



COMMITTED TO  
EXCELLENCE

GREENSHAW HIGH SCHOOL

# **HELP FOR THE HOLIDAYS**

***(DECEMBER 2021)***

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



**Name of provider:** Sport Works - Multi Sports and Schoolyard games

**Address:** Wallington Primary Academy, Mollison Drive, Wallington SM6 9JN

**Description of activity:** Providing activities for Special Educational Needs, Multi Sports and schoolyard games

**Age range:** 5-18

**Dates:** Tuesday 21 - Thursday 23 December

**Time:** 10am - 3pm AND 9am - 3pm

**How to book:** [www.sportworksltd.co.uk/where-we-work/london](http://www.sportworksltd.co.uk/where-we-work/london)

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**Name of provider:** Online Music Production

**Address:** Cognus Limited, Cantium House, Railway Approach, Wallington SM6 0DZ

**Description of activity:** During this three-day activity, students will work with one of Sutton Music Service's specialist tutors to learn about and develop their understanding of Music Production

**Age range:** 8-16 years

**Dates:** Monday 20 - Wednesday 22 December

**Time:** 10am - 2pm

**How to book:** Email: [gareth.gay@cognus.org.uk](mailto:gareth.gay@cognus.org.uk)

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**Name of provider:** Winter sports camp - Mensah Edusport Limited

**Address:** Trinity Church Sutton Cheam Road, Sutton SM1 1DZ

**Description of activity:** Basketball, Football, Martial arts, Healthy eating sessions, dodgeball, Team games, arts and crafts, badminton and many more

**Age range:** 6-11 years (younger children) AND 12-16 years (older children)

**Dates:** Monday 20 - Thursday 23 AND Wednesday 29 - Thursday 30 December

**Time:** 9am - 1pm (5-11yrs) 2pm - 6pm (12-16yrs)

**How to book:** Email: [admin@mensahedusport.com](mailto:admin@mensahedusport.com) OR call 07956479095

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**Name of provider:** All things Christmas - Supreme Education Foundation

**Address:** Carshalton Girls School West Street, Carshalton SM5 2QX

**Description of activity:** Drama (Nativity play), Christmas Decor workshops, baking (Christmas treats), trips to Winter Wonderland

**Age range:** 3-15 years

**Dates:** Monday 20 - Friday 24 December AND Wednesday 29 - Friday 31 December

**Time:** 10am - 2pm

**How to book:** [www.supremeeducation.org](http://www.supremeeducation.org)

**Name of provider:** Christmas Camp - Supreme Education Foundation

**Address:** Carshalton High School For Girls West Street, Carshalton SM5 2QX

**Description of activity:** Drama (Nativity), trips to Winter Wonderland, Christmas decor and Christmas treats baking, sports and music

**Age range:** 5-15 years

**Dates:** Monday 20 - Friday 24 December AND Wednesday 29 - Friday 31 December

**Time:** 10am

**How to book:** [www.supremeeducation.org](http://www.supremeeducation.org)

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**Name of provider:** Teach It In 10, Christmas Bootcamp

**Address:** Wallington High School for Girls Woodcote Road, Wallington SM6 0PH

**Description of activity:** Christmas coding activities, sports, trips, design and technology and healthy eating cooking sessions

**Age range:** 10-16 years

**Dates:** Monday 20 - Thursday 23 December AND Wednesday 29 - Friday 31 December

**Time:** 10am - 6pm

**How to book:** Please complete the form: <https://forms.gle/1CJUuLX1D4DbNnPk7>

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**Name of provider:** Christmas Dance Blast - Sutton Community Dance

**Address:** Sutton Community Dance, 2nd Floor, St Nicholas Shopping Centre, Sutton SM1 1AX

**Description of activity:** Two days of dance based fun running covering styles including hip hop, jazz and contemporary with tasty food and a Christmas theme throughout

