



GREENSHAW
HIGH SCHOOL

Help for the Holidays (Easter 2024)

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

March 2024

EASTER

HOLIDAY ACTIVITIES & FOOD PROGRAMME

SUTTON
HAF
HOLIDAY ACTIVITIES
& FOOD PROGRAMME

THU 28 MARCH – FRI 12 APRIL

FREE*
FOR
RECEPTION
– YEAR 11



Inclusive activities:

- > Arts & craft
- > Sports
- > Performing arts
- > Tailored workshops for 13+ year olds
- > New experiences
- > Day trips

Plus much more!

Book your child's place today!

Enjoy a holiday filled with exciting activities, engaging workshops, trips and more.
Nutritious food included.

Let's 'HAF' FUN this Easter!

*Eligible children entitled to benefits-related free school meals can book a free place with their unique vouchers. Limited free places are available for children outside this cohort.



Scan the QR code or visit
suttoninformationhub.org.uk/HAF
to find out more.



 Department
for Education



Free Surrey Teen Project

2ND APRIL - 11TH APRIL 2024 FROM 10AM - 3PM



PERSONAL BEST
EDUCATION

Sign up for a fun couple of weeks with a range of activities to keep your teen entertained, making friends and memories that will last a lifetime, from running around in a zorb to lasertag.

Spaces are limited so book early to guarantee your place!

***Free for benefits related free school meal students**



**BOOK
NOW**



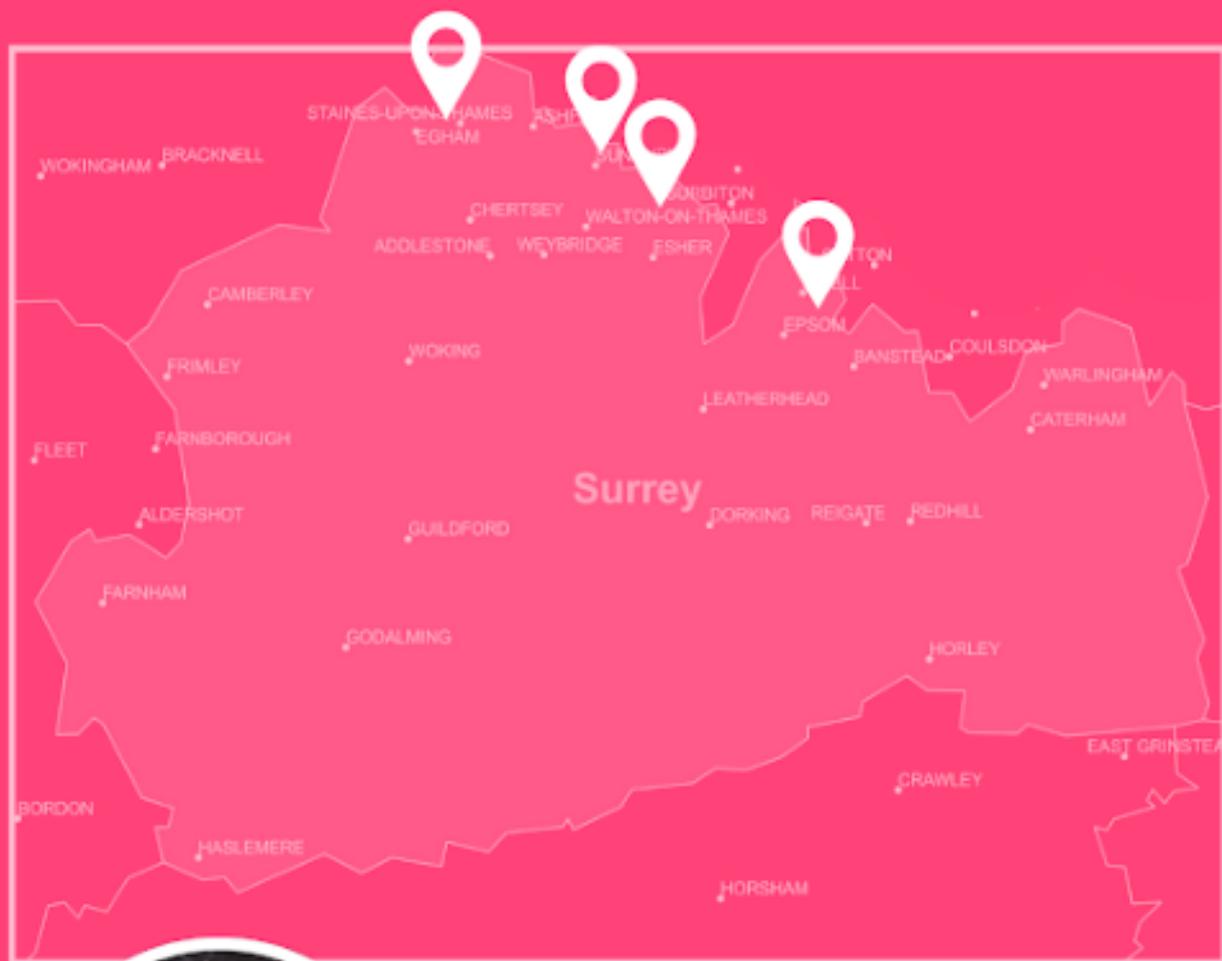
<https://personalbesteducation.com/teens/teen-projects/>
01794 510225



