



Carshalton High School for Girls
CHSG
Excellence: everywhere, every day

CHSG's Wellbeing and Support Guide for Parents and Carers

To help our students, parents and carers have a safe, fun and restful Christmas break, we have compiled together the support and services available through the holidays.

For your ease each category is listed with page reference so you can easily scroll to the service or support that is relevant to your individual family needs.

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Pages 17-18	Online Safeguarding Parent Guidance Support and Services



Douglas—CHSG's Wellbeing Dog,
wishing everyone a safe and restful
Christmas break!



CHSG's Wellbeing and Support Guide for Parents and Carers – Information about activities throughout the Christmas holidays and also where to access more help.

Activities available over the Christmas Holidays



The aim of our work is to help ensure that no Carer has to reach crisis point before they get the support they need.

Sutton Carers Centre remains open and continues to provide both Young and Adult Carers (children and adults) with free information, advice, practical and emotional support. If you or someone you know requires the services we offer, then please call the team on 020 826 5611, or email us on enquiries@suttoncarerscentre.org or youngcarers@suttoncarerscentre.org.

ACTIVITY	AGES	DATE	TIME	DESCRIPTION
Pantomime at Epsom Playhouse	All ages	January 3rd	2.00pm	Theatre is back!! We will be attending Beauty and the Beast at Epsom Playhouse. At the Great British Pantomime Awards 2020, The Epsom Playhouse pantomime 'Peter Pan' won the 'BEST PANTOMIME IN COUNTRY' category. This year the creative team have worked their magic once again and present to you another 'BEAUTY' of a pantomime and Beauty & The Beast promises something for everyone.
Young Carers Ambassadors	All ages	Thursdays (varying)	5.00-6.30pm	Ask us about joining the Young Carers Ambassadors! If you are passionate about championing the rights of Young Carers and raising awareness of the impact of caring, we want to hear from you!
YC Chill and Learn	All ages	Mondays term-time	4.00-5.30pm	'YC Chill and Learn' is a space where you can come to the Centre and do some homework, receive support, and meet and connect with other Young Carers.
Young Adult Carers Peer Support Group	15 - 18 years	Wednesdays See dates overleaf	5.00-6.30pm	This is a specialised Peer Support Group for Young Adult Carers aged 15 - 18. Peer support will allow you to meet other Young Carers in similar circumstances to you, help you to think about your relationships, thoughts, wellbeing and understand more about a variety of health conditions.
Young Carers Peer Support Group	12 - 14 years	Wednesdays See dates overleaf	4.00-5.30pm	Peer Support group for our younger secondary school YCs. If you would like to join a peer support group to discuss your caring role in a safe and supportive space, please let us know.
18+ Peer Support	18 – 25 years	Wednesdays See dates overleaf	5-6pm	This virtual peer support is for our Young Adult Carers over 18. Many YACs in this age-group are working or away studying so we will be maintaining this monthly virtual support group to keep connected.
Passport	9 - 12 years	Tuesdays term-time From Feb 22nd	4.00-5.30pm	Young Carers develop their own positive strategies to deal with problems through engaging activities: reading the comic strips, discussion, role-play and games. They use the colourful game board to find as many solutions as possible.
Movie Night	All ages	February 14th	4-6pm	Courtesy of our Jack Petchey award winner, Sarah Hewitt, we will be hosting a movie night at Sutton Carers Centre. Come along for an evening of treats and sit back, relax and enjoy.
Bowling	14+	February 16th	TBC	Let's get some teams together for an afternoon at the bowling alley! Please let us know if you would like to come along and we will send more details closer to the time.



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Activities available over the Christmas Holidays Continued

Dates for Chill and Learn & Peer Support December 2021 – February 2022

YC Chill and Learn	
Mondays 4.00pm-5.30pm	
December	6 th
January	10 th , 17 th , 24 th , 31 st
February	7 th , 21 st , 28 th
12-14 Peer Support	
Wednesdays 5.00pm-6.30pm	
January	26 th
February	23 rd
15-18 Peer Support	
Wednesdays 5.00pm-6.30pm	
December	1 st
January	12 th
February	9 th
18+ Peer Support	
Wednesdays 5.00pm-6.30pm	
January	19 th
February	16 th

The activity booking process is as follows:

☐ Contact us by email at anna@suttoncarerscentre.org OR text 07787 063 340 with the activities you would like to attend.
Please include your name, age, and activity choices.

☐ **PLEASE NOTE** activity places are allocated 1 week before the activity **so please ensure** you respond well in advance of this.