**Age range:** 5-16 years

**Dates:** Monday 20 - Tuesday 21 December

**Time:** 10am - 4pm

**How to book:** [www.scd.org.uk](http://www.scd.org.uk)

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**Name of provider:** Indoor Futsal/Small Sided Football Camp

**Address:** Sutton Grammar School For Boys (Greyhound road entrance) Manor Lane, Sutton SM1 4AS

**Description of activity:** Indoor football activities to help children develop technical skills, confidence on the ball, close control, quick thinking and ability to express themselves when playing

**Age range:** 5-15 years

**Dates:** Monday 20 - Thursday 23 December

**Time:** 9.30am - 2pm

**How to book:** Email: [info@purefutsalacademy.co.uk](mailto:info@purefutsalacademy.co.uk)

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**Name of provider:** Time Out Youth Project Christmas Holiday Camp

**Address:** Riverside Centre, 113 Culver Avenue, Carshalton. SM5 2FJ

**Description of activity:** Arts & crafts, cooking, skateboarding, trips & sports

**Age range:** 6-13 years

**Dates:** Monday 20 - Wednesday 22 December

**Time:** 11am

**How to book:** [www.myclubhouse.co.uk/TOYP/Events/Calendar](http://www.myclubhouse.co.uk/TOYP/Events/Calendar)

**Name of provider:** Time Out Youth Project - Christmas Holiday Camp

**Address:** Harris Academy, 2 Chiltern Road, Sutton. SM2 5RD

**Description of activity:** Christmas crafts, sports, games, trip & more

**Age range:** 7-15 years

**Dates:** Monday 20 - Wednesday 22 December

**Time:** 10am

**How to book:** [www.myclubhouse.co.uk/TOYP/Events/Calendar](http://www.myclubhouse.co.uk/TOYP/Events/Calendar)

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**Name of provider:** Time Out Youth Project - Christmas Camp

**Address:** Vanguard Community Centre, 39 Vanguard Way, Wallington, SM6 9JL

**Description of activity:** Christmas crafts, sports, games, trip & more

**Age range:** 5-12 years

**Dates:** Monday 20 - Wednesday 22 December

**Time:** 9.30am

**How to book:** [www.myclubhouse.co.uk/TOYP/Events/Calendar](http://www.myclubhouse.co.uk/TOYP/Events/Calendar)

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**Name of provider:** Talent Acquisition Group CARES Camp

**Address:** Harris Academy Sutton, 2 Chiltern Road, Sutton, SM2 5RD

**Description of activity:** The Christmas camp will be centred around the acronym 'CARES' (Commitment, Aspiration, Resilience, Excellence and Self-Management) exploring the above core values and provide adequate workshops which will include group discussions, team-building activities and more

**Age range:** 8-16 years

**Dates:** Monday 20 - Friday 24 December AND Wednesday 29 - Friday 31 December

**Time:** 10am

**How to book:** [mamponsah1991@gmail.com](mailto:mamponsah1991@gmail.com)



TALENT  
ACQUISITION  
GROUP

# KIDS WINTER CAMP

AGES 8-16

JOIN US FOR SOME FESTIVE  
FUN

LUNCH &  
HEALTHY  
SNACKS  
PROVIDED

**SUTTON**

DECEMBER 20th-24th

DECEMBER 29th-31st

**HARRIS ACADEMY SUTTON,  
2 CHILTERN ROAD, SUTTON, SM2 5RD**

**From 10:00am - 4:00pm**



@TALENT.AG

**SIGN UP TODAY TO ENJOY:**

**SPORTS - ARTS & CRAFTS - DRAMA -  
MENTORING - FUN GAMES**

TO REGISTER PLEASE EMAIL: [MAMPONSAH1991@GMAIL.COM](mailto:MAMPONSAH1991@GMAIL.COM)

ALTERNATIVELY, PLEASE VISIT: [WWW.TALENTAG.CO.UK](http://WWW.TALENTAG.CO.UK) FOR MORE DETAILS

## The following websites have sections on how to look after your emotional health during the Christmas break

[www.childline.org.uk](http://www.childline.org.uk)

Childline have lots of information and advice about how to cope.

