



GREENSHAW
HIGH SCHOOL

Help for the Holidays October 2026

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



Honeywood Museum

Magic spells and potions trail

Calling all small wizards and spellcasters! Hunt for secret potion ingredients hidden around Honeywood Museum. Crack the ancient Victorian clues then brew up some creativity at our magical crafting table! Create spooktacular keepsakes to take home including your very own enchanted Witch's Hat.

Available during usual opening hours at Honeywood Museum, for more information on opening hours visit:

<https://libraries.sutton.gov.uk/digital-content/sutton-heritage/honeywood-museum>

Tickets £2, Paid on arrival via credit / debit card.

When: 10:00 AM - 5:00 PM
Saturday 17 October 2026
Thursday 22 October 2026
Friday 23 October 2026
Saturday 24 October 2026
Thursday 29 October 2026
Friday 30 October 2026
Saturday 31 October 2026

Where: [Honeywood Museum](#)
Honeywood Walk
Carshalton SM5 3NX
United Kingdom
[Google Maps](#)

Songwriting Workshop

Wallington Library

Ages: 8-13 (Free)

In this workshop the children will be guided through the fun and collaborative experience of writing a song. Using a popular children's book for lyrical inspiration, the session will include elements of live music, idea generation and games. Led by songwriters, this workshop nurtures self-expression, confidence, and wellbeing while exploring lyrics, rhythm, and storytelling. Perfect for ages 8 - 12.

When: 10:30 AM - 12:00 PM
Wednesday 28 October 2026

Where: Wallington Library
Shotfield
Wallington
SM6 0HY

Book online: <https://events.sutton.gov.uk/event?id=378621>

Sutton Libraries

Events during October

Storytime - Westcroft Library

Stay & Play - The Grange

Mini Movers – Sutton Central Library

Shared Reading Group - Sutton Central Library

Rhyme time - Circle Library

Rhyme time - Wallington Library

Rhyme time – The Pheonix Centre

Mini Explorers – Carshalton Best Start Family Hub

For information on these events plus many more, and to book please go to:

<https://events.sutton.gov.uk/>

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](#)



FREE October Half-Term Camp Places for Children Eligible for Free School Meals – Fully Funded by Croydon Council.

BB Soccer has received funding from Croydon Council to offer FREE holiday camp places, including FREE hot meals, for eligible children receiving benefits-related free school meals.

For families not eligible for funded places, we're also offering half-price taster days for just £14.99 (9am–4pm), giving new children the opportunity to experience our camps at an affordable price.

October Half-Term Camps – Key Information

Dates: 19th–30th October 2026 (two weeks)

Venue: Harris Academy Purley

Times: 9am–4pm

Provider: BB Soccer – Ofsted Registered

What's Included for FREE?

Fully funded holiday camp places for eligible children

Free hot meals during camp

Activities including football, go-karting, dodgeball, team games and more

A safe, fun environment with qualified, experienced staff

Find Out More & Book:

<https://www.bbsoccer.co.uk/pages/bb-mega-camps>

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

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



Understanding and Support Teen Sleep

By CAMHS Wellbeing Teams

An hour-long FREE webinar for parents and carers of secondary and college aged pupils, focusing on teen sleep.

There can be many challenges with teen sleep - difficulties with regular routine, intrusion of social media and technology, poor sleep hygiene, sleep disruption and reversed sleep cycles. For some, these cycles can also become worse over holiday periods.

During this session we take a look at some of the research and science around teen sleep. We explore some of the challenges during this developmental period alongside some ideas as to how you might support your teen in this area.

Date: Tuesday, 17 November 2026

Times: 12.30pm - 1.30pm
7.00pm - 8.00pm

For more information and to reserve a spot on the webinar please click on the link [here](#)

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](tel:08088082002) – 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/>



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/>