



GREENSHAW
HIGH SCHOOL

Help for the Holidays

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

December 2025



Sutton
Information
Hub

TIME OUT YOUTH PROJECT (TOYP) WINTER HOLIDAY CAMP 2025

Monday 22nd December 9.30am–5pm (FREE)
Riverside Centre and Roundshaw

Activities include:

- Seasonal arts and crafts
- Team Games
- Sports
- Sensory play
- Board games
- Walks along the river and trips to local parks (weather permitting)
- Giveaways

For further information and to book please email:

toyp@riversidecentre.org

Booking for HAF funded spaces.

HAF eligible code required to book.

[For HAF funded Spaces.](#)



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

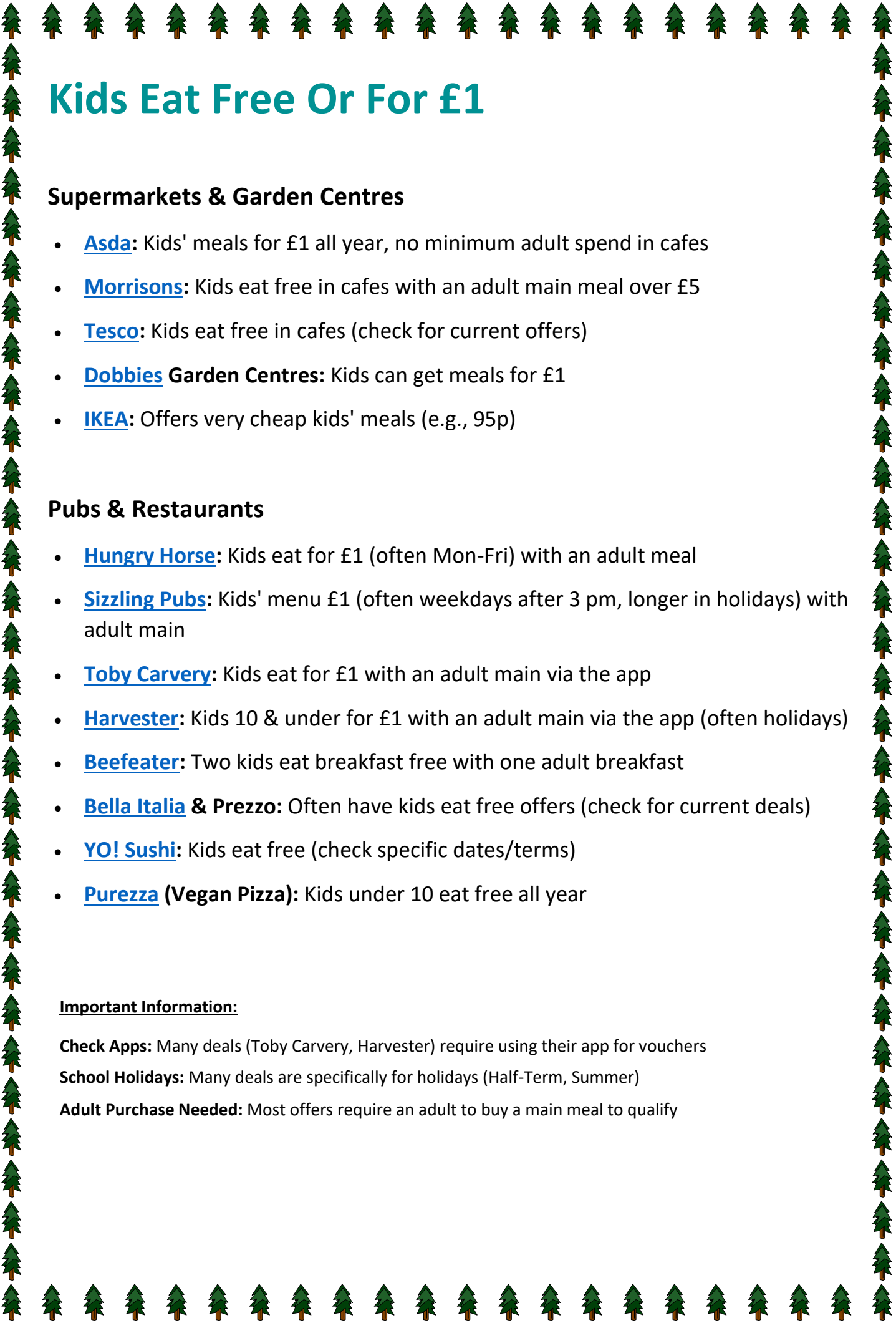
Agencies we work with include: Citizens Advice, housing support officers, children's centres, health visitors, social services, some local charities and some local churches. Here are some examples:

- 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) or 020 3513 4044
- Tweeddale Children's Centre: 020 8770 5801
- 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.



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

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](#)



We're still here

Supporting you over the festive period

Kooth's live chat hours over the holiday period

24th December	(Christmas Eve)	12pm – 8pm
25th December	(Christmas Day)	4pm – 8pm
26th December	(Boxing Day)	12pm – 8pm
31st December	(New Years Eve)	12pm – 8pm
1st January	(New Years Day)	4pm – 8pm

Other days over the holiday period will follow our usual live chat hours of 12pm – 10pm on weekdays and 6pm – 10pm on weekends.

[kooth.com](https://www.kooth.com)





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>

Loneliness over the festive period

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
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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/>