



COMMITTED TO
EXCELLENCE

GREENSHAW HIGH SCHOOL

HELP FOR THE HOLIDAYS

(OCTOBER 2021)

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

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

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

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



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

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

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



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

Saturday support

10am – 1pm

Telephone: 020 8175 6776

Online counselling

<https://talkofftherecordonline.org/>

There are different contact details for each borough:

Sutton: sutton@talkofftherecord.org

Merton: merton@talkofftherecord.org

Croydon: croydon@talkofftherecord.org

General enquiries: 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 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



childline

ONLINE, ON THE PHONE, ANYTIME
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



South West London

CAMHS

Child and Adolescent
Mental Health Services

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.



powered by
shout
85258

CRISIS TEXT LINE

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

or

contact Samaritans 24/7 on 116 123



Call us free 24/7 on

116 123

samaritans.org

For support in an emergency



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





What's on Kooth in October



October 4

Kooth Live Forum:
Black History Month

7.30pm to 9pm

October 8

**Kooth Discussion
Board:** Mental Health
in an Unequal World

No Time Available

October 11

**Kooth Discussion
Board:** National
Coming Out Day

No Time Available

October 13

**Kooth Live
Forum:** Let's Talk
About OCD

7.30pm to 9pm

October 21

**Kooth Discussion
Board:** How are you
settling in?

No Time Available

October 22

**Kooth Live
Forum:** Preventing
Bullying

7.30pm to 9pm

October 27

**Kooth Live
Forum:** Safety on
Roads

7.30pm to 9pm

October 29

**Kooth
Podcast:** Kooth
Halloween

No Time Available

Find all of this & much more on **Kooth.com**

UNDERSTANDING YOUR CHILD



S O L I H U L L A P P R O A C H

FREE online courses for parents, parents to-be, carers
and grandparents

Access in your own time, at your own pace.

Subjects include, understanding:

- Pregnancy, labour, birth and your baby
- Your baby
- Your child (0-19)
- Your child with additional needs
- Your teenager's brain

The courses are available to complete online, are available in multiple languages and are free for all Sutton residents.

To access these **free** courses go to
www.inourplace.co.uk and apply the access code
TREE

For more information please contact solihull@sutton.gov.uk





Group

P=RIOD
EQUALITY

Creating period equality **for all.**

Your educational organisation is now providing
access to free period products.

If you need a **free** period product:

PLEASE VISIT THE FIRST AID DESK AT GREENSHAW

Funded by



Department
for Education

#periodpositive
#periodequality

<https://www.phs.co.uk/periodequalitydfe/>



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. 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.

Free parenting programmes for all Sutton residents

The Solihull Approach offers a series of online parenting programmes for all parents-to-be, parents, grandparents or carers of any child from the antenatal period to age 18 years, with the aim of providing a safe space for parents and carers to feel more confident in their approach to parenting. The courses cover different periods throughout a child's life and are suitable for all parents and carers, including those whose children have additional needs, i.e. ADHD or ASD. Register at www.inourplace.co.uk and apply the access code: TREE

For technical support, contact: solihull.approach@heartofengland.nhs.uk or call: 0121 296 4448 Monday to Friday, 9am-5pm.

ACTIVITIES BOOKING FORM 2021

We are hoping to host our weekly groups in the Centre again very soon. The safety of our Young Carers and their families comes first, so all groups may stay online, if necessary. The location of activities will be confirmed with your booking. We are also seeing Young Carers individually, in person and by appointment so please do contact us if you need face-to-face support.

The activity booking process is as follows:

- Contact us by email at anna@suttoncarerscentre.org OR text 07787 063 340 with the activities you would like to attend. **Please include your name, age and activity choices.**
- **PLEASE NOTE** activity places are allocated 1 week before the activity **so please ensure** you respond well in advance of this. If we are able to allocate you a place on your chosen activities, you will receive a text a week before the activity offering you a place. You will be asked to respond to this text with your name and either 'yes' or 'no' to confirm if you are accepting the place.

