson School, SM6 9JW AND Carshalton High School for Girls, SM5 2QX

Each day will be action-packed with:

-  Shooting, dribbling and passing challenges
-  Football tournaments and small-sided matches
-  Skill competitions and team challenges
-  Football golf, dodgeball and tag games
-  Confidence-building activities in a safe, energetic environment

Our experienced and enthusiastic coaching team deliver high-energy sessions focused on enjoyment, development and teamwork, ensuring every child has a brilliant holiday experience

A hot lunch is included each day, with a variety of options available to cater for allergies and dietary requirements.

This programme is fully funded for children in receipt of benefits-related Free School Meals.

Book here to secure your place: [[Wilsons School](#)] or [[Carshalton High School for Girls](#)]

Places are limited and fill quickly, so we encourage families to book as soon as possible.

We look forward to welcoming your child for a fantastic Easter of football and fun!

**RAISING MONEY FOR
THE MAYOR OF SUTTONS
CHOSEN CHARITIES**



Parkinson's UK
For every Parkinson's journey
Sutton, Kingston & Epsom Branch

Easter

Egg Hunt

**£3 A TICKET
PRICE INCLUDES A
PRIZE**

**4TH APRIL
12PM-2.30PM**

**MANOR PARK
SUTTON**

**EGG HUNT, STALLS, KIDS
ACTIVITIES, LUCKY DIP**

**TICKETS INCLUDE EGG HUNT AND
A PRIZE**



BOOK YOUR TICKETS VIA THE QR CODE



EGGSTRAVAGANZA

Ages 5-16

30th March – 2nd April 2026

Monday – Thursday 10am – 2pm

🥚 Join the Supreme Eggstravaganza 2026 camp! 🥚

📍 Across 10 London locations | 🗓 Starting March

Get ready for an exciting Easter break filled with creativity, discovery, and fun! At Supreme Education, our Easter camp goes beyond the ordinary – providing a safe, engaging, and inspiring environment where children can learn new skills, make friends, and enjoy unforgettable springtime adventures.

Activities Include:

Arts & Crafts	DIY Crafts	Fitness	Days Out	Cooking
Coding	Football	Basketball	Virtual 3D Games	and more!



Scan to Register via our site





SUMMER CRICKET

FREE OPEN DAY



SUNDAY 26TH APRIL

JUNIOR BOYS

YR 1-5

10AM

ALL GIRLS

& BBQ

12PM

SENIOR BOYS

YR 6-11:

1:30PM

FREE COACHING

OUTDOOR BBQ

MUSIC



www.cheamcricketclub.com/openday



@cheamcc

Cheam Cricket Club

Head of Juniors

www.cheamcricketclub.com

CREATE DRAMA

ANYTHING IS POSSIBLE

Youth Theatre Company 13 - 18 Year olds

Performance Making Course and Trip to Sky Studios

Friends Meeting House, Cedar Road Sutton

Mon 30 March - Wed 1 April 2.30 - 6.30pm

Trip to Sky Studios - Thurs 9 April 11.30 - 5.30pm

Come and work with professional actors and directors to develop your acting skills and build your confidence on stage.

Have you ever watched a film and wished you could change the ending? Over three days, you'll collaborate with others to create and rehearse your own performances, reimagining the endings of well-known stories and bringing them to life on stage in a final showcase on Day 3.

Then, a week later, take part in an exciting tour of **Sky Studios** and step into a professional film environment. You'll get hands-on experience **creating your own film trailer** inside a real working studio.

Course includes a hot dinner every evening, fruits and water.



We also run A Youth
[Book & Pay](#)

evenings in Walling-



Theatre on Wednesday
[FREE funded places \(FSM\) Here](#)

Chat: info@dramabuds.co.uk
07789 722 687

Supported by:



FREE places
available
for children on
Free school
Meals

Sutton Ecology Centre Holiday Activities

Discover outdoor adventures at Sutton Ecology Centre! From pond dipping and river explorations to bear hunts and buzzing bees, our holiday activities offer fun and learning for all ages.

What is this activity?

Events at Sutton Ecology Centre are based around nature themes such as bees, beetles, ponds and more.

All of our events are in Sutton Ecology Centre nature reserve which is a lovely secluded natural area including ponds, woodlands and meadow.

All of our holiday activities involve hands-on activities games and crafts. There is a balance between fun activities and activities that focus on learning about or connecting with nature.

💡 Good to know

- **Cost:** 5.40-7 per session [Further cost information](#)
- **How to get here:**
The entrance is off Festival Walk, Carshalton at the end of Honeywood Walk.
- **What to wear:**
All our events are outdoors and go ahead regardless of the weather. Please wear suitable clothing and footwear.
- **Parking:**
There is no parking at Sutton Ecology Centre. The nearest car park is on Carshalton High Street, pay & display.
- **Getting here:**
There are many local buses that drop off 5 mins walk away, 157, 127, 154, 407. And Carshalton train station.

How can I connect with this service?

Contact: Mary Buckton

- biodiversity@sutton.gov.uk
- libraries.sutton.gov.uk
- [Facebook](#)

This service is run by the organisation Sutton Ecology Centre.

[View their organisation details and other listed services](#)



Activities in Sutton

Saturday, 28th March - 10:00-11:00

Hop into Easter Fun at Honeywood Museum

Join us for a range of spring-themed activities, including a new Easter trail around the house and some egg-celent crafts!!

