



GREENSHAW
HIGH SCHOOL

Help for the Holidays

Summer 2026

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



HOLIDAY ACTIVITIES & FOOD PROGRAMME

SPRING, SUMMER AND WINTER



FREE*
FOR
RECEPTION
– YEAR 11



Activities include:

- > Arts & craft
- > Sports
- > Performing arts
- > Sessions for 13+ year olds
- > Day trips
- Plus much more!

Book your child's place today!

Enjoy a holiday filled with exciting activities, trips and more.

Nutritious food included.

*Children who receive benefits-related free school meals can book a free place using their unique vouchers. Vouchers are provided by schools. Limited free places are available for children outside this cohort.



Scan the QR code or search
'Sutton HAF' to find out more.



 Department
for Education

HAF SUMMER 2026



We would absolutely love to welcome your child to BB Soccer this summer for an action-packed, fun-filled FREE camp! Eligible families will receive their FREE HAF vouchers!

This summer, we have so much planned, including:



Football



Go-karting



Nerf wars



Awards
& Prizes



Tournaments
& Fun Games



Loads of fun
Activities

Each child will receive a FREE nutritious, hot meal, snacks and nutritional education on how nutrition can support athletes!

Our Easter HAF camp was fully booked within **48 hours**, so please be quick if you would like to secure your child's place this summer!

You can book your place here:

Carshalton High School for Girls - [HolidayActivities](#)

Wilsons School - [HolidayActivities](#)

If you have any questions, please email us at info@bbsoccer.co.uk and we'll be happy to help.

We can't wait to see you all there for an amazing summer at BB Soccer!

<http://www.bbsoccer.co.uk/>



PRESENTS

CREATE A FILM

MAKE YOUR OWN
MOVIE TRAILER

INCLUDING AN EXCLUSIVE
VISIT TO

SKY STUDIOS



LEARN ACTING FOR CAMERA



CREATE STORYBOARDS
AND STORY IDEAS



FILM YOUR OWN
MOVIE TRAILER



ENJOY AN EXCLUSIVE
VISIT TO SKY STUDIOS



TAKE HOME YOUR
FINISHED PRODUCTION

**4-DAY
FILMMAKING
EXPERIENCE**

AGES 13-18

sky **studios**



★ **FREE HAF
PLACES
AVAILABLE!**

FOR ELIGIBLE FAMILIES

COURSE DETAILS



DATES

10-13 AUGUST



TIMES

Mon - Wed: 2.30pm - 6.30pm

Thu: 12 noon - 5.30pm



VENUE

Sutton / Carshalton Beeches



PRICE

£150

Hot meal included every day

➤ **BOOK YOUR PLACE TODAY!** ➤

IT'S EASY - JUST VISIT:



www.dramabuds.co.uk/createdrama



ALSO RUNNING: CREATE DRAMA

WEDNESDAY EVENING CLASSES

ACTING • PERFORMANCES • SHOWS

Summer Holiday Yoga Classes for Children & Teenagers



At the Saraswati Yoga Studio
122 Robin Hood Lane, Sutton

5-9 year olds Wednesday 3.30pm-4.15pm

10-16 year olds Wednesday 4.30pm-5.30pm

DofE participants welcome

Each class includes the four components of Yoga

Meditation
Postures
Yoga Breathing
Relaxation

Helping to support and strengthen physical,
emotional & mental wellbeing

**For further details please contact Laura on
07905504818 or at l.hopson2@virginmedia.com**





**AGES
7-15**
**ALL ABILITIES
WELCOME!**

SUMMER CAMP 2026

JOIN CHEAM CC FOR A
4-DAY JULY – AUGUST
CRICKET CAMP
FOR BOYS & GIRLS

FOR PLAYERS AGED 7-15

The camp includes games,
coaching, fun, and skill
development in a safe,
structured club environment.
All abilities are welcome.



**MATCHES
& GAMES**



**FUN, FRIENDS
& TEAMWORK**



**SAFE, SUPPORTIVE
ENVIRONMENT**

**ALL ABILITIES
WELCOME!**

CAMP DATES

MON – THURS

WK 1 20 – 23RD JULY 2026

WK 2 27 – 30TH JULY 2026

WK 3 03 – 06TH AUGUST 2026

WK 4 10 – 13TH AUGUST 2026

4 days of cricket, fun and friends!