@PERSONALBESTEDUCATION

Surrey Teen Project Locations

EPSOM | WALTON | SUNBURY | EGHAM



**BOOK
NOW**



www.personalbesteducation.com
01794 510225



@PERSONALBESTEDUCATION



Healthier Together

Improving the health of pregnant women, babies, children
and young people throughout South West London

CROYDON | KINGSTON | MERTON | RICHMOND | SUTTON | WANDSWORTH

YOUNG PEOPLE'S HEALTH

For help and further information please following this link:
<https://www.swlondon-healthiertgether.nhs.uk/health-for-young-people>



DEPRESSION (LOW MOOD)



SELF-HELP IDEAS +



**TRAUMA (POST
TRAUMATIC STRESS
DISORDER)**



**ATTENTION DEFICIT
HYPERACTIVITY DISORDER
(ADHD)**



HELP I'M IN CRISIS +



**WORRIED ABOUT A
FRIEND'S MENTAL
HEALTH?**



AUTISM +



EATING DIFFICULTIES

Regular Classes & Activities



Sutton Women's Centre Activities

To book or for more information

Call 0208 661 1991

Email Jo@suttonwomen.co.uk

Activity		Venue	Day	Time	Other Info
Sewing	Weekly (10-week course)	Sutton Women's Centre	Monday	10am-12pm	Enrol at start of term
Chi Flow	Weekly	Online	Monday	10.30am-11.30am	Get in touch to book
Bibliotherapy	Monthly	Sutton Women's Centre	3rd Monday of the month	2pm-4pm	Get in touch to book
Writing for Wellbeing	Monthly	Online	1st Tuesday of the month	7pm-9pm	Get in touch to book
Creative Writing	Monthly	Online	3rd Tuesday of the month	7pm-9pm	Get in touch to book
Zumba	Weekly	Sutton Community Dance	Tuesdays (term time only)	1pm-1.45pm	No need to book
Computer Classes	Weekly	Sutton Women's Centre	Wednesday	Get in touch to book	Get in touch to book
Website Workshop	Weekly (10 week course)	Sutton Womens Centre	Wednesday	12.15pm-2.15pm	Enrol at start of term
Coffee Morning Drop in	Weekly	Sutton Women's Centre	Wednesday	10am-12pm	No need to book Term Time Only
Wellbeing Workshop	Weekly	Sutton Women's Centre	Wednesday	12.30pm-2.30pm	Get in touch to book
Mindful Art	Weekly (10-week course)	Online	Thursday	6pm- 8pm	Enrol at start of term
Let's Create	Weekly (10-week Course)	Sutton Community Dance	Friday	11.30am-1.30pm	Enrol at start of term
Art for Wellbeing	Weekly (10-week Course)	Sutton Women's Centre	Friday	12.45pm-2.45pm	Enrol at start of term
Performance Poetry	Monthly	Sutton Women's Centre	Sunday	11am-1pm	Get in touch to book

Family Fashion



Upcycle your wardrobe

Learn and perfect hand stitching
to transform your clothes!

Saturday 27 April 2024 for 5 weeks
9.30 - 11.30am at Sutton College.
One adult & up to 2 children for £45
(£31.50 concessions)
Children Aged 8yrs+



To book your places
call 020 8289 4700 or visit
www.suttoncollege.ac.uk



Being a Parent

Empowering Parents, Empowering Communities (EPEC) is a proven method of prevention and early intervention that helps children and families get the very best start in life.

Parents tell us that the support programmes 'work'. They tell us that the Being a Parent programme has helped to improve their family's lives and it has increased their confidence and skills as a parent.

What does EPEC offer?

The delivery of peer-led parenting courses.

8 week course - 2 hours per session.

For up to 10 parents.

Sessions are highly interactive involving an engaging and creative blend of small and large group discussion, role play, demonstrations, information sharing and reflection.

Parents practise and use new skills in everyday life to achieve specific goals

When?

Tuesday 16th April - Tuesday 11th June 2024 12.30pm - 2.30pm (No session on Tuesday 28th May 2024 due to half term)

Sutton Women's Centre, 3 Palmerston Road, Sutton, SM1 4QL

Creche available, limited spaces on a first come first served basis.

What shall I do next?

Please contact Parenting Administrator Clare Kennedy to book your place on the course. 😊

Email: clare.kennedy@sutton.gov.uk

Contact Number: 07873702777



Domestic Abuse Service Mapping in the London Borough of Sutton - Survey

We invite you to share your thoughts on the Domestic Abuse support services in the London Borough of Sutton. Domestic Abuse can affect anyone and we welcome responses from individuals of all genders, including those who identify as LGBTQ+.

Any information provided by this survey will be recorded anonymously. We will not be collecting identifiable contact information, unless you would like to consent to providing further information directly, as stated in the last question.

This feedback will help us to understand what services are currently accessed, which provides essential insight into how we plan services for our residents.