If we are able to allocate you a place on your chosen activities, you will receive a text a week before the activity offering you a place. You will be asked to respond to this text with your name and either 'yes' or 'no' to confirm if you are accepting the place.

Email: enquiries@suttoncarerscentre.org
Tel: [020 8296 5611](tel:02082965611)

Young Carers are happy to be hosting weekly groups in the Centre again using an in-person/virtual blend. The safety of Young Carers and their families comes first, so all groups move online, if necessary. The location of activities will be confirmed with your booking. We are also seeing Young Carers individually, in person, by appointment, so please do contact us if you need face-to-face support.

WHAT WE DO

KEEP IN TOUCH

Follow us @suttoncarers



» INFORMATION AND ADVICE

Our advice service is free, confidential and available to all Carers. [MORE](#)

» MONEY MATTERS

Are you receiving all of the benefits and concessions that you are entitled to? [MORE](#)

» YOUNG CARERS SERVICE

A range of specialist and targeted support to children and young people aged 8-25 years of age who have caring responsibilities. [MORE](#)

» TRAINING & WORKSHOPS

Various training courses are held throughout the year. [MORE](#)

» SPECIALIST MENTAL HEALTH TEAM

For people caring for someone with a mental health issue. [MORE](#)

» SUPPORT GROUPS

These groups provide mutual support, information sharing and an opportunity to meet with people who may have similar experiences. [MORE](#)



CHSG's Wellbeing and Support Guide for Parents and Carers – Information about activities throughout the Christmas holidays and also where to access more help.

Activities available over the Christmas Holidays Continued

Sutton Council has secured funding from the Department for Education to provide a Holiday Activities and Food (HAF) Programme for 6 weeks during the school holidays for children eligible for Free School Meals.

The HAF programme is funded by the Department for Education to provide additional support to eligible families to access holiday activities.

School holidays can be a particularly difficult and challenging time for some families who may have limited access to activities, food or learning opportunities. Sutton Council have worked closely with our partners, including schools, voluntary organisations and existing childcare providers to plan a programme of activities for eligible families



Please visit the Sutton Council website for more information

https://www.sutton.gov.uk/info/200588/health_and_wellbeing/2102/covid-19_schools_and_education/3

A wide range of well thought out activities have been listed on the link above– for your ease, age relevant activities are listed below—

Sutton Council Programme of Events and Booking Information:

Name of provider: All things Christmas - Supreme Education Foundation

Address: Carshalton High School for Girls School West Street, Carshalton SM5 2QX

Description of activity: Drama (Nativity play), Christmas Decor workshops, baking (Christmas treats), trips to Winter Wonderland

Age range: 3-15 years

Dates: Monday 20-Friday 24 December AND Wednesday 29-Friday 31 December

Time: 10am-2pm

How to book: www.supremeeducation.org

Name of provider: Aunty Connie's Childcare Holiday Club

Address: St Paul's Church, Mollison Drive, Wallington SM6 9HG

Description of activity: Outdoor activities including football, trampolining (trip to oxygen) bowling, cinema trips, walk to the woods, mini bugs hunt, scooter/bike ride in a local park, visit to local library and the town centres to see the Christmas decorations and live reindeers. Indoor activities such as arts and crafts including designing their own Christmas cards and decorations, making snowflakes; singalong to Christmas carols, baking Christmas cookies and decorating them, creating a Christmas hamper, festive dressing up day, a visit from santa, indoor games (for example, creative construction games) and much more educational resources to choose from.

Age range: 3-12 years

Dates: Monday 20, Thursday 23 AND Tuesday 28-Thursday 30 December

Time: 7.30am-6pm

How to book: Call 07832035240 OR 07891749889



CHSG's Wellbeing and Support Guide for Parents and Carers –
Information about activities throughout the Christmas holidays and also where to
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Activities available over the Christmas Holidays Continued

Sutton Council Programme of Events and Booking Information Continued:

Name of provider: Christmas Camp - Crafty Critters Club

Address: Cuddington Croft Primary School, West Drive SM2 7NA

Description of activity: Themed arts and crafts, sports activities, science experiments, stem challenges and team games.