CAMP TIME & OPTIONS



MAIN CAMP
10:00AM – 4:00PM



EARLY DROP-OFF
9:30AM – 10:00AM
(+£8 / DAY)



LATE PICK-UP
4:00PM – 4:30PM
(+£8 / DAY)



★ **MAIN CAMP RUNS FROM
10:00AM TO 4:00PM**
Optional early drop-off at 9:30am
for +£8/day and late pick-up at
4pm for +£8/day.

CAMP PRICING

FULL WEEK (4 DAYS)
EARLY BIRD

MEMBERS
£120
NON-MEMBERS
£130

FULL WEEK (4 DAYS)
STANDARD

MEMBERS
£140
NON-MEMBERS
£145

SINGLE DAY



£38

HALF DAY
(MORNING OR
AFTERNOON)



£23

FULL WEEK
HALF DAYS
(4 DAYS)



£85

SIBLING DISCOUNT



10% OFF
SECOND CHILD

BOOK YOUR PLACE TODAY!



www.cheamcc.co.uk



juniorsection@cheamcc.co.uk



The Moats, Cheam,
Surrey, SM2 7DY



**SPACES LIMITED!
DON'T MISS OUT!**

SUMMER IN SUTTON

Free Family Events

Exciting Challenges

Now with a brand new app!

Find out more by scanning
the QR Code or visiting:

<https://events.sutton.gov.uk>



All Events Free to attend!
Booking required

The Art of Storytelling

21 July | 11.30 AM
Worcester Park Library

**Sewing Workshop:
Make a Journal**

23 July | 10.00 am
Honeywood Museum

**Small Art of Kindness:
Concertina books**

23 July | 1.30pm
Circle Library

**Adventure Moves
Kids Fintess Workshop**

27 July | 2.00pm
Wallington Family Hub

**Bollywood Dance
Workshop**

27 July | 2.30 pm
The Quad

**Seen
The Inner You**

29 July | 11.00 am
Honeywood Museum

**Treasure Island
Adventure**

30 July | 1.30 pm
Whitehall Historic House

**Elmer's Patchwork Party
Story, Make & Play**

31 July | 10 am
Honeywood Museum

**Clowning with
Confidence**

3 August | 10.30 am
Sutton Central Library

Imagine Tomorrow

4 August | 2.30 pm
Unity Junction

Brave Words, Calm Minds

5 August | 11.00am
Cheam Library

**Celebrate the
Year of Reading**

6 August | from 9.30am
Wallington Library

**Oh, I Do Like To Be Beside
the Sea Side**

7 August | 10am
Whitehall Historic House

**We the Forest:
Story, Nature and STEAM
through Art**

14 August | 10am
Little Holland House

Grow with the Dot

14 August | 2.30pm
Unity Junction

**Cheerleading Workshop
With Unity Allstars**

17 August | 10am
Unity Allstars

Sutton Tennis Academy

19 August | 10.00 am
Sutton Sports Village

**Storytelling and Crafts
Workshop: My Monster and
My Feelings**

28 August | 10.00 am
Honeywood Museum

Book your events now by
scanning the QR code, or by
visiting

<https://events.sutton.gov.uk/>



Sutton Summer Activity Camps

Sutton High School

The perfect school holiday experience for your children is right around the corner at the Sutton [Ultimate Activity Camp](#)! The camp at Sutton offers over 40 fun and engaging activities for 4-14 year olds to enjoy. On-site teams are always close by to ensure your children are inspired throughout the day. They also oversee all activities, which include swimming, tennis, and much more!

You'll find the Sutton Summer and Easter activity camp in the very centre of Sutton itself. This location makes travel easy, with the school accessible via the A232, or by public transport. The school itself has an impressive selection of on-site facilities. These include a heated swimming pool, tennis courts, sports pitches, and even a dance studio.