Their phone line and online live chat with trained counsellors are also available daily.



[www.cruse.org.uk](http://www.cruse.org.uk)

Cruse is a bereavement charity that can offer support and advice over this time.



[www.youngminds.org.uk](http://www.youngminds.org.uk)

Advice on how to look after your wellbeing over the holidays as well as information and tips about how to keep yourself mentally healthy all year round.



[www.stem4.org](http://www.stem4.org)

stem4 is a charity that promotes positive mental health in teenagers and those who support them through the provision of mental health education, resilience strategies and early intervention.

[www.mind.org.uk](http://www.mind.org.uk)

Mind have some great sections which explain how the pandemic might affect your mental health.



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

24/7 access to self-help materials, peer-to-peer support, moderated forums as well as being able to speak to trained counsellors every day during the holidays.



**Text SHOUT to 85258** UK's first free, confidential, 24/7 text support service

**Text YM to 85258** YoungMinds Crisis Messenger for free 24/7 support

**Call 0800 1111** Childline for free support all day, every day

**Call 116 123** Samaritans for free support 24/7

# Off the Record

## **Counselling** for young people aged 14-25

172 Croydon Road  
Beddington  
CR0 4PG  
Telephone: 020 8680 8899  
Email: [sutton@talkofftherecord.org](mailto:sutton@talkofftherecord.org)

## **Saturday support**

10am – 1pm  
Telephone: 020 8175 6776

## **Online counselling**

<https://talkofftherecordonline.org/>

## **Free online workshops**

Goal setting: 13<sup>th</sup> January, 5 - 6pm  
Who am I? (Identity): 22<sup>nd</sup> January, 5 - 6pm  
Keeping connected: Tuesdays at 5pm

**Sign up here:** <https://www.talkofftherecord.org/sign-up/online-workshops/>

## **There are different contact details for each borough:**

**Sutton:** [sutton@talkofftherecord.org](mailto:sutton@talkofftherecord.org)  
**Merton:** [merton@talkofftherecord.org](mailto:merton@talkofftherecord.org)  
**Croydon:** [croydon@talkofftherecord.org](mailto:croydon@talkofftherecord.org)  
**General enquiries:** [info@talkofftherecord.org](mailto:info@talkofftherecord.org)

# Where to get support for you or a friend when you are not in school

## For support with mental health & wellbeing



[www.kooth.com](http://www.kooth.com) offers online confidential one-to-one support for young people, plus access to online self-help materials.



### TALK TO US



In non-covid times they offer face to face counselling in Merton, Croydon & Sutton. At the moment they offer a text-based counselling service or telephone/videocall counselling.  
[www.talkofftherecord.org](http://www.talkofftherecord.org)



### childline

ONLINE, ON THE PHONE, ANYTIME  
[childline.org.uk](http://childline.org.uk) | 0800 1111

Childline is open 24 hours a day, 7 days a week. So you can talk to us any time.  
When you call us on **0800 1111** you'll get through to a counsellor, they're there to listen and support you with anything you'd like to talk about. Or you can have a 1-2-1 counsellor chat online.  
*They can provide help and support for people up to their 19th birthday*



## For support in a crisis



### Crisis Line 0203 228 5980

For young people or parents/carers worried about a young person's mental health.  
Open: Monday to Friday 5pm – 11pm,  
Saturday, Sunday, and Bank Holidays 9am – 11pm.