Age range: 4-12 years

Dates: Monday 20-Thursday 23 December AND Wednesday 29-Friday 31 December

Time: 8am-6pm

How to book: www.craftycrittersclub.co.uk

Name of provider: Online Music Production

Address: Cognus Limited, Cantium House, Railway Approach, Wallington SM6 0DZ

Description of activity: During this three-day activity, students will work with one of Sutton Music Service's specialist tutors to learn about and develop their understanding of Music Production. Students will work online via Microsoft Teams to use Soundtrap, an online Digital Audio Workstation. Students will learn to program drum beats, edit samples, create remixes and produce their own tracks. The students will be able to keep their Soundtrap account for the rest of the academic year, (until August 2022), to help them continue to create their own music. Soundtrap is a website music production programme that is designed to work on any device. It is, however, recommended that the student works on a laptop (WinBook or Chromebook) with Google Chrome installed for this course. The students will need headphones (the type that comes with mobile phones are fine) and access to a good internet connection.

Age range: 8-16 years

Dates: Monday 20-Wednesday 22 December

Time: 10am-2pm

How to book: Email: gareth.gay@cognus.org.uk

Name of provider: Fit For Sport Activity Camp

Address: Fit For Sport @ Westcroft Leisure Centre Westcroft Road, Carshalton SM5 2TG

Description of activity: Ensure your kids stay active and enjoy experiences that will last a lifetime by joining Fit For Sport for their Winter Fiesta where they will be having a celebration of sport & activity! By booking your child's space at the Christmas holiday camps, your child can expect an explosion of endless fun and action as they promise to deliver such an amazing experience, they'll be desperate to come back! Fit For Sport half term holiday camps offer families flexible childcare solutions through active multi-activity programmes within a safe, supportive and fun environment. Ensure your child does not miss out on the pulse raising activity programme, full of enriching activities throughout the holiday that aim to add a depth and richness to children's learning beyond their school curriculum.

Age range: 5-12yrs

Dates: Monday 20-Friday 24 December

Time: 8.30am-5.30pm

How to book: www.fitforsport.co.uk (with discount code for HAF is XMASHAFSUT)

Name of provider: Fit For Sport Activity Camp

Address: David Weir Leisure Centre, Middleton Road, Carshalton SM5 1SL

Description of activity: Fit For Sport's Ofsted-registered holiday camps are run by trained professionals to provide school holiday childcare within a safe, supportive and fun environment. Swimming every day and a range of sports, arts and crafts and healthy lifestyle activities

Age range: 5-12 years

Dates: Monday 20-Thursday 23 December

Time: 8.30am-5.30pm

How to book: www.fitforsport.co.uk OR Email: enquiries@fitforsport.co.uk (for your HAF code)



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Activities available over the Christmas Holidays Continued

Sutton Council Programme of Events and Booking Information Continued:

Name of provider: CARES Activities - Talent Acquisition Group Ltd

Address: Harris Academy Sutton, 2 Chiltern Road, Sutton SM2 5RD

Description of activity: **Commitment (Day 1)** will have a central focus on understanding different cultures and youth empowerment. Young people will experience the following: Buddy system, role-play, debates and more significantly, storyboards so there is tangible evidence of what was discussed. **Aspiration (Day 2) Dragons' Den** – Community Project: Young people will work in collaboration with the local community to develop a business model/project that will help better the local environment. The project will be over 2 days and involve the following:

- Door to door surveys
- Hand out fresh fruit/food to young people
- Donation drive for homeless

Resilience (Day 3) - The Introduction of the journaling club, the freedom of speech within groups on issues that affect the young people. Young people will journal their own experiences and have group discussions on strategies to help them overcome. We will be discussing the following topics:

- Social Media
- Mental Health
- Relationships
- Careers and Education

Excellence (Day 4),- Team building activities that display leadership skills. The CARES programme will also incorporate a variety of physical activities giving a platform for young people to demonstrate their talents and gain access to participating in other disciplines unknown to them. Such activities will include fitness, healthy eating, and trips. The sports on offer will range from Football, Basketball, Badminton, Volleyball, Rounders.

Self-Management (Day 5) - Youth inspiring youth! This day will incorporate healthy eating activities where young people will get creative in designing healthy eating posters, diet plans and more.

External Providers: Day's 6-8 will also factor in guest speakers to deliver a talk and workshop on Body Dysmorphic Disorder (BDD), Cyber Bullying and Youth empowerment.