Parents can rest assured that our staff, safeguarding practices, facilities and activities meet rigorous Ofsted standards. The camp location is registered under EY470848. Visit the [Sutton High School website](#) for more information.

We also offer camps for children aged 4 to 5 years at Sutton High School. Find out what your child's first camp experience will be like and [how we tailor our programme to 4 and 5-year-olds](#).

If your children love to keep active, book them a space at the Ultimate Activity Camp in Sutton today.

For more information, [visit our FAQs](#) now or get in touch with us at help@ultimateactivity.co.uk / [0330 111 7077](tel:03301117077) today.

Sutton Education Wellbeing Service Self-Care Summer Newsletter

Sutton Education Wellbeing Service work in schools to support children, young people and their families with their emotional wellbeing, offering 1-2-1 support, groups and workshops. This is our summer newsletter which provides information on activities & wellbeing events you can try over the summer.

Relationships & Connection:

Spending time with friends, family, pets and our community helps boost our wellbeing.

Emotional Wellbeing Support

Take a look at page 2 for self-care plans and mental health support helplines and websites.

Keeping active

Keeping active improves our mood. Find something that works for you whether it's walking, dancing, online classes or sports.

Creativity:

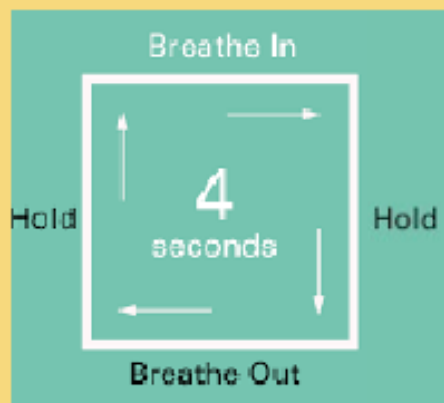
Finding ways to be creative helps you express yourself and be more present. Try drawing, writing or making music!

Relaxation

See below some relaxation strategies to try this summer. Click [here](#) for other relaxation ideas.

Fun and Entertainment

Look at page 3 for lots of free/low cost and FUN activities in Sutton!



**Take a deep breath.
Look around you and name:**

5 Things you can see



3 Things you can hear



Things you can feel



4

2 Things you can smell



1 Thing you can taste



Creating a self-care plan

Self-care is the little things we do to look after our wellbeing and to keep ourselves feeling good!

There are many aspects to self-care:

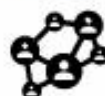
Physical



Emotional



Social



Practical



Anna Freud have created a self-care plan booklet for young people to fill out. Click [here](#) to access it.

Mental Health Helplines for young people:

Over the summer, you can contact the below services:

If you're a child, young person, or a parent/carer worried about a young person's mental health, call the **South London Partnership CAMHS (Child and Adolescent Mental Health Services) Crisis Line** on 0203 228 5980. The line is open every day from 9am to 11pm.

Off The Record Free, confidential counselling for young people aged 11-25 who live, work or study in Sutton. Call free on 0800 980 7475, open Mon-Fri from 3-6pm.

Kooth Live chat support.

Childline Call 0800 1111 (available 24/7).

Hopeline UK (Papyrus) Call 0300 102 2470, text Hope to 88247 or email pat@papyrus-uk.org (available 24/7).

Samaritans Call 116 123 or online chat via the website.

Shout Text SHOUT to 85258 (available 24/7) or visit the website to access scheduled peer chat.

For emergencies, please call 999 or visit your local A&E

Sutton Holiday Activities

Free swimming offers - Check the leisure centre websites for times and locations.

Summer In Sutton Series | **Sutton Libraries** Sutton Libraries are running a variety of free and low-cost events and workshops aimed at children and young people.

Sutton Ecology Centre Holiday Activities £5.50-7.80 per session.

Time Out Youth Project - Youth club in Sutton.

Take Part in the Summer in Sutton Challenge

Free sports facilities (check if booking is required)

Basketball Courts - Rosehill Park, Manor Park, Beddington Park, Mellows Park

Football Pitches - Roundshaw Playing Fields, Poulter Park, Beddington Park, Carshalton Park.

Skate Parks - Poulter Park Skatepark, Rosehill Skatepark.