ACTIVITY	AGES	DATE	TIME	DESCRIPTION
Create Arts! Radio Course	13-17 years	26,27,28 Oct	10.30am - 3.30pm	Participants will work with an artist to create a piece of radio. This project is also a part of the 'change matters' project with Create which aims to combine arts engagement and developing financial literacy skills. Through the art of radio drama, participants will explore money in the home including saving, budgeting, needs versus wants, and planning for the future.
Young Carers Ambassadors	All ages	Thursdays (varying)	5.00- 6.30pm	Ask us about joining the Young Carers Ambassadors! If you are passionate about championing the rights of Young Carers and raising awareness of the impact of caring, we want to hear from you!
Young Adult Carers Peer Support Group	15-18 years	Wednesdays 10,24 Nov	5.00- 6.30pm	This is a specialised Peer Support Group for Young Adult Carers aged 15-18. Peer support will allow you to meet other Young Carers in similar circumstances to you, help you to think about your relationships, thoughts, wellbeing and understand more about a variety of health conditions.
Young Carers Peer Support Group	12-14 years	Wednesdays 3,17 Nov	5.00- 6.30pm	We will be piloting a Peer Support group for our younger secondary school YCs. If you would like to join a peer support group to discuss your caring role in a safe and supportive space, please let us know.
Puppets and Pizza Night	18+	27 Oct	5-7pm	This is a fun, creative, social evening for our Young Adult Carers aged 18+. Using recyclables, we will create functioning puppets whilst chatting, eating and meeting other Young Adult Carers.
18+ Virtual Peer Support	18-25 years	8 Nov 3 Dec	5-6pm	This virtual peer support is for our Young Adult Carers over 18. Many YACs in this age-group are working or away studying so we will be maintaining this monthly virtual support group to keep connected.



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

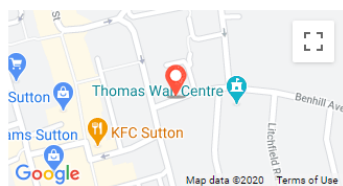
If you speak to one of these agencies and they feel you are struggling to put food on the table, they will issue you with a foodbank voucher. The local agency can also provide long term support if needed to help address some of the issues behind the reasons for your crisis.

Sutton Salvation Army

07525838640

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

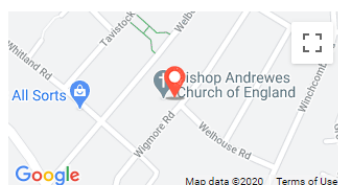
[Directions via Google Maps](#)



Bishop Andrewes Church

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

[Directions via Google Maps](#)

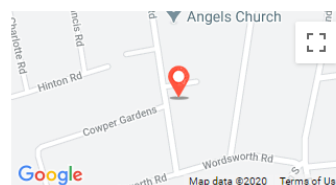


St Michaels & All Angels Church, Wallington

07525838640

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

[Directions via Google Maps](#)
[View local transport](#)



Support in the holidays



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/>

Online safety information for parents and carers

Making sure your home doesn't have an open door to child sexual abusers: a guide for parents and carers is a useful information booklet from the Internet Watch Foundation.

You can download a copy from our website here:

<https://www.greenshaw.co.uk/care-and-support/student-support/safeguarding/safeguarding-notice>

Connecting Safely Online

Empowering all young people to have a positive time online

Visit: www.internetmatters.org/connecting-safely-online



With support from
FACEBOOK



Discover simple steps to look after your mental health

Every Mind Matters will get you started with a free online plan designed to help you deal with stress and anxiety, boost your mood, improve your sleep and feel more in control.

Find your way to better mental health.

Search every mind matters

The 'every mind matters' logo, which features the text in a bold, sans-serif font inside a yellow, cloud-like shape with a scalloped border.

**every mind
matters**

DID YOU KNOW THERE IS CURRENTLY A PETITION TO MAKE **PUBLIC STREET HARASSMENT** A CRIMINAL OFFENCE?

If you were a
bit older...

Cheer up
luv

This new law would be a powerful step in tackling sexual harassment and in keeping women and girls safe in public.

Head to *Our Streets Now*
(find them online or on Instagram)
**and join over 220,000
others in signing the
petition.**

66% of girls aged 14 to
21 have experienced
unwanted sexual
attention or harassment
(such as catcalling)
in public.

Source: Plan International UK



FIND OUT MORE:



@HEARTHISBOLDVOICE



BOLDVOICES.CO.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](https://www.kooth.com)