Age range: 8-16 years

Dates: Monday 20 -Friday 24 December AND Wednesday 29-Thursday 30 December

Time: 10am-4pm

How to book: Email: mamponsah1991@gmail.com

Name of provider: Indoor Futsal/Small Sided Football Camp

Address: Sutton Grammar School For Boys (Greyhound road entrance) Manor Lane, Sutton SM1 4AS

Description of activity: They will deliver Futsal (5 v 5) indoor football activities to help children develop technical skills, confidence on the ball, close control, quick thinking and ability to express themselves when playing. Futsal is an exciting, fast-paced, small sided 5v5 indoor sport. It helps children and young players develop an array of skills that will make them better players both on the football pitch and Futsal Court. The Indoor Futsal/Small Sided Football Camp will be delivered over 4 days in a safe and supportive environment to support children and young people's engagement in structured physical activities, nutrition needs, physical development and address social isolation during the duration of the camp. There will be 1v1 games, mini matches, tournaments and a variety of fun and team games.

Age range: 5-15 years

Dates: Monday 20-Thursday 23 December

Time: 9.30am-2pm

How to book: Email: info@purefutsalacademy.co.uk



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Activities available over the Christmas Holidays Continued

Sutton Council Programme of Events and Booking Information Continued:

Name of provider: Christmas Camp - Supreme Education Foundation

Address: Carshalton High School For Girls West Street, Carshalton SM5 2QX

Description of activity: Drama (Nativity) , trips to Winter Wonderland, Christmas decor and Christmas treats baking, sports and music.

Age range: 5-15 years

Dates: Monday 20-Friday 24 December AND Wednesday 29-Friday 31 December

Time: 10am

How to book: www.supremeeducation.org

Name of provider: Teach It In 10, Christmas Bootcamp

Address: Wallington High School for Girls Woodcote Road, Wallington SM6 0PH

Description of activity: Christmas coding activities, sports, trips, design and technology and healthy eating cooking sessions

Age range: 10-16 years

Dates: Monday 20 - Thursday 23 December AND ednesday 29 - Friday 31 December

Time: 10am-6pm

How to book: Please complete the form: <https://forms.gle/1CJUuLX1D4DbNnPk7>

Name of provider: Christmas Dance Blast - Sutton Community Dance

Address: Sutton Community Dance, 2nd Floor, St Nicholas Shopping Centre, Sutton SM1 1AX

Description of activity: Two days of dance based fun running covering styles including hip hop, jazz and contemporary with tasty food and a Christmas theme throughout. Using SCD's 3 well equipped studios, everyone will have a great chance to meet new people, learn new dance skills and enjoy a really healthy time...all right in the centre of Sutton

Age range: 5-16 years

Dates: Monday 20-Tuesday 21 December

Time: 10am-4pm

How to book: www.scd.org.uk

Name of provider: Time Out Youth Project Christmas Holiday Camp

Address: Riverside Centre, 113 Culver Avenue, Carshalton. SM5 2FJ

Description of activity: Arts & crafts, cooking, skateboarding, trips & sports.

Age range: 6-13 years

Dates: Monday 20 -Wednesday 22 December

Time: 11am

How to book: www.myclubhouse.co.uk/TOYP/Events/Calendar

Name of provider: Time Out Youth Project - Christmas Holiday Camp

Address: Harris Academy, 2 Chiltern Road, Sutton. SM2 5RD

Description of activity: Christmas crafts, sports, games, trip & more.

Age range: 7-15 years

Dates: Monday 20 -Wednesday 22 December

Time: 10am

How to book: www.myclubhouse.co.uk/TOYP/Events/Calendar



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Activities available over the Christmas Holidays Continued

Name of provider: Talent Acquisition Group CARES Camp

Address: Harris Academy Sutton, 2 Chiltern Road, Sutton, SM2 5RD

Description of activity: The Christmas camp will be centred around the acronym 'CARES'. There are two main components to our Christmas camp. We aim to champion our mentorship programme accompanied by a variety of sporting activities. CARES stands for Commitment, Aspiration, Resilience, Excellence and Self-Management. Each day through Talent Acquisition Group you will explore the above core values and provide adequate workshops which will include group discussions, team-building activities and more.

Commitment (Day 1): This will have a central focus on understanding different cultures and youth empowerment. Our young people will experience the following: Buddy system, role-play, debates and more significantly, storyboards so there is tangible evidence of what was discussed. At the end of the week, the young people will showcase their storyboard of what they have learnt from their peers. Thus, strengthening the importance of being committed to understanding more about their peers.

Aspiration (Day 2): Dragons' Den – Community Project: Young people will work in collaboration with the local community to develop a business model/project that will help improve the local environment.

Resilience (Day 3): The Introduction of our journaling club, the freedom of speech within groups on issues that affect young people. Young people will journal their own experiences and have group discussions on strategies to help them overcome.

