



GREENSHAW
HIGH SCHOOL

Help for the Holidays

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

May 2026

Shared Reading Group



Come to Sutton Central Library and take part in this free shared reading group. No homework. No Pressure. Read a short written piece, then talk, laugh and feel connected as you discuss it with others.

When: 10:30AM - 11:30AM
Monday 25 May 2026

Where: Community Space, 1st Floor
Sutton Central Library
St Nicholas Way
Sutton

No need to book, just turn up and join in!

LEGO CLUB



Get creative at our weekly Lego Club! Build, play, and explore with fellow Lego enthusiasts of all ages. Whether you're a master builder or just getting started, this fun and interactive session offers endless possibilities for imagination and teamwork. Come create something amazing every week!

When: 3:30PM – 4:30PM
Monday 25 May 2026

Where: Library @ The Phoenix Centre
Mollison Drive
Roundshaw
Wallington

No need to book, just turn up and join in!

Bank Holiday Garden Party

The logo for 'The Grange' is displayed in a white, elegant script font on a dark red rectangular background. The word 'The' is in a smaller font size and positioned above the 'G' in 'Grange'. A small crown icon is placed above the 'a' in 'Grange'.

Head to The Grange Restaurant in Beddington Park for a family fun day featuring:

BBQ, waffles, face painting, hair extension stations, bouncy castle, music and more!

Sunday 24th May

12:00-5:00PM

Free entry

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](#)

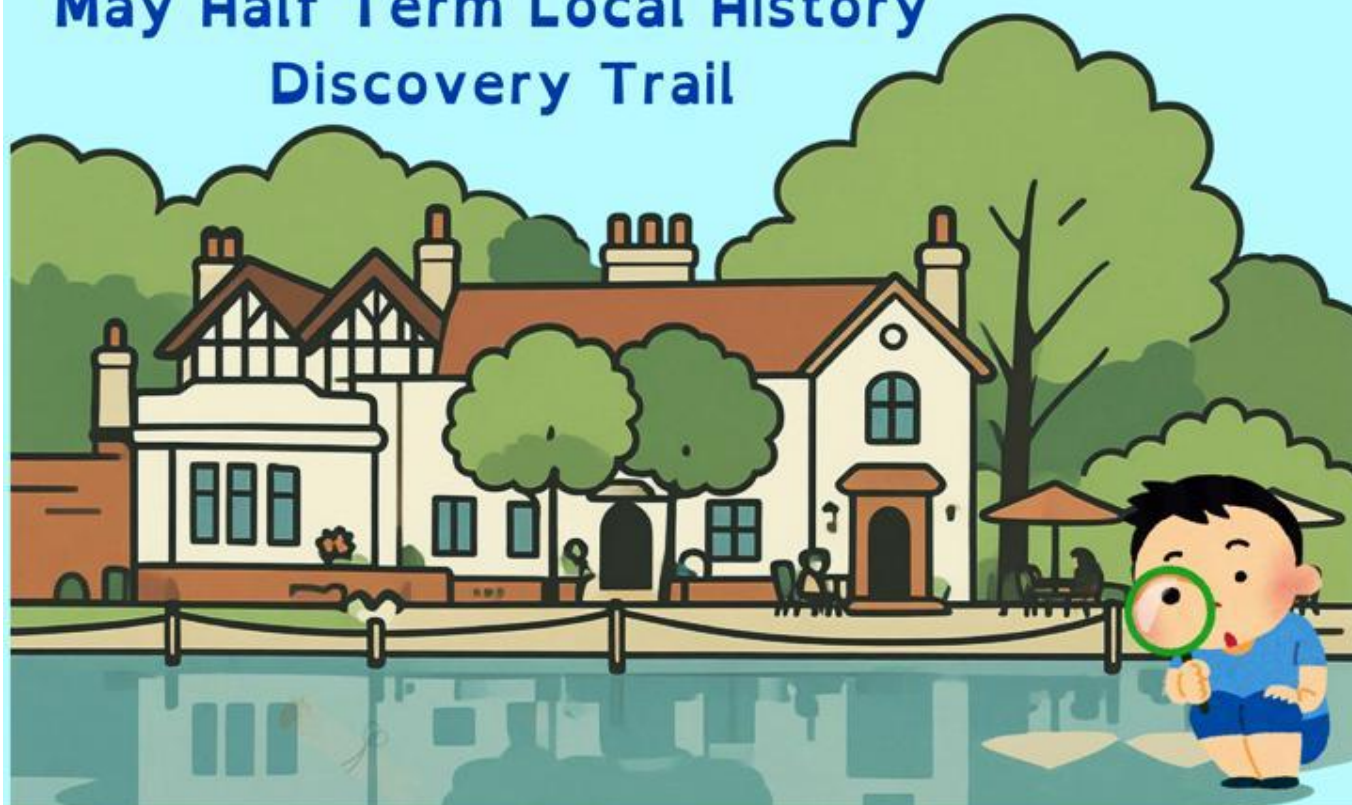
This service is run by the organisation Sutton Ecology Centre.

