



GREENSHAW
HIGH SCHOOL

Help for the Holidays Summer 2025

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

Holiday Activities and Food (HAF) Programme

Working with the local authority to deliver a vibrant multi-activity camp in Sutton this summer. The camp is free for children aged 4–14 who are eligible for free school meals.

SUTTON SUMMER HAF CAMPS!

Bookings for Sutton HAF camps go live Monday 30th June!

Location: St Oswald's Church, 47 Brocks Dr, Sutton SM3 9UW

Dates: 28th July to 18th August

Get ready to grab your spot for a summer full of fun, adventure, and unforgettable memories!

FREE for eligible free school meal children FSM.



GO - KARTS



BOUNCY
CASTLE



SPORTS



ARTS &
CRAFTS



WATER
GAMES



**APE
Activity
Camps**

For more information on how to retrieve
your HAF Code, contact us below:

Summer Holiday Camps – David Weir Centre



REGISTER TODAY
LIMITED PLACES

SUMMER ATHLETICS HOLIDAY CAMPS AT DAVID WEIR LEISURE CENTRE

"I created these camps as a mum of three who knows how hard it is to keep children active, happy, and healthy during the holidays."

Kate Staples Former GB Athlete and TV Gladiator

ACTIVITIES INCLUDE:

- 15 ATHLETIC EVENTS
- RUNNING, JUMPING, THROWING
- WORKSHOPS ON HEALTHY EATING, SUSTAINABLE OLYMPICS
- MINI OLYMPICS AND PRIZES
- INCLUSIVE MULTI ACTIVITY SESSIONS
- DEVELOP A LIFELONG LOVE OF SPORT

REGISTER TODAY
SCAN THE QR CODE:



CAMP DETAILS:

WHEN: 23 JULY – 25TH JULY
3 DAY CAMP AND 28TH JULY
– 1ST AUGUST 5 DAY CAMP

TIMES: 10-2PM

WHERE: DAVID WEIR
LEISURE CENTRE, SUTTON

PRICE: £117 – 3 DAY CAMP
£195 – 5 DAY CAMP



LED BY FULLY QUALIFIED
AND DBS CHECKED
ATHLETICS COACHES

BOOK NOW:

w: admin@aspiretogreatness.co.uk

t: 0333 6000 121 **e:** aspiretogreatness.co.uk



Part of the Daley Thompson Academies Group

<https://www.aspiretogreatness.co.uk/summer-holiday-camps>

Holiday Camp - The Archbishop Lanfranc Academy



SOCCER CAMP

@THE ARCHBISHOP LANFRANC ACADEMY

YEAR 1 - YEAR 9

Looking for a **fun, active, and safe** way to keep your child engaged this summer? Our brand-new Moving Matters Soccer Camp is here to deliver just that! Hosted at the fantastic facilities of **The Archbishop Lanfranc Academy**, this camp is all about football, fitness, and fun.

Led by our **highly qualified, DBS-checked coaches**, the Moving Matters team is known for delivering sessions that are not only professional and structured, but also packed with energy and positivity. Your child will build **confidence, improve football skills**, and most importantly – have a blast with **new friends**.

Whether your child is new to the game or already football-mad, our sessions **cater to all ability levels**, focusing on individual development, team play, and a love of the sport.



The Archbishop
Lanfranc Academy,
CR9 3AS



Monday 28th July – Friday 22nd August

08:30am - 15:30pm

with an extended day offered
until 17:00 pm for an
additional cost.



£25 per day + Early
Bird & Sibling
Discount
£6 - Extended Day

For more information & to book visit www.moving-matters.org



MULTI SPORTS CAMP

@THE ARCHBISHOP LANFRANC ACADEMY

YEAR 1 - YEAR 9

Our popular Moving Matters Multi Sports Camp is now at The Archbishop Lanfranc Academy! This summer, give your child the chance to **stay active, have fun, and try something new with a wide range of exciting sports and activities** – including tennis, basketball, dodgeball, athletics, cricket, and even laser tag!

Led by our team of **high-quality, enthusiastic coaches**, every session is designed to be fun, inclusive, and full of energy. Whether your child is already sporty or just loves to move, they'll enjoy learning new skills, making friends, and building confidence in a safe, supportive environment. It's the perfect way **to keep children happy, healthy, and active** all summer long!