Excellence (Day 4): Team building activities that display leadership skills. The CARES programme will also incorporate a variety of physical activities giving a platform for our young people to demonstrate their talents and gain access to participating in other disciplines unknown to them. Such activities will include fitness, healthy eating, and trips. The sports on offer will range from Football, Basketball, Badminton, Volleyball, Rounders.

Self-Management (Day 5): Youth Inspiring Youth! This day will incorporate healthy eating activities where young people will get creative in designing healthy eating posters, diet plans and more.

External Providers: (Day's 6-8) These two days will also factor in guest speakers to deliver a talk and workshop on Body Dysmorphic Disorder (BDD), Cyber Bullying and Youth empowerment. Talent Acquisition Group deem it imperative to tackle some of the more common issues associated with our targeted audience within current times..

Age range: 8-16 years

Dates: Monday 20 -Friday 24 December AND Wednesday 29-Friday 31 December

Time: 10am

How to book: mamponsah1991@gmail.com

Financial Support Guide and Contact Details:



As a single parent, you can apply for grants to help you with everyday costs or one-off purchases, such as buying a school uniform for your child. Trusts give money out to those in need, usually depending on certain criteria such as age or location.

Turn2Us is a national charity which helps people in financial need to gain access to welfare benefits, charitable grants and other financial help.

Please visit www.gingerbread.org.uk for more information or click on the link below.

<https://www.gingerbread.org.uk/information/managing-money-and-debt/turn2us-grants-search/>



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Financial Support Guide and Contact Details Continued:

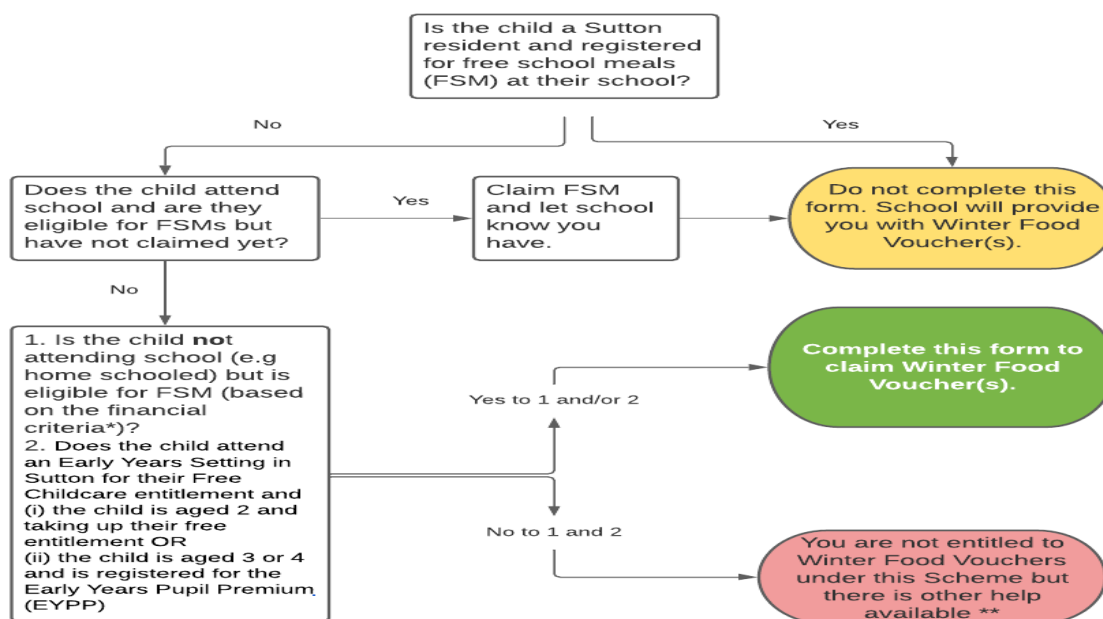
Support for families over School holidays

Sutton Council is working with Sutton Schools and education settings to distribute food vouchers to families who have pupils eligible for Free School Meals or Early Years Pupil Premium. Vouchers are worth £3 a day for each eligible pupil and will be provided for the number of days in each holiday period (10 days for Christmas, 5 days for February half term and 10 days for Easter). Vouchers can be used in supermarkets chosen by parents/carers.

For the vast majority of eligible families, Schools will issue vouchers through the following platform:

<https://www.schoolvouchers.com/> automatically using the information they already hold on eligible families (parents/carers do not need to apply).