Young People can use the Young Minds Crisis Messenger by texting 'YM' to 85258

or contact Samaritans 24/7 on 116 123

## For support in an emergency



In an immediate health or mental health emergency, contact **999** or attend **A&E**







# We're **still** here to help over the festive season

**24/7 access to self-help materials and daily online counselling available over the holiday period**



Chat to friendly counsellors online until 8pm, 365 days a year



Read self-help articles written by other young people



Join peer-to-peer support forums



**Visit [kooth.com](http://kooth.com) to sign up for free today**

## Christmas counselling hours are slightly different to reflect demand:

Monday 24th December (Christmas Eve) :	12noon – 8pm
Tuesday 25th December (Christmas Day) :	4pm – 8pm
Wednesday 26th December (Boxing Day) :	4pm – 8pm
Monday 31st December (New Year's Eve) :	4pm – 8pm
Tuesday 1st January (New Year's Day) :	4pm – 8pm

## Not alone in Sutton

If you are experiencing domestic abuse, or know someone who is, help is available.

The government definition of domestic violence and abuse is: “any incident or pattern of incidents of controlling, coercive, threatening behaviour, violence or abuse between those aged 16 or over who are, or have been, intimate partners or family members regardless of gender or sexuality. The abuse can encompass, but is not limited to: psychological, physical, sexual, financial, emotional.”

**If you are experiencing domestic abuse, or know someone who is, help is available**

**Victim Support** (London Victim Assessment and Referral Service)

Call **0808 168 9291** free (Mon–Fri 8am–8pm, Sat 9am–5pm)

**Sutton Domestic Abuse One Stop Shop**

Face-to-face drop-in sessions providing support and guidance available at Sutton Baptist Church on Wednesday mornings from 9.30-11.30am

If the One Stop Shop is unavailable you can get support from [Transform](tel:02080927569) on 0208 092 7569 or by email [transformsutton@cranstoun.org.uk](mailto:transformsutton@cranstoun.org.uk). You can also complete an online referral by visiting:

<https://www.cranstoun.org/services/domestic-abuse/transform-sutton>

**National Domestic Abuse Helpline** - Call the 24 hours helpline free on **0808 2000 247**

**Police** - Call **999** if you are in immediate danger, **101** at all other times

Sutton's **multi-agency safeguarding hub** can be contacted on 0208 770 6001

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## Family Fund

Family Fund is the UK's largest charity providing grants for families on low incomes raising disabled or seriously ill children and young people.

We believe all families raising disabled or seriously ill children and young people should have the same choices, quality of life, opportunities and aspirations as other families. Beginning with those on low incomes, and considering all conditions against our own eligibility criteria (based on the social model of disability), we aim to make a difference to outcomes for disabled or seriously ill children and young people and the lives of the families raising them across the UK.

We support this aim by providing grants for essential items such as kitchen appliances, sensory toys, family breaks, bedding, tablets/computers, furniture and clothing. It can be a struggle financially, emotionally and physically for families raising a disabled or seriously ill child, and these grants help break down many of the barriers families face, improving their quality of life and easing the additional daily pressures.

We also provide a range of programmes and services, as well as information and advice to families that apply to us, in order to help them access more of the support that may be of help to them in raising their child or young person.

**Visit the Family Fund website (external link).** Call us on 01904 550055, email us at [info@familyfund.org.uk](mailto:info@familyfund.org.uk), or join the conversation on [Facebook](#), [Twitter](#) or [Instagram](#).



## Young People Services

**Here4YOUth** is our young people's services delivered by Cranstoun.

We are here for you if you are aged between 10-18 and are looking for information, advice or support on a range of issues that might be affecting you.

We offer a safe space for you to talk about what's on your mind. We empower you to make positive changes, so you can improve your wellbeing and reach your full potential.

You may also know us as **Switch** – this is our specific substance misuse service. However you have found us or however you know us – please get what you need by clicking on the 'I am...' button (link attached).

<https://www.cranstoun.org/young-people-services/switch-sutton/>

## Families and Carers

We understand the impact of someone else's substance misuse on loved ones which is why we offer family and carer support. We will listen to your situation and the impact it may have had on you emotionally, physically, socially and financially. We can then offer you a wide range of services to suit you.

