



GREENSHAW
HIGH SCHOOL

Help for the Holidays (Easter 2025)

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

Easter Holiday Activities in Sutton (Ages 4-14)

APF Activity Camps offer free holiday activities and food during the school holidays for school age children who receive benefits-related free school meals



EASTER HOLIDAY HAF CAMP

Sutton



ACTIVITIES: BOUNCY CASTLE, SPORTS, ARTS & CRAFTS



DATES: 8TH-11TH OF APRIL

AGES: 4-14

TIMES: 10AM-2PM



Fun Activities such as:

- SPORTS: Football, Dodgeball, Basketball and many more
- EXTREME: Go Karts, Archery, Bouncy Castle
- ARTS: Clay Modelling, Painting, Musical Games



[Click here for more information](#)

If you are eligible, you should have received a HAF code and a direct link to book.

Call us for more information: 07555748776
Or email us: support@apfactivitycamps.com



St Oswald's Church, 47, Brocks Drive, Sutton SM3 9UW

SPRING

HOLIDAY ACTIVITIES & FOOD PROGRAMME



MON 7 APRIL - FRI 18 APRIL

FREE*
FOR
RECEPTION
- YEAR 11



Activities include:

- > Arts & craft
- > Sports
- > Performing arts
- > Tailored workshops for 13+ year olds
- > 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 Spring!

*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/pages/HAF to find out more.



Local activities for the family this Easter!

The Easter holidays are upon us, many of the kids have now finished school for a couple of weeks, so what plans have you made to keep them entertained this holiday period? We take a look what's happening in our community!

Beddington Park Over Easter!

There's free paper flower making on Tuesday 9th April, drawing workshops on 15th and 16th, and an Easter Egg Hunt on Thursday 18th!

Sutton Libraries

A free Children's Event – Dance Manchester: Getting from A-B is taking place in all Sutton Libraries 9th-12th April! This is a family event which includes dance, poetry and music. Suitable for children 6 and above. Tickets are free from [Event Brite](#).

Honeywood Museum

"Fairy Tales and Puppet Theatres" is happening at the Honeywood Museum from Saturday 6th April to the 20th April. This is a celebration of family favourites, with hand puppets and toy theatres to act out stories, a story corner, a trail and crafts (make finger puppets, a lady's headdress, Prince's hat). Free, drop in. Opening hours: Saturday & Sunday 10-5pm. Wednesday – Friday 11-5pm.

Sutton trampoline & Play Park

Take the kids for an Easter bounce at Better, Sutton Trampoline & Play Park where you'll find Foam pits, slides, Under 8's play park and a Cafe area. Over Easter you can bounce with the Easter Bunny, take part in Easter themed arts and crafts and receive a free goody bag at the end of your session. For full details, dates and times visit [Better Extreme](#) Open from 10am – 6pm.

Whitehall Historic House

If dinosaurs are your thing, then you'll enjoy the dinosaur trail, crafts and stories at Whitehall Historic House on from the 6th to 20th April.

Morden Hall

There are several activities over Easter for all the family. The Cadbury Easter Egg hunt is on 19-22 April 10-4pm. You can also take part in one of Morden Hall Park's favourite traditions. For £2.00 you'll be able to use one of our plastic ducks to join in a race down the river (11 & 12 April 11-3pm). There is also the Sensory Trail (6-18th April) or experience life as a woodland creature – Challenge your senses and conquer the obstacles (9-10th April). For more details or to book at the [National Trust](#).



Monday 7th – Thursday 17th April:

Join us at St Nicholas Shopping Centre for a fantastic line-up of Easter activities for children including a trail and TWO Easter events!

Follow Our Easter Trail – Win a Chocolate Hamper!

Perfect for little adventures! Follow the clues hidden around the shopping centre to complete the trail and receive a sweet treat. Plus, every completed trail entry will be entered into a prize draw to win a Cadbury Easter Egg Chocolate Sharing Hamper. Adding to the magic, a special princess will be at the centre on event days, meeting families, posing for photos and helping you start the trail.



Create and Fill a Bunny Treat Box – Thursday 10th April, 10 – 4pm

Let the kids get crafty at our Bunny Treat Workshop! Decorate your own Easter Bunny Box with stickers, colours and sparkles before filling it with tasty treats to take home.

[Book your ticket here.](#)

[Need a SEN session? Book here.](#)

Chocolate Egg Decorating Workshop – Thursday 17th April, 11 – 4pm

In this fun, hands-on session, children can decorate their very own chocolate egg using icing, sprinkles and colourful toppings.

Let their creativity run wild and take home a delicious, personalised Easter treat!

[Book your ticket here.](#)

[Need a SEN session? Book here.](#)



TimeOut

youth project



2025 WEEKLY EVENTS



TUESDAY 3:30-5pm - St Helier Ramps
WEDNESDAY 5:30-7pm - Sutton High Street
THURSDAY 5:30-7pm - Collingwood Rec



Spot our youth workers out and about.
 Have a chat, find out about what we do, join in an activity or just say hi.