There may be some families that have pre-school aged children who will not be able to receive vouchers from a school. In these cases, we are asking them to complete a short application form to receive a voucher and the Local Authority will issue vouchers.



* Financial Criteria

You may be eligible to receive FSMs and the Winter Food Voucher Scheme if you receive one of the following benefits:

1. Income Support
2. Jobseeker's Allowance (Income Based)
3. Employment Support Allowance (Income Related)
4. Child Tax Credit (but not Working Tax Credit) and your annual gross income (as assessed by Her Majesty's Revenue and Customs) is not more than £16,190
5. Universal Credit
6. Support under part six of the Immigration and Asylum Act 1999
7. The guaranteed element of Pension Credit

**** If you do not meet the criteria for Winter Food Vouchers and need help with food then please visit <https://www.sutton.uk/covid-19> to find out about other sources of help.**

For more information or for frequently asked questions please go to this:

link https://www.sutton.gov.uk/info/200588/health_and_wellbeing/2102/covid-19_schools_and_education/2



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Financial Support Guide and Contact Details:



HOW TO GET HELP -THE MOST IMPORTANT STEP IS TO GET
A **FOODBANK VOUCHER**. GET IN TOUCH WITH AN AGENCY:

Agencies 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 <https://www.citizensadvice.org.uk>
- Welfare Reform Team: 07714 747011
- Sutton Uplift: 0800 032 1411 (Freephone) or 020 3513 4044

They will discuss your situation and supply you with a [foodbank voucher](#) where appropriate.

BRING YOUR FOODBANK VOUCHER TO YOUR NEAREST FOODBANK CENTRE:

MORE THAN FOOD: When you come to the foodbank, we will always want to offer more than food. We will seek to signpost you for further help and support where appropriate. For example, to the welfare reform team at the council; Citizens Advice; Encompass for housing; Christians Against Poverty for debt and money management; Children's Centres for family support.

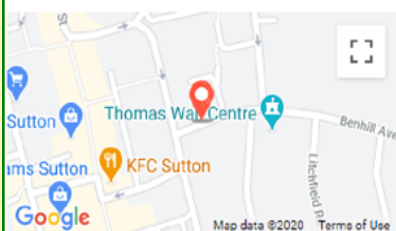
For more information please visit <https://sutton.foodbank.org.uk/get-help/faq/> or call [07525 838 640](tel:07525838640) or email admin@suttoncommunityworks.org

Sutton Salvation Army

07525838640

OPENING TIMES	ADDRESS
Mon 12:00 - 14:00	44 Benhill Avenue
Tue Closed	Sutton
Wed Closed	SM1 4DD
Thu Closed	
Fri 12:00 - 14:00	
Sat Closed	
Sun Closed	

Directions via Google Maps



Bishop Andrewes Church

OPENING TIMES

Mon	Closed
Tue	Closed
Wed	18:30 - 20:00
Thu	Closed
Fri	Closed
Sat	Closed
Sun	Closed

ADDRESS

Bishop Andrewes
Church, 59 Wigmore
Road
Carshalton
SM5 1RG

Directions via Google Maps

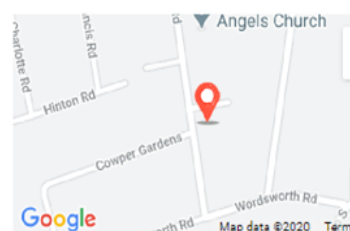


St Michaels & All Angels Church, Wallington

07525838640

OPENING TIMES	ADDRESS
Mon Closed	Milton Road,
Tue Closed	Wallington
Wed Closed	SM6 9RP
Thu 12:00 - 14:00	
Fri Closed	
Sat Closed	
Sun Closed	

Directions via Google Maps
View local transport





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Mental Wellbeing Support Guide and Contact Details:

childline

ONLINE, ON THE PHONE, ANYTIME

www.childline.org.uk

We're here for you, whatever's on your mind.
We'll support you. Guide you. Help you make
decisions that are right for you.

Our tips and techniques, ideas and inspiration,
can help you feel more in control. And you can
access them in your own time, at your own pace

Cruse Bereavement
Support

Our volunteers are trained in all types of
bereavement and can help you make
sense of how you're feeling right now.

[0808 808 1677](tel:08088081677)

stem4
supporting teenage mental health

Worried about?

Anxiety

Depression

Self-harm

Eating Disorders

Addiction

Or just want to stay on track?