Tickets £2 each (paid on arrival by credit/debit card)

Wednesday 1 April – 11:30-12:30

Relax, Recharge and Meditate

Sutton Central Library – Community Space, 1st Floor

Take a gentle pause in your week with this guided meditation session. Ages 16+ (FREE)

To book, please email bec@becomjoytherapies.com

Thursday 2 April – 10:30-12:00

Songwriting Workshop - Wallington Library

A fun, collaborative and engaging workshop where children can connect with like-minded peers and build creativity through songwriting. Ages 8-12 (FREE)

To book, please log onto <https://events.sutton.gov.uk/event?id=318893> and enter your library credentials



New Term

Please see below the list of new classes starting after Easter

These courses will start between 13th and the 24th April and run for 8-10 weeks

Please email Jo@suttonwomen.co.uk to register your interest

Course	Day and Time	Time	Location
Power to Change	Friday	10am-12pm	Amy Johnson Children's Centre
Power to Heal	Friday	12.30pm-2.30pm	Amy Johnson Children's Centre
Online Art	Thursday	6pm-8pm	Zoom
Gardening	Monday	11.30am-1.30pm	TBC
Stitching	Wednesday	1pm-3pm	St Helier Congregational Church
Drama	Friday	10.30am-12.30pm	Sutton Community Dance
Over 60s Art	Wednesday	1pm-3pm	Sutton Community Dance
Art Project SWC	Wednesday	10am-12pm	Sutton Womens Centre
Art Project Cheam	Friday	12.30pm-2.30pm	St Dunstans Church Cheam
Understanding Trauma	TBC	TBC	Online
Reiki	Thursday	7pm-9pm	Sutton Womens Centre



Women's Art Project (CHEAM)

Watercolour and pencil sketching course level1

This course focuses on developing foundational drawing skills through the use of watercolour and pencil, introducing students to essential techniques in observation, composition, and shading.

- **Fridays course (12.30pm–2.30pm)**

- **10 sessions**

24 April

1, 8, 15, 22, 29 May

5, 12, 19, 26 June

**Location : St Dunstan's Church Hall,
3 Church Farm Ln, Cheam, Sutton SM3 8PT**

These workshops will be hosted by local artist and illustrator Sandy Leong.

* Participants are required to prepare their own art materials for this workshop. A list of required materials will be sent by email after registration.

It's FREE. Please sign up using the QR code.

費用全免, 請透過以下QR code 報名。



Women's Art Project (Sutton Women's Centre) Watercolour and pencil sketching course level 1

This course focuses on developing foundational drawing skills through the use of watercolour and pencil, introducing students to essential techniques in observation, composition, and shading.

- Wednesday course (10am-12pm)
 - 10 sessions
- 22, 29 April
6, 13, 20, 27 May
3, 10, 17, 24 June

Location : **Sutton Women's Centre**
3 Palmerston Road, Sutton SM1 4QL

These workshops will be hosted by local artist and illustrator Sandy Leong.

- * Participants are required to prepare their own art materials for this workshop. A list of required materials will be sent by email after registration.

It's FREE. If you're interested, please contact jo@suttonwomen.co.uk to register.





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
- Sutton Uplift: 0800 032 1411 (Freephone)
- Tweeddale Children's Centre: 020 8770 58
- Encompass: 020 8770 5000

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

Bring your foodbank voucher to your nearest foodbank centre.

You can find a list of our local centres and opening times [here](#). When you arrive, we'll welcome you and our trained volunteers will chat with you about your situation. We'll also discuss any dietary needs you may have and exchange your foodbank voucher for a [parcel](#) of three days of emergency food. We'll also help to support you in any other ways that we can.

Kids Eat Free Or For £1

Supermarkets & Garden Centres

- [Asda](#): Kids' meals for £1 all year, no minimum adult spend in cafes
- [Morrisons](#): Kids eat free in cafes with an adult main meal over £5
- [Tesco](#): Kids eat free in cafes (check for current offers)
- [Dobbies Garden Centres](#): Kids can get meals for £1
- [IKEA](#): Offers very cheap kids' meals (e.g., 95p)

Pubs & Restaurants

- [Hungry Horse](#): Kids eat for £1 (often Mon-Fri) with an adult meal
- [Sizzling Pubs](#): Kids' menu £1 (often weekdays after 3 pm, longer in holidays) with adult main
- [Toby Carvery](#): Kids eat for £1 with an adult main via the app
- [Harvester](#): Kids 10 & under for £1 with an adult main via the app (often holidays)
- [Beefeater](#): Two kids eat breakfast free with one adult breakfast
- [Bella Italia](#) & [Prezzo](#): Often have kids eat free offers (check for current deals)
- [YO! Sushi](#): Kids eat free (check specific dates/terms)
- [Purezza \(Vegan Pizza\)](#): Kids under 10 eat free all year

Important Information:

Check Apps: Many deals (Toby Carvery, Harvester) require using their app for vouchers

School Holidays: Many deals are specifically for holidays (Half-Term, Summer)

Adult Purchase Needed: Most offers require an adult to buy a main meal to qualify

Everyone deserves a life without domestic abuse

For support, visit Sutton DASS women-only 'One Stop Shop':

Every Wednesday 9.30am – 11.30am

We have a new location:

Thomas Wall Community Lounge

64 Robin Hood Lane

Sutton SM1 2RG

(next to the Robin Hood Pub)

Sutton DASS is a LGBTQI+ and Global Majority inclusive service

020 8092 7569
cranstoun.org



CRANSTOUN
Empowering People, Empowering Change



Get urgent support from a crisis service

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](#)

Police



If you or somebody else is in danger, or it feels like a situation might get dangerous and you need support right away, [click here](#) to find out how to contact the police.

[Visit Website](#)

NHS Choices



Mental health services are free on the NHS.

- To get urgent medical help, use the NHS 111 online service, or call 111 if you're unable to get help online. Only available in mainland UK.
- For life-threatening emergencies, call 999 for an ambulance

[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](#)



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/>





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>

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/>