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

f @SuttonLibrariesLondon
i @SuttonLibrariesLondon
t @SuttonLibraries

@SuttonHeritage f
@SuttonHeritage i
@SuttonHeritage t

May Half Term Local History Discovery Trail



Honeywood Museum

23 / 28 / 29 / 30 MAY 2026

Step back in time at Honeywood Museum! Built over 350 years ago by the sparkling Carshalton Ponds, the house has seen centuries of change—from open countryside to a bustling village and busy streets. Come and explore the rooms where families made memories and discover the secrets of the past!

Follow the Discovery Trail, hunt for clues with Millie the Mouse, and uncover the secrets of Honeywood and its fascinating history!

Tickets £2, Paid on arrival via credit / debit card.
Children must be accompanied by an adult.

HONEYWOOD MUSEUM
SM5 3NX

Open: Thursdays - Saturdays, 10am-5pm
(check website for updates before visiting)



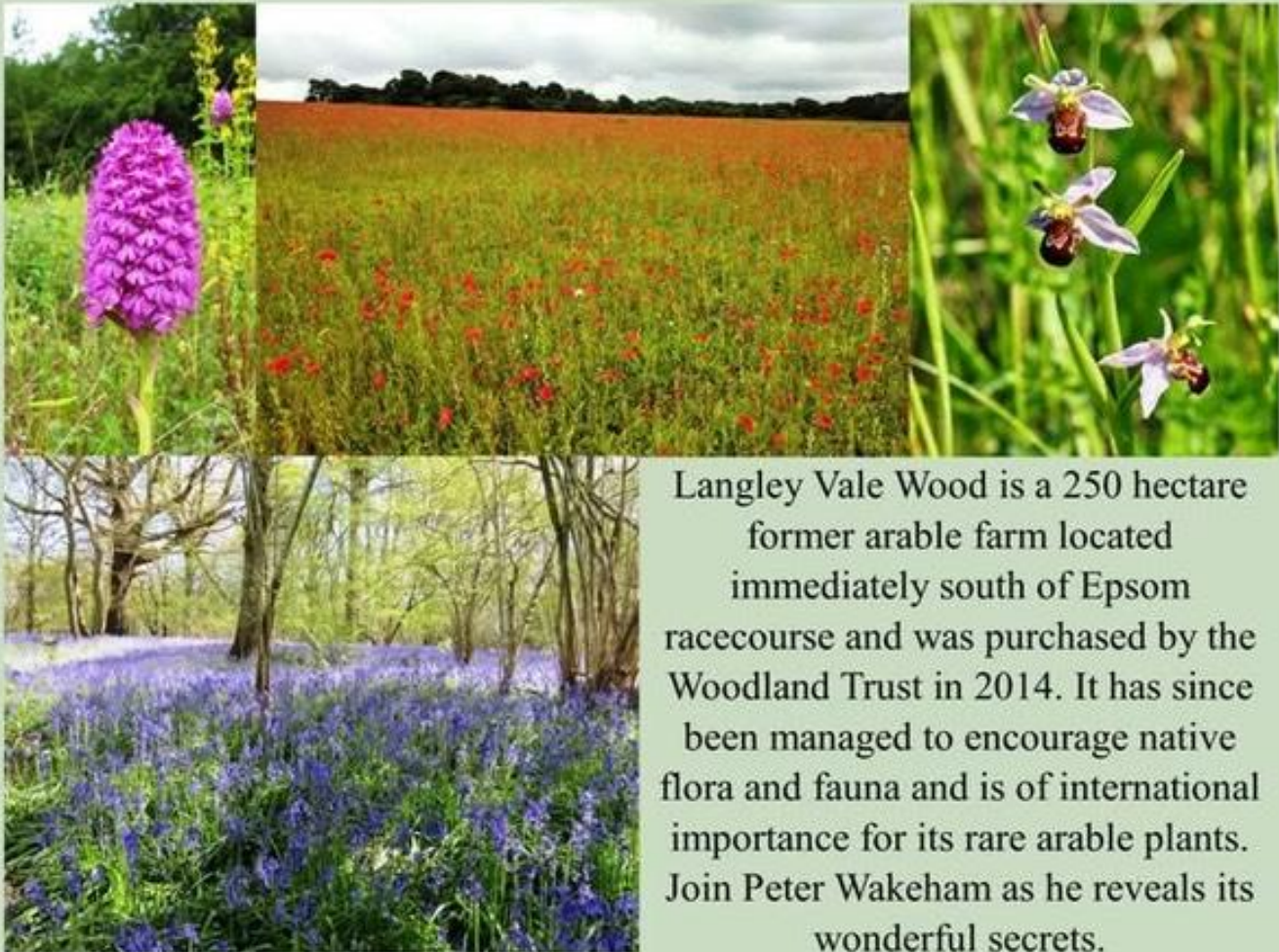
More information:

Sutton's Libraries - libraries.sutton.gov.uk
Events in Sutton - events.sutton.gov.uk



Langley Vale Centenary Wood

From Cultivation to Conservation



Langley Vale Wood is a 250 hectare former arable farm located immediately south of Epsom racecourse and was purchased by the Woodland Trust in 2014. It has since been managed to encourage native flora and fauna and is of international importance for its rare arable plants. Join Peter Wakeham as he reveals its wonderful secrets.



Thursday 28 May 19:30

Seats £7 (£6 Members) - Door Opens 19:10

To book please contact susan.hoskin@gmail.com or 07721 852378

Honeywood Museum, Honeywood Walk, Carshalton SM5 3NX

Phone: 020 8770 4297 Website: www.friendsofhoneywood.co.uk

 [TheFriendsOfHoneywoodMuseum](https://www.facebook.com/TheFriendsOfHoneywoodMuseum)  [@HoneywoodMuseum](https://twitter.com/HoneywoodMuseum)

Charitable Incorporated Organisation No. 1175789



THE
FRIENDS
OF

HONEYWOOD
MUSEUM

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



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.

Contains mentions of suicide and self-harm.

If you need support text MRF to 85258.



MOLLY ROSE
FOUNDATION

SAFE SCROLLING – WHAT TO DO WHEN SOMETHING FEELS WRONG



MOLLY ROSE
FOUNDATION

Saved to this PC

PRACTICAL GUIDE FOR YOUNG PEOPLE

Online content can bring up lots of different feelings, and sometimes those feelings can be heavy and affect our mental health. If you see something that feels wrong or worrying, this guide can help you recognise it, respond safely and find support.

Spotting harmful content:

Harmful content can be incredibly subtle, feel supportive and keep you from getting the help and support you deserve to feel better.

Here are some signs to look out for:

- > If it makes you feel suddenly sad, anxious, heavy or unwanted then it could be harmful.
- > If it keeps drawing you back to feelings of sadness and like you aren't worthy then it could be harmful.
- > If it tells you not to get help or not to speak to people you trust then this is harmful.
- > If it suggests the only way to feel better is to act in unsafe or risky ways then this is harmful.
- > If it encourages you to harm yourself or end your life then this is harmful.
- > If it promotes extreme dieting, exercise or eating disorder behaviours then this is harmful.
- > If it's showing videos or images that are violent, frightening or overly graphic then this is harmful.
- > If it's shaming you or someone else or encouraging violence or harm towards others then this is harmful.
- > If it's repeatedly showing harmful or upsetting material then this is harmful.

Practical steps to take:



Mute the content or select 'see less of this'.



Report it via the platform's safety tools.



Unfollow the account or mute it.



Search for content that makes you feel happy, calm and safely support.



Get safe support from a loved one or helpline.

Support available

If harmful content has left you feeling unsure or down, it's okay to ask for help and you don't have to manage these feelings on your own.

SHOUT
Text 'MRF'
to 85258

Free, confidential crisis text line for anyone, any age available 24/7

Papyrus
HOPELINE247
0800 068 4141

Free, confidential helpline for people under 35 or anyone concerned about a young person, available 24/7

NSPCC
Childline
0800 1111

Free, confidential support for young people under 19, available 24/7

NHS 111
Dial 111
Select 'mental health help' for urgent help or advice

In an emergency
don't be afraid
to dial 999

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/>




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>

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/>