Resilience

MindYour5

Our apps



Calm Harm is a free app to help
teenagers manage or resist the
urge to self-harm.



Clear Fear is a free app to help
children and young people
manage symptoms of anxiety.



Move Mood is a free app to help
teenagers manage low mood and
depression.



Combined Minds is a free app to
help families and friends provide
mental health support.

www.stem4.org.uk

YOUNGmINDS
fighting for young people's mental health



If you are a young person struggling to cope, **text YM to 85258 for free, 24/7 support.**

Whatever you are going through, if it matters to you, it matters to us.



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Mental Wellbeing Support Guide and Contact Details:

Where to get support for you or a friend when you are not in school

For support with mental health & wellbeing



www.kooth.com offers online confidential one-to-one support for young people, plus access to online self-help materials.



TALK TO US



In non-covid times they offer face to face counselling in Merton, Croydon & Sutton. At the moment they offer a text-based counselling service or telephone/videocall counselling.

www.talkofftherecord.org



childline

ONLINE, ON THE PHONE, ANYTIME
childline.org.uk | 0800 1111

Childline is open 24 hours a day, 7 days a week. So you can talk to us any time.

When you call us on **0800 1111** you'll get through to a counsellor, they're there to listen and support you with anything you'd like to talk about. Or you can have a 1-2-1 counsellor chat online.

They can provide help and support for people up to their 19th birthday





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Mental Wellbeing Support Guide and Contact Details:

For support in a crisis

NHS
South West London
CAMHS
Child and Adolescent
Mental Health Services

Crisis Line 0203 228 5980

For young people or parents/carers worried about a young
person's mental health.

Open: Monday to Friday 5pm – 11pm,
Saturday, Sunday, and Bank Holidays 9am – 11pm.

YOUNGmINDS
Crisis Messenger

powered by
shout
85258
CRISIS TEXT LINE

Young People can use the Young Minds Crisis
Messenger by texting 'YM' to 85258

or

SAMARITANS
Call us free 24/7 on
116 123
samaritans.org

contact Samaritans 24/7 on 116 123

For support in an emergency

In an immediate health or mental health
emergency, contact **999** or attend **A&E**

There are a number of phone lines that can also help:

Samaritans on 116 123 for 24-hour confidential emotional support

Childline on 0800 11 11 for 24-hour confidential support to children and young people up to the 19th birthday.

CALM on 0800 58 58 58 (5pm-midnight)

CASS on 0808 800 8088 (Tuesday - Thursday, 7pm-9.30pm except some holidays) for women looking for confidential and anonymous self-injury support. Text, webchat and email support also available.

PAPYRUS on 0800 068 4141 (Weekdays from 10am-10pm, Weekends from 2pm-10pm and Bank Holidays from 2pm-5pm) for confidential advice and support.



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Mental Wellbeing Support Guide and Contact Details:

Online Services for young people

Text-based counselling and
workshops for 11-25 year olds in
Croydon, Merton & Sutton.

TALK TO US
**OFF
THE
RECORD**

Workshops

Free and informal online workshops,
designed to provide practical help and
information about key issues you might
be struggling with in your life.

Are you affected by youth violence?

The CHRIS team offer support to
young people affected by loss and
violence.

Online counselling

www.talkofftherecordonline.org

Helpdesk

[I need help now!](#)

Saturday support

10am – 1pm

020 8175 6776

We know that Christmas isn't always a good time for everyone therefore we want to be here to offer you support if you might need it.

Our telephone support line will be **open everyday between 24th December - 3rd January, 3pm to 6pm (including Christmas Day).**

If you need to talk to someone during this time you can call us on **0800 980 7475** to talk to an Off the Record counsellor.

We provide free online counselling to young people aged 11-25 in Croydon, Sutton and Merton. To access these services you will need to register and provide us with some details about yourself.

Sign up here: <https://www.talkofftherecord.org/sign-up/online-workshops/>



CHSG's Wellbeing and Support Guide for Parents and Carers –
Information about activities throughout the Christmas holidays and also where to
access more help.

Mental Wellbeing Support Guide and Contact Details:



Your online mental wellbeing community

Free, safe and anonymous support

<https://www.kooth.com/urgent-support>



Just some of the things you'll find on Kooth



Magazine

Helpful articles, personal experiences and tips from young people and our Kooth team.



Discussion Boards

Start or join a conversation with our friendly Kooth community. Lots of topics to choose from!



Chat with the team

Chat to our helpful team about anything that's on your mind. Message us or have a live chat.