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40TH **ANNIVERSARY** **FUN DAY**

SUNDAY
AUGUST
3RD

CRYER ARTS
CARSHALTON
SM5 3BB

11AM-2PM

Kids Eat Free Summer Holidays 2025

Angus Steakhouse

At Angus Steakhouse restaurants, Children aged 8 and under can enjoy a complimentary Kids Menu dish when accompanied by a full-paying adult.



Plus, they'll receive an activity sheet and colouring crayons to keep them entertained. Available everyday from 12pm – 5pm. [T&Cs](#)

Asda Cafes

Kids eat for 60p All Day, Every Day at Asda cafes, with no adult spend required, for the entire month of May (including half term).



The £1 kids eat free offer will commence again in June and has been extended until the end of 2025.

In addition, children will receive a free piece of fruit such as an apple, pear or banana when purchasing the hot kids £1 meal deal.

Freebie: Asda also provides FREE Ella's baby food pouches for children under 18 months old with any purchase.



During all half terms and school holidays Ask Italian releases a Kids Eat for £1 offer.

Up to two kids aged up to 10 years old can eat for £1 when an adult main is purchased and when you show a code from entering your email [here](#). (offer becomes live during school holidays)

Dobbies Garden Centres

At Dobbies, for every purchase of an adult breakfast or lunch, kids eat for £1. This offer is on every day. More information can be found [here](#).



Beefeater

From Friday 4th July until Monday 1st September 2025, families can enjoy a free kids' meal with every adult purchasing a main meal.



Newsletter signup required by August 31st to receive a voucher, which can be used as many times as preferred during the summer holidays.

Bella Italia

Kids Eat Free all day every Thursday and for £1 until 6pm, Sunday to Wednesday with any adult main from the Al La Carte (main menu). Kids can enjoy three delicious courses & a drink! Meals are suitable for 2-11 year olds.



Bills

Up to two kids can eat free ALL DAY Monday – Friday, if one adult orders any main dish (breakfast, lunch or dinner) from Monday 21st July – Friday 29th September 2025.



Excludes Saturdays and Sundays. **T&Cs**

Brewdog

One free kids meal for under 13s, with a purchase of an adults main meal, when you book online using booking type 'KIDS EAT FREE'.



England & Wales
19 July – 31 August

Harvester

Kids eat for £1 monday to Friday until 29th August 2025 at Harvester with the purchase of an adult main.

Sign-up to the Harvester App to get your Kids Eat for £1 voucher.



Brewers Fayre

From Friday 4th July until Monday 1st September 2025, families can enjoy a free kids' meal with every adult purchasing a main meal.



Newsletter signup required by August 31st to receive a voucher, which can be used as many times as preferred during the summer holidays.

Chiquito

Kids eat free with the purchase of an adult main. (1 adult main meal must be purchased for every 1 free kids' meal).



Valid all day, every day between from 30th June (Scotland) and Monday 14th July to Sunday 31st August 2025.

Franky & Benny's

Kids eat free with the purchase of an adult main. (1 adult main meal must be purchased for every 1 free kids' meal).



Valid all day, every day between from 30th June (Scotland) and Monday 14th July to Sunday 31st August 2025. [T&Cs](#)

This offer is not valid at Frankie & Benny's restaurants in airport locations and may not be available on event days.

Hungry Horse

Kids eat for £1 when accompanied by a paying adult, on Mondays only at Hungry Horse.



More information can be found [here](#).

IKEA

Kids can enjoy Kids Pasta with Tomato Sauce for 95p, served with a drink and a piece of fruit.



Morrisons

Kids eat free all day, every day in Morrisons cafes nationwide, daily. Get one free kids meal with every adult main meal over £5.



Pausa Cafes at Dunelm

For every £4 spent by an adult in the cafe, kids can enjoy one free mini main, two yummy snacks and a drink – across all menu items.



Tesco

Tesco is bringing back its Kids Eat Free scheme to its 317 Cafés and Coffee Shops across the UK over the summer holidays (excluding weekends).



Kids eat free, worth £4, when you purchase anything of the Cafe menu e.g 65p fruit with clubcard until August 31st.

Toby Carvery

Kids Eat carvery or breakfast for £1 will be back at Toby Carvery for the Summer holidays, every Monday to Friday From July 1st until Friday 29th August 2025.



Sign-up to the [carvery club](#) to get your Kids Eat for £1 voucher.

TGI Fridays

Kids Eat Free all day every day When 'Stripes Rewards Members' purchase a full-priced adult's main meal.



If you're not a Rewards Member, book your table and then download the app before your visit.



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/>