<https://www.cranstoun.org/services/substance-misuse/inspire-sutton/>



A Network Partner of  
**CARERS TRUST**



## WHAT'S GOING ON IN DECEMBER AT SUTTON CARERS CENTRE?

### Young and Young Adult Carers Groups (ages 8-25)

**Young Carers 'Chill and Learn':** Mondays 4:30pm - 5:30pm (weekly)

**NEXT MEETINGS:** 29th November and 6th December

Please contact [julia@suttoncarerscentre.org](mailto:julia@suttoncarerscentre.org) for more information

**Young Carers 12 - 14 Peer Support Group:** Wednesdays 5:00pm - 6:00pm (fortnightly)

**NEXT MEETINGS:** January 2022 dates coming soon

Please contact [julia@suttoncarerscentre.org](mailto:julia@suttoncarerscentre.org) for more information

**Young Adult Carers 15 - 18 Peer Support Group:** Wednesdays 5:00pm - 6:00pm (fortnightly)

**NEXT MEETINGS:** 1st December

Please contact [julia@suttoncarerscentre.org](mailto:julia@suttoncarerscentre.org) for more information

**Young Adult Carers 18+ Peer Support Group:** Mondays 5:00pm - 6:00pm (monthly)

**NEXT MEETING:** January 2022 dates coming soon

Please contact [julia@suttoncarerscentre.org](mailto:julia@suttoncarerscentre.org) for more information

**Sibling Young Carers Support Group:** Tuesdays 4:00pm - 5:30pm (weekly)

**NEXT MEETINGS:** 30th November

Please contact [anna@suttoncarerscentre.org](mailto:anna@suttoncarerscentre.org) for more information

*For more information on one-off virtual groups and activities, training and workshops at Sutton Carers Centre, as well as confidential, 1-1 support available to Carers of all ages, please do not hesitate to get in touch.*

*We also hold information about Carer peer support groups run virtually by partner organisations such as Sutton Parent Carers Forum, the National Autistic Society and more.*

Contact Sutton Carers Centre on **020 8296 5611:**

Monday to Friday - 10:00am-5:00pm

Tuesday evenings - until 8:00pm

On the second Saturday of each month from 11:00am-1:00pm

Or email us on: [enquiries@suttoncarerscentre.org](mailto:enquiries@suttoncarerscentre.org), [youngcarers@suttoncarerscentre.org](mailto:youngcarers@suttoncarerscentre.org)

Or for Covid-related queries: [communications@suttoncarerscentre.org](mailto:communications@suttoncarerscentre.org)

## Support for Adults



**SUTTON**  
**Crisis**  
**Café**

If your mental health is becoming overwhelming and you need some out of hours support, we are here.

[suttoncrisiscafe.org.uk](https://suttoncrisiscafe.org.uk)  
0800 0129082

The Sutton Crisis Café offers out-of-hours support to adults in Sutton whose mental health is becoming overwhelming. We provide a safe, non-clinical, supportive environment to people experiencing a mild to moderate mental health crisis, as an alternative to attending A&E.

<https://smhf.org.uk/suttoncrisiscafe/>

- [What to expect at Sutton Crisis Café](#)
- [Who we can work with](#)
- [Opening hours & contact information](#)
- [Tell us what you think of us](#)
- [Travelling & parking information](#)



We don't think anyone in our community should have to face going hungry. That's why we provide three days' nutritionally balanced emergency food and support to local people who are referred to us in crisis. We are part of a nationwide network of foodbanks, supported by The Trussell Trust, working to combat poverty and hunger across the UK.

Our foodbank works with a number of different agencies, such as Citizens Advice, children's centres and health visitors:

**Citizens Advice: 0208 4053552** or online via their [website](#)

**Welfare Reform Team: 07714 747011**

**Sutton Salvation Army: 020 8642 9862**

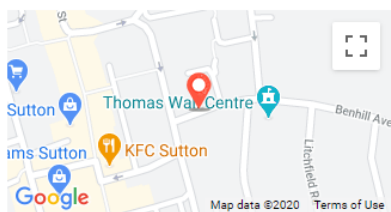
If you speak to one of these agencies and they feel you are struggling to put food on the table, they will issue you with a foodbank voucher. The local agency can also provide long term support if needed to help address some of the issues behind the reasons for your crisis.