You can access the survey by following the link <https://forms.gle/uaWX66hAzpEPMhTg9> or scanning the QR code below using your mobile phone camera:



Thank you for taking the time to participate in this important survey.



Easter

EGG HUNT

Manor Park, Manor Park Road, Sutton

SM1 4AF

Easter Saturday 30th March

11am to 2pm



In aid of the
Mayor's Charities



£3 PER
CHILD
(4-14)

FACE
PAINTING

GAMES



Time Out Youth Project

Newsletter
Spring 2024



Website QR Code



Youth Club

Sutton Life Centre Tuesday 3.30pm-5.30pm
Youth Zone (The Limes) Friday 3.30pm-5.30pm
Sutton Life Centre Friday 6pm-8pm

This term we've started a new youth club and had great time trying new things and exploring our new location. Sutton Life Centre is as popular as ever and we have had loads of fun with so many things.

On The Street

Current Locations Sutton High Street & Collingwood Rec

Every week we go out and about in Sutton, to reach young people. We aim to engage with the young people around these locations, listen, signpost and support. No judgements.



Skoot Feedback Survey

Our Skoot Skateboarding Sessions are all about getting on board, learning tricks and finding out how Skateboarding helps both the body and mind. Currently we run sessions at Riverside Centre. Once the weather starts to improve we will look to move our sessions outside to Royston park. These run on a Thursday evening. Booking for the next 5 week course is open now. Cost starts at £5 per 1 hour session (£25 for 5 weeks). Head to our website to avoid missing out.

Skoot is always incredibly popular and we often have a waiting list. As well as the sessions at Riverside Centre we have also partnered with some local schools to offer after school sessions.



Stay & Play
Feedback Survey



Stay & Play

Tuesday 10.30am-12pm (Term time only)
This term as we've explored different themes including the river, emergency services we've been doing a stay and play session at Riverside Centre for parents and toddlers'/babies. Arts and crafts, sensory play and some snacks.



 **Riverside**
Community comes to life.

Time Out Youth Project is part of the Riverside Centre Community Association Limited.
Email: TOYP@riversidecentre.org
Registered Charity 1156422.

KOOTH

Welcome to [Kooth's](#) March newsletter for local services. We hope you're keeping well! Kooth offers 24/7 instant access to anonymous and personalised mental health support for young people in your community.

A recent survey conducted amongst young people using Kooth showed that:

- 78% said they would be concerned or very concerned if Kooth was no longer available in their area
- 96% said it was important that they could access Kooth after school or work
- 97% said it was important that they did not need a referral to access Kooth
- 62% demonstrated a severe level of psychological distress
- 96% would recommend Kooth to a friend
- 88% said if they needed support in the future they were likely to use Kooth

For more information about free resources or for local network briefing, please contact me: ckaweesa@kooth.com

KoothTalks Webinars

This month we're offering free KoothTalks training webinars for you on the topic of "Overcoming mental health stigma in Muslim communities".

[Click here to book your place](#)

(Don't worry if you can't make these times - just fill in the short form and we'll send you the recording to watch in your own time).

With Ramadan beginning on the 11th March with a month of fasting during daylight hours, an email from a Headteacher in Hackney underlines the need to provide education and guidance on navigating mental health challenges within religious observance:

"As Ramadan approaches, it's crucial to recognise and address the unique mental health challenges that young Muslims may encounter during this sacred time.

The statistics you shared are alarming and underscore the urgency of providing resources and spaces for young Muslims to address their mental health needs.

It's heartening to see organisations like Kooth stepping up to offer a safe environment for individuals to seek assistance without fear of stigma.

We appreciate the effort you've put into designing sessions specifically tailored to support the mental well-being of young Muslims.”

Your future training needs

We're keen to provide training throughout 2024 that is designed around your needs. [Click here](#) to let us know what mental health topics would be of most interest to you.

Support for Parents and Carers

In April we're running webinars specifically to help parents and carers with children sitting exams. Please let your network of parents know about this support available, especially if they are worried about their child's anxiety:

[Mon 22 Apr. 1-2pm](#)

[Thu 25 Apr. 6-7pm](#)

Children's Mental Health Week

Over CMHW, we spoke to nearly 70,000 young people across the UK, letting them know that their voice matters! Our Engagement Leads were extremely busy delivering school assemblies, workshops and virtual sessions, encouraging young people to use their voice and break mental health stigmas.

Find out what the theme 'Your Voice Matters' meant to the incredible students at Handsworth School in Birmingham. Watch this [short video](#) of them getting stuck into their Kooth workshop.



felt like I couldn't
MAKE IT through

**Whatever you're feeling,
Childline can help.**

We're free, confidential
and available anytime
for advice and support.

childline

ONLINE, ON THE PHONE, ANYTIME
[childline.org.uk](https://www.childline.org.uk) | 0800 1111

Want to get an online nude taken down?



Report Remove



Having your nudes shared can feel scary.
But it's not your fault.

Report Remove could help you confidentially
remove them from the internet.

childline

ONLINE, ON THE PHONE, ANYTIME