



GREENSHAW
HIGH SCHOOL

Help for the Holidays (May 2025)

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

The Local Offer

Sutton's Local Offer gives children and young people with special educational needs or disabilities, and their families, information about what support services are available in their local area. [Take a look at the website](#)

Family concerns about a child's health

Created by local experts in child health, Healthier Together is a brand new website which provides information on common childhood health concerns such as fever and breathing problems. You will find information about a range of health concerns, all of which have been created by child health specialists, GPs and clinicians in South West London. [See more information about this website](#) which is designed to support parents and carers of children in south west London



Find out about Sutton's volunteering opportunities

Through our extensive network, we are the first port of call for anyone looking to volunteer in Sutton. With over fifty years' experience in matching people to volunteering opportunities, we can help you find your perfect role based on your skills and interests, as well as your commitment and availability.

You can call us on 020 8661 5900 Monday to Friday 9.30am to 4.30pm, and speak to one of our friendly volunteering advisors. You can also email us at hello@vcsutton.org.uk. We can help you find out what roles are available, and we can also help you to contact the organisation and apply for the role.

Sign up to receive our [Volunteering Opportunities Newsletter](#)

Exam stress

Being under pressure is a normal part of life. However if you find yourself becoming overwhelmed by stress, these feelings could start to be a problem for you. A little bit of stress can be a good thing, as it motivates us to knuckle down and work hard. But exams can make stress levels get out of hand, which can stop us from performing at our best.

See the following DOs & DON'Ts that can help you beat exam stress:

DO: Make a revision timetable	DON'T: Set yourself unrealistic goals
DO: Make sure you schedule time to do things you enjoy	DON'T: Cut all enjoyment from your life
DO: Take regular breaks	DON'T: Chain yourself to your desk
DO: Eat well & drink lots of water throughout the revision/exam period	DON'T: Load up on stimulants such as caffeine, alcohol and drugs
DO: Sleep!	DON'T: Be put off by your friends saying they do huge amounts of revision a day
DO: Avoid comparing yourself to your friends	DON'T: Forget that your exams are just a small part of who you are
DO: Keep everything in perspective	

And here are some links to other helpful webpages:

- Mind: [14 Ways to Beat Exam Stress](#)
- Childline: [Exam Stress and Pressure](#)
- Student Minds: [Exam Stress](#)

YOUNGmINDS

YOUNGMINDS PARENTS HELPLINE

What can you support me with?

Our service provides free, practical advice on how you can support your child's mental health. No matter what your child is going through, we are here to guide you when they need you the most.

How can I access the helpline?

You can call our Parents Helpline for free on 0808 802 5544 or access our digital services online by scanning the QR code or visiting [youngminds.org.uk](https://www.youngminds.org.uk).



What happens when I contact you?

You'll speak confidentially with a trained adviser who will listen and explore your concerns in private. They will help you to understand your child's behaviour and give you practical advice on what to do next.

Please note that we cannot advise on medication, counselling/therapy treatments or diagnose mental health conditions.

Call 0808 802 5544 or visit www.youngminds.org.uk/parents-helpline if you're worried about your child's mental health. Free language translation and interpretation services are available.





If you need help or advice about bullying:

Under 18: Childline 0800 11 11

Over 18: Samaritans 116 123

Parents/Carers: Family Lives 0808 800 2222

UNITED AGAINST BULLYING



£5

**AN ESSENTIAL FOOD
PARCEL TO SUPPORT AN
INDIVIDUAL**



DONATE

Working for the community,
with the community,
in the community.

Riverside Community Association Limited
113 Culvers Avenue, Carshalton, SM5 2FJ
Charity 1156422 Company 8555270

Kids Eat Free or for £1

(during School Half Terms and Holidays 2025)

MORRISONS

Spend £5 from the hot menu and get one free kids meal all day, every day.

BILLS

Kids eat free Mondays - Fridays from Monday 17th - Friday 28th February 2025.

PRETO

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

ASDA

Kids eat for £1 Daily at Asda cafes, with no adult spend required.

LAS IGUANAS

Download the app and join 'My Las Iguanas' for free meals for mini Iguanas under 12.

WHITBREAD INNS

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

BEEFEATER & BREWERS FAYRE

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

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.

TGI FRIDAYS

Kids Eat Free When 'Stripes Rewards Members' purchase any adult meal (Via App)

GORDON RAMSEY RESTAURANTS

Kids under 8 eat FREE all day, every day

IKEA

Kids get a meal from 95p daily from 11am

BURGER KING

From Friday 14th - Friday 21st Feb 2025, Kids Eat Free with every adult meal purchased via the app.

ZIZZI

From Monday 17th February until Sunday 2nd March 2025 kids eat free at Zizzi

COCONUT TREE

One child (under 10) eats free every day Monday 10th - Sunday 23rd February 2025

SAINSBURYS CAFES

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

BELLA ITALIA

Children eat for £1 with any adult main. The offer is valid 4-6pm Sun to Weds. All Day Thursdays

HARVESTER

From Monday 10th - Friday 28th Feb 2025, kids eat for £1 with every adult meal via the app

TABLE TABLE

Two children under 16 get free breakfast daily with one paying adult!

PAUSA CAFE @ DUNELM

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

BREWDOG

Pre-book online using code: **KIDS EAT FREE** and Kids under 13 eat free (various dates, see link)

HUNGRY HORSE

Kids eat for £1 on Mondays

THE REAL GREEK

Kids under 12 eat FREE Sundays with £10 spend

SA BRAINS PUBS

Kids eat for £1 on Wednesdays

FUTURE INNS

Under 5s eat for free with any adult meal.



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.



Get urgent support from a crisis service

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

United Kingdom support options

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

POLICE.UK

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](#)

Top Tips for when you're feeling lonely



Find people with similar interests

Don't worry if you haven't found "your people" yet. There are many opportunities throughout life to meet similar people.

Explore ways to express your thoughts and feelings

Find out what works best for you. You could try journaling, sports or listening to music.

Talk to someone

Opening up is brave. There is lots of support out there, including your GP, friends, family and school.

Do things you enjoy

Doing things you enjoy and are confident in will make you feel happy!

Connect with people

Supportive relationships will help us feel less lonely. Spend time with people you trust.

Look out for yourself

Feelings of loneliness are okay and can happen to everyone at some point. Do what makes you comfortable.

Be mindful of social media

If social media is making you feel lonely, take a break or be aware of what content is making you feel this way.

Be kind

Showing gratitude for the things around us can help to make us feel more connected and less lonely.



Mental Health
Foundation



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>
- Sutton Parent Forum - [Centres-https://www.sutton.gov.uk/-/children-s-centres-family-support](https://www.sutton.gov.uk/-/children-s-centres-family-support)
- 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/>