



GREENSHAW
HIGH SCHOOL

Help for the Holidays

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

October 2025

HAF-Funded Holiday Camps

HAF-funded holiday camps with activities like sports, creative arts, life skills, and games. Eligible children in the Sutton area can book these inclusive camps through a HAF code provided by the council, accessing a free meal and enriching activities.

- **Sports:** Includes a range of skills and games such as netball, basketball, tennis, kwik cricket, and football.
- **Creative Zone:** Sessions involving art, drama, music, and design activities like painting and role-playing.
- **Fit Factor:** Fun physical games like parachute play, dodgeball, and Capture the Flag.
- **Thrive Time:** Life skill sessions like cooking, gardening, and wacky science.
- **Learn Zone:** Activities focused on learning, including trivia, quizzes, and board games like chess and checkers.
- **Wellness Zone:** Promotes happiness and kindness through activities such as yoga, meditation, and journaling.

How to access the activities

- **HAF (Holiday Activities and Food) programs** are for children from low-income families who receive benefits-related free school meals.
- **Eligible families** should receive a unique HAF code from their local council via text message or email.
- **Use the HAF code to book** sessions directly with the provider (Fit For Sport). You can book through their website or by phone.
- **The centre also offers** a range of inclusive activities for all ages, such as swimming, trampolining, and SEN play sessions.

<https://suttoninformationhub.org.uk/pages/haf/haf-bookings>

CHEER TASTER CAMP

9AM-
11AM

27&28
OCTOBER,
2025



Join our Cheer Summer Taster Camp for an exciting day of tumbling, stunts, and high-energy fun – open to all ages and abilities

£15 for 2 mornings of cheer taster classes

Wandle Valley School, Welbeck Road, Carshalton

sign up now at www.surreystarlets.co.uk/carshaltontastercamp

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.

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:**

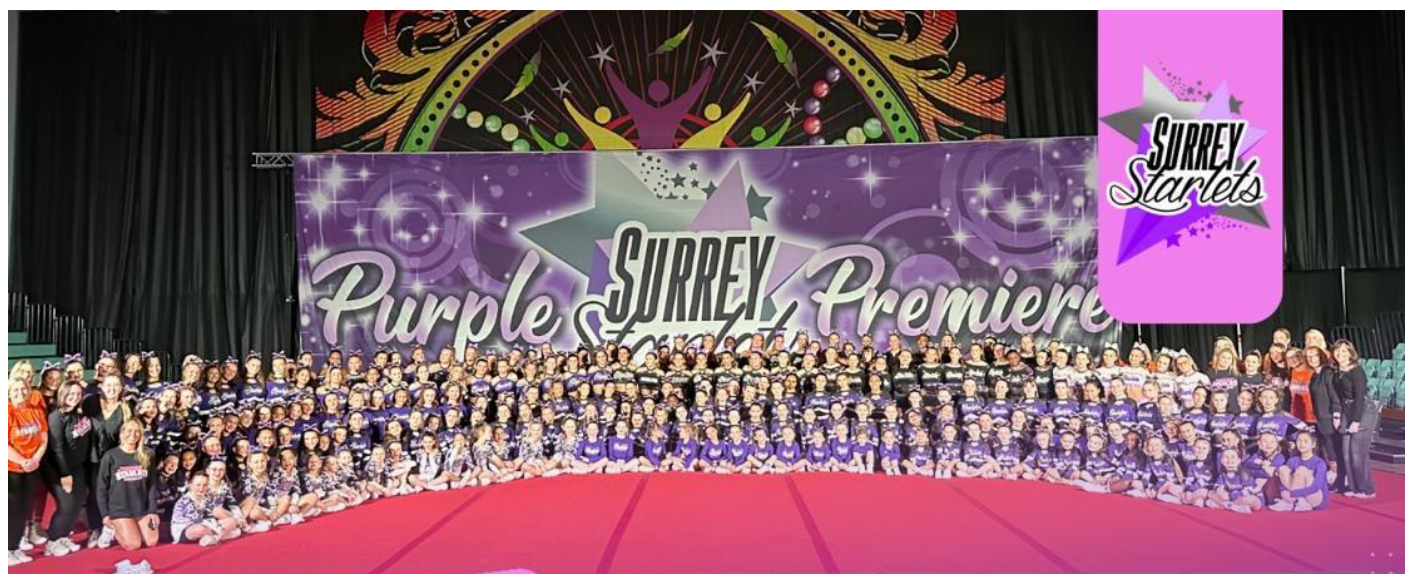
All our events are outdoors and go ahead regardless of the weather. Please wear suitable clothing and footwear.

