



GREENSHAW
HIGH SCHOOL

Help for the Holidays

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

February 2026

Sutton Holiday Activities and Food (HAF) Programme

Access information on Holiday Activities and Food (HAF) programme, programme eligibility, making a booking and search for activities.

Floristry Workshop

Event

📍 Place At My Table - Kiosk 3

Wednesday 18th



February

Free

11AM → 2PM

Come and enjoy a relaxing workshop with an experienced instructor. learn how to choose and arrange beautiful flowers, create simple bouquets. A lovely way to be creative, unwind, and spend time with others.

FREE

Place At My Table - Kiosk 3

North Entrance

St Nicholas Way

Sutton

SM1 1AW

To book 0203 649 4609

Mini Melody Makers

Event

• Cantium House, Railway Approach,
• Wallington SM6 0DZ

Thursday 19th



February



Paid

9:30AM → 10:15AM

Join Sutton Music Trust for "Mini Melody Makers" - fun and engaging music sessions with parents or childminders and their children in the Early Years.

Sutton Music Service

Get in touch

Contact: Sutton Music Service

- [Website](#)
- suttonmusicservice@cognus.org.uk
- [02083230419](tel:02083230419)

The Big Purple Psychic & Holistic Fair

Event

📍 Sutton United FC

Sunday 22nd
February
11AM → 4PM

👛 Paid

Join us for psychic readings, holistic therapies, shopping plus talks and workshops



The Big Purple Psychic &
Holistic Fair

Get in touch

Contact: info@psychicandholistic.co.uk

- [Website](#)
- info@psychicandholistic.co.uk
- [07931289221](tel:07931289221)

APF Multi-Activity Camp

APF Multi-Activity Camps at St Oswald's Church offer sports, adventure fun, team challenges and creative arts. Children enjoy up to eight activities a day from go karts to crafts, helping them stay active, build confidence and make new friends this winter.

What we offer?

- bouncy castle
- go-karts
- sports
- arts and crafts



💡 Good to know

- **Cost:** Free
- **What to bring:**
Please bring spare clothes, water bottle, packed lunch (unless paid for a lunch option)
- **Getting here:**
Address is St Oswald's Church, Cheam, 47 Brocks Dr, Sutton SM3 9UW.
- **Keeping updated:**
any concerns or questions email info@apfactivitycamps.com or call 07555748776.
- **What to wear:**
please ensure children wear any old sports clothing and bring spare clothes, particularly for younger ones.
- **Additional information:**
Children will have more fun than they ever thought possible by participating in 8 different activities each day. From sports such as basketball and football to more adventurous activities such as our bouncy castle, Electric Go-karts, sumo suits and archery, we will keep your child active and engaged.

Contact: Megan Parker

- info@apfactivitycamps.com
- [07555748776](tel:07555748776)
- apfactivitycamps.org

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.

Contact: Mary Buckton

- biodiversity@sutton.gov.uk
- libraries.sutton.gov.uk
- [Facebook](#)

Sutton Central Library

Sutton Central Library

St Nicholas Way

Sutton

Saturday 14 February

1:00PM - 4:00PM

Gallery, 2nd Floor

Celebrate the Lunar New Year 2026 – community event

- Traditional dance
- Pop dance and Tai Chi Performance
- Interactive game stalls and crafting
- Stamp card challenge

Monday 16 February

10:30AM - 11:30AM

Community Space, 1st Floor

Shared Reading Group – Children All Ages – Free

Tuesday 17 February

1:00PM – 4:00PM

Chess Club

All Ages – Free



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.

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](#)



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 – 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/>