Tennis Courts - A mix of free and paid courts.

Outdoor gyms - 15 outdoor gyms across the borough.

Parkrun Nonsuch Park - Register in advance to get your official time
o Every Saturday at 9am - 5km walk or run (13 y/o +).
o Every Sunday at 9am Junior Parkrun 2km (4-14 y/o).



Respectful



Open



Collaborative



Compassionate



Consistent

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.

What is this activity?

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.

How can I connect with this service?

Contact: Mary Buckton

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

This service is run by the organisation Sutton Ecology Centre.

[View their organisation details and other listed services](#)

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



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.

Contains mentions of suicide and self-harm.

If you need support text MRF to 85258.



**MOLLY ROSE
FOUNDATION**

SAFE SCROLLING – WHAT TO DO WHEN SOMETHING FEELS WRONG



**MOLLY ROSE
FOUNDATION**

PRACTICAL GUIDE FOR YOUNG PEOPLE

Online content can bring up lots of different feelings, and sometimes those feelings can be heavy and affect our mental health. If you see something that feels wrong or worrying, this guide can help you recognise it, respond safely and find support.

Spotting harmful content:

Harmful content can be incredibly subtle, feel supportive and keep you from getting the help and support you deserve to feel better.

Here are some signs to look out for:

- > If it makes you feel suddenly sad, anxious, heavy or unwanted then it could be harmful.
- > If it keeps drawing you back to feelings of sadness and like you aren't worthy then it could be harmful.
- > If it tells you not to get help or not to speak to people you trust then this is harmful.
- > If it suggests the only way to feel better is to act in unsafe or risky ways then this is harmful.
- > If it encourages you to harm yourself or end your life then this is harmful.
- > If it promotes extreme dieting, exercise or eating disorder behaviours then this is harmful.
- > If it's showing videos or images that are violent, frightening or overly graphic then this is harmful.
- > If it's shaming you or someone else or encouraging violence or harm towards others then this is harmful.
- > If it's repeatedly showing harmful or upsetting material then this is harmful.

Practical steps to take:



Mute the content or select 'see less of this'.



Report it via the platform's safety tools.



Unfollow the account or mute it.



Search for content that makes you feel happy, calm and safely support.



Get safe support from a loved one or helpline.

Support available

If harmful content has left you feeling unsure or down, it's okay to ask for help and you don't have to manage these feelings on your own.

SHOUT Text 'MRF' to 85258

Free, confidential crisis text line for anyone, any age available 24/7

Papyrus HOPELINE247 0800 068 4141

Free, confidential helpline for people under 35 or anyone concerned about a young person, available 24/7

NSPCC Childline 0800 1111

Free, confidential support for young people under 19, available 24/7

NHS 111 Dial 111

Select 'mental health help' for urgent help or advice

In an emergency don't be afraid to dial 999

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](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/>



Muslim Cultural &
Welfare Association
of Sutton

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



CRANSTOUN

Empowering People, Empowering Change

Hot Weather, Alcohol and Other Substances

Extreme heat can pose significant health risks for everyone, but the dangers are magnified for individuals who use Substances. Always remember.....

Never use alone & look out for your friends

Some substances can make you overheat

Do not mix your substances together or with alcohol

Eat before using substances

Charge your phone before going out and tell someone where you're going



Stay Hydrated, Drink Plenty of Water, Little And Often.



Apply Suncream regularly, some substances can make your skin more sensitive



Keep Your Head Covered To Avoid Heatstroke. And Stay in shaded areas.



Avoid Mixing Alcohol With Other Substances



Take A Bag/Backpack To Keep Your Belongings Safe.



Do not use substances near open water or enter open water whilst under the influence (see QR codes)



Look Out For Others. Check On Your Friends And Stay Together.



Pace Yourself. Heat Can Cause The Effects Of Substances To Hit You Much Faster.



CALL 999 or go to A&E if: someone's life is in danger or at risk, for example if they have seriously hurt themselves or may be having an adverse reaction to something they have taken, or if you do not feel you or someone else safe.

CRANSTOUN
Here4YOUth



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/>