- **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.



SURREY STARLETS CHEERLEADING



- Competitive Teams •
- Recreational Classes •
- Fun exciting classes •
- Carshalton and Epsom locations •

**CONTACT US FOR
MORE INFO**

JOIN NOW

Follow us
@surreystarlets

email
Info@surreystarlets.co.uk

Other Activities During October Half Term

Spooky Halloween Cinema Trail

Honeywood Museum (10am/23-31 October)

Challenging Perceptions: An Inclusive of Photography and Art

Whitehall Historic House (until January 2026)

Our Inner Garden Group Drawing Activities

Sutton Central Library (10am/25 October)

Queen Kitami Makes Friends, Interactive Children's Workshop

Wallington Family Hub, Phoenix Leisure Centre (11am/28 October)

SEND October Stay & Play

Carshalton Family Hub & Children's Centre (10am/30 October)

Green Screen Magic

Honeywood Museum (10.30am/30 October)

I'm Fine Thanks

Sutton Central Library (2.30pm/31 October)

For further information and availability:

<https://events.sutton.gov.uk/#:~:text=Sutton%20Central%20Library%20%2D%205:00PM,on%20Wed%2015%20OctSeries>

Kids Eat Free Summer Holidays 2025



PLACES WHERE KIDS EAT FREE (OR FOR £1) OCTOBER HALF TERM 2025

moneysavingcentral.co.uk/kids-eat-free



ANGUS STEAKHOUSE

Kids under 8 eat FREE daily, 12pm to 5pm

ASDA

Kids eat for £1 daily, with no adult spend

ASK ITALIAN

Kids under 10 eat for £1 during school holidays

BELLA ITALIA

Children eat for £1 with any adult main

BILLS

Kids Eat Free weekdays, 27th - 31st October 2025

BREWDOG

1 Kid eats free with 1 adult. Scotland 13th - 17th Oct
England & Wales 27th - 31st Oct

BURGER KING

From 13th Oct - 2nd Nov, Kids Eat Free (via app)

CHIQUITO

Kids eat FREE Daily 27th - 31st October

COCONUT TREE

Kids eat FREE Daily Mon 27th Oct - Sun 9th Nov 2025

DOBBIES GARDEN CENTRES

Kids eat for £1 with an adult breakfast or lunch

FARMHOUSE INNS

2 Kids eat free From Mon 6th - Fri 17 Oct
(Scotland) & Fri 17th - Fri 31 Oct (England & Wales),

FLAMING GRILL

1 Kids eats free, Mon 13th - 20th Oct (Scotland) &
Mon 20th - Fri 31 Oct (England & Wales)

FUTURE INNS

Under 5s eat for free with any adult meal

GORDON RAMSEY RESTAURANTS

Kids under 10 eat FREE all day, every day

HARVESTER

Kids eat for £1 until October 31st 2025 via App

HUNGRY HORSE

2 Kids eat for £1 From Mon 6th - Fri 17 Oct
(Scotland) & Fri 17th - Fri 31 Oct (England & Wales),

IKEA

Kids get a meal from 95p daily from 11am

LAS IGUANAS

Kids under 12 eat FREE with 'My Las Iguanas' App

MARCO PIERRE WHITE

Kids under 12 Eat FREE daily with an adult spend

MARSTON PUBS

kids eat for £1 during the october half term

MORRISONS

Kids Eat FREE all day, every day with a £5 spend

PAUSA CAFE @ DUNELM

Kids eat FREE with every £4 spend all day

PREMIER INN

2 kids eat for free with 1 adult breakfast

PRETO

Kids up to age 10 eat free with 1 paying adult

PUREZZA

Kids under 10 get free pizza with every adult meal

SA BRAINS PUBS

Kids eat for £1 on Wednesdays

SIZZLING PUBS

Kids eat for £1, Every Monday to Friday, 3 - 7pm

TABLE TABLE

2 Kids Eat free breakfast daily with 1 paying adult

TGI FRIDAYS

Kids Eat Free with any adult meal (Via App)

THE REAL GREEK

Kids under 12 eat FREE Sundays with £10 spend

TRAVELODGE

2 kids eat for free with 1 adult breakfast

WHITBREAD INNS

2 kids eat for FREE with 1 adult breakfast

YO! SUSHI

Kids eat free all day (weekdays) in school holidays



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](#)

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/>