### Sutton Salvation Army

07525838640

OPENING TIMES	ADDRESS
Mon 12:00 - 14:00	44 Benhill Avenue
Tue Closed	Sutton
Wed Closed	SM1 4DD
Thu Closed	
Fri 12:00 - 14:00	
Sat Closed	
Sun Closed	

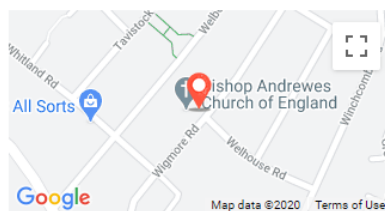
Directions via Google Maps



### Bishop Andrewes Church

OPENING TIMES	ADDRESS
Mon Closed	Bishop Andrewes Church, 59 Wigmore Road
Tue Closed	Carshalton
Wed 18:30 - 20:00	SM5 1RG
Thu Closed	
Fri Closed	
Sat Closed	
Sun Closed	

Directions via Google Maps

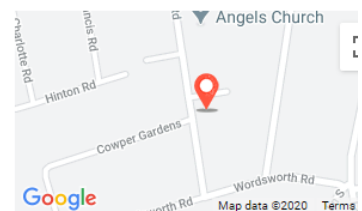


### St Michaels & All Angels Church, Wallington

07525838640

OPENING TIMES	ADDRESS
Mon Closed	Milton Road, Wallington
Tue Closed	SM6 9RP
Wed Closed	
Thu 12:00 - 14:00	
Fri Closed	
Sat Closed	
Sun Closed	

Directions via Google Maps  
View local transport



## Support in the holidays



PROMOTING HEALTH & WELLBEING IN SUTTON

If you are feeling overwhelmed, stressed or anxious then you are not on your own. Sutton Uplift offers a service that may help you feel positive again. Sutton Uplift is an integrated Primary Care Mental Health service accessible to anyone living in the borough of Sutton or registered with a Sutton GP who are **18 years and over**. We support anyone who has a mental health or wellbeing need, whether this is due to emotional difficulties or life stressors.

0800 032 1411 / 0203 513 4044

Mon – Fri, 9am - 6pm

Sutton Uplift holds a weekly Wellbeing drop-in clinic within Sutton Citizens Advice Bureau every Monday between 9-5pm. No appointment is needed - just turn up at Sutton Citizens Advice Bureaux, under the Central Library, St Nicholas Way, Sutton, SM1 1EA and ask to speak with the Uplift service.

**Croydon Uplift:** <https://slam-iapt.nhs.uk/>

**Merton Uplift:** <https://www.mertonuplift.nhs.uk/>

## Who you can call if you are in need of mental health support

Mon-Fri: 9am-5pm

**Local CAMHS:**  
**Sutton 020 3513 3800**  
**Merton**  
**Croydon**

Mon-Fri: 5pm-11pm  
Weekends and holidays: 9am-11pm

**SLP CAMHS Crisis Line:**  
**020 3228 5980**

Mon-Fri: 10pm-9am  
Weekends and holidays: 9pm-9am

**SWLSTG Mental Health Support Line**  
**0800 028 8000**

**If you need medical attention contact your GP, call 999, or attend your local A&E**

**Child line** – Call: 0800 1111

**NHS** – Call: 111

**Papyrus Hopeline** (national charity dedicated to the prevention of young suicide)

Call: 0800 068 4141

Text: 07860 039967

Email: pat@papyrus-uk.org

**Samaritans** – Call: 116 123 / Email: jo@samaritans.org

**Young Minds Crisis Messenger** – Text: YM to 85258

**Kooth** – Online: Kooth.com