NEW

TUESDAY.
Youth Club
The Quad 6 - 8pm

Join us for arts & crafts, sports, youth lead discussions & lots more.
 Ages: 11-19 (25 SEND). Cost £1

NEW

THURSDAY.

SKOOT

Riverside Centre
During the month of March

Skateboarding classes for 5 - 12 year olds.
**** FREE Taster Sessions ****
 Mixed Abilities:
 4 - 5pm

Booking required. Visit our website for full details

NEW


TOYP@ Unity Junction Sutton

FRIDAY. 3.45-4.45pm & WEDNESDAY 3.30-5pm

Meet us at this new venue inside the St Nicholas Centre, ground floor.
 Ages: 11-19 (25 SEND)

FRIDAY.
Youth Club
The Quad 6.30 - 8.30pm

Join our youth club at The Quad. Football, arts & crafts, sports, cooking, movie nights, youth lead discussions & lots more.
 Ages: 11-19 (25 SEND). Cost £1



YOUNGMINDS

YOUNGMINDS PARENTS HELPLINE

What can you support me with?

Our service provides free, practical advice on how you can support your child's mental health. No matter what your child is going through, we are here to guide you when they need you the most.

How can I access the helpline?

You can call our Parents Helpline for free on 0808 802 5544 or access our digital services online by scanning the QR code or visiting youngminds.org.uk.



What happens when I contact you?

You'll speak confidentially with a trained adviser who will listen and explore your concerns in private. They will help you to understand your child's behaviour and give you practical advice on what to do next.

Please note that we cannot advise on medication, counselling/therapy treatments or diagnose mental health conditions.

Call 0808 802 5544 or visit www.youngminds.org.uk/parents-helpline if you're worried about your child's mental health. Free language translation and interpretation services are available.





If you need help or advice about bullying:

Under 18: Childline 0800 11 11

Over 18: Samaritans 116 123

Parents/Carers: Family Lives 0808 800 2222



UNITED AGAINST BULLYING



£5

**AN ESSENTIAL FOOD
PARCEL TO SUPPORT AN
INDIVIDUAL**



 DONATE

Working for the community,
with the community,
in the community.

Riverside Community Association Limited
113 Culvers Avenue, Carshalton, SM5 2FJ
Charity 1156422 Company 8555270



Kids Eat Free or for £1 (during School Half Terms and Holidays 2025)

MORRISONS

Spend £5 from the hot menu and get one free kids meal all day, every day.

BILLS

Kids eat free Mondays - Fridays from Monday 17th - Friday 28th February 2025.

PRETO

Kids up to age 10 eat free all day, every day with paying adults at Preto in Half Terms

ASDA

Kids eat for £1 Daily at Asda cafes, with no adult spend required.

LAS IGUANAS

Download the app and join 'My Las Iguanas' for free meals for mini Iguanas under 12.

WHITBREAD INNS

Two kids under 16 eat for FREE with every adult breakfast purchased

BEEFEATER & BREWERS FAYRE

Two children under 16 can get a free breakfast every day with one paying adult!

TRAVELODGE & PREMIER INN

Buy 1 Adult Breakfast from just £8.99 & up to two kids eat breakfast for free

SIZZLING PUBS

Every Monday to Friday, 3 - 7pm, kids' mains are £1 with every adult meal.

TGI FRIDAYS

Kids Eat Free When 'Stripes Rewards Members' purchase any adult meal (Via App)

GORDON RAMSEY RESTAURANTS

Kids under 8 eat FREE all day, every day

IKEA

Kids get a meal from 95p daily from 11am

BURGER KING

From Friday 14th - Friday 21st Feb 2025, Kids Eat Free with every adult meal purchased via the app.

ZIZZI

From Monday 17th February until Sunday 2nd March 2025 kids eat free at Zizzi

COCONUT TREE

One child (under 10) eats free every day Monday 10th - Sunday 23rd February 2025

SAINSBURYS CAFES

Kids eat for £1 with the purchase of an adult hot main. From 11:30am every day.

BELLA ITALIA

Children eat for £1 with any adult main. The offer is valid 4-6pm Sun to Weds. All Day Thursdays

HARVESTER

From Monday 10th - Friday 28th Feb 2025, kids eat for £1 with every adult meal via the app

TABLE TABLE

Two children under 16 get free breakfast daily with one paying adult!

PAUSA CAFE @ DUNELM

Kids get 1 mini main, 2 snacks & a drink FREE with every £4 spend after 3pm

BREWDOG

Pre-book online using code: **KIDS EAT FREE** and Kids under 13 eat free (various dates, see link)

HUNGRY HORSE

Kids eat for £1 on Mondays

THE REAL GREEK

Kids under 12 eat FREE Sundays with £10 spend

SA BRAINS PUBS

Kids eat for £1 on Wednesdays

FUTURE INNS

Under 5s eat for free with any adult meal.



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

ONLINE, ON THE PHONE, ANYTIME

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

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

shout
for support in a crisis

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](#)

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.



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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/>