Daily Journal

Write in your own daily journal to track your feelings or emotions and reflect on how you're doing.

Sutton Crisis Café

Sutton Crisis Café is a new non-judgemental service for people in mild to moderate mental health crisis, who just need a safe place to be and someone to listen.

<https://smhf.org.uk/suttoncrisiscafe>



SUTTON Crisis Café

We offer out of hours support. A safe space and someone to listen when it all becomes too much.

suttoncrisiscafe.org.uk
0800 0129082



0800 012 9082

7 days a week, 365 days a year
6:30pm - 11:00pm



Sutton Crisis Café

63 Downs Road, Belmont
Sutton SM2 5NR
crisiscafe@smhf.org.uk



CHSG's Wellbeing and Support Guide for Parents and Carers –
Information about activities throughout the Christmas holidays and also where to
access more help.

Domestic Violence Support Guide and Contact Details:

Not Alone in Sutton

If you are experiencing domestic abuse, or know someone who is, help is available.

If you're experiencing domestic abuse, or know someone who might be, the advice below can help you. If you can, it is always worth speaking to someone for guidance for your particular situation.

<https://notaloneinsutton.org.uk/>

No one should pressure you into sending any pictures of yourself. It is abuse and they could be breaking the law.

Trust is not about knowing your partner's passwords or where they are 24/7. This is abuse.

If someone is trying to control your life, this is abuse.

If someone forces you to do things against your will, this is abuse.

If you are experiencing domestic abuse, or know someone who is, help is available.

Victim Support

(London Victim Assessment and Referral Service)

Call **0808 168 9291** free (Mon–Fri 8am–8pm, Sat 9am–5pm)

Sutton Domestic Abuse One Stop Shop – OPEN

Face-to-face drop-in sessions providing support and guidance available at Sutton Baptist Church on Wednesday mornings from 9.30–11.30am.

You can also complete an online referral into support by visiting:

<https://www.cranstoun.org/services/domestic-abuse/transform-sutton>

[Please click here to open link.](https://www.cranstoun.org/services/domestic-abuse/transform-sutton)

National Domestic Abuse Helpline

Call the 24 hours helpline free on **0808 2000 247**

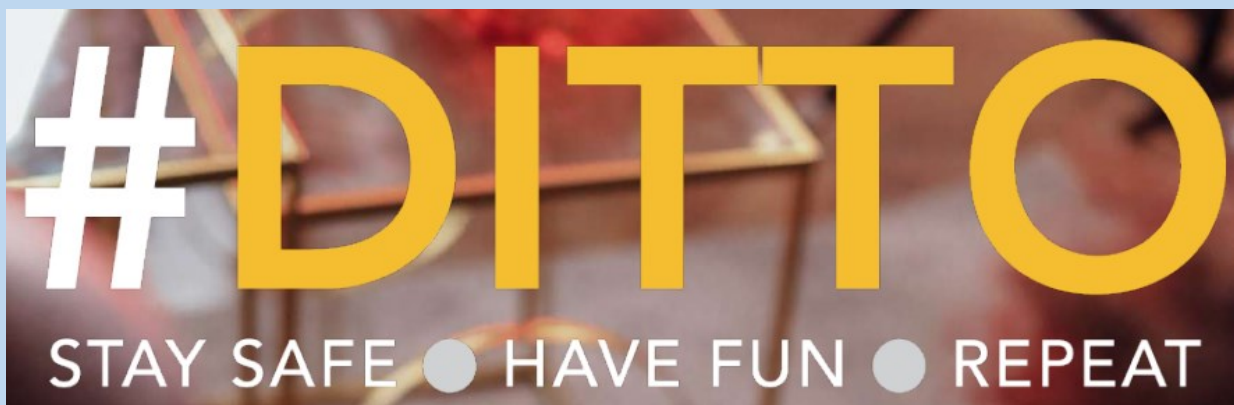
Police

Call **999** if you are in immediate danger, **101** at all other times.



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Online Safety Support Guide and Contact Details:



#Ditto

This link will take you to a free online safety Magazine from Alan Mackenzie providing easy to success information on Online Safety, setting protections on new devices, signposting where to get further support, how to report online sexual harassment and Keeping safe on TikTok.

https://www.esafety-adviser.com/wp-content/uploads/2021/12/DITTO-Ed-27-Dec-2021_compressed.pdf

Some of the topics discussed in this edition are shown below. A wealth of resources to help protect our children from the dangers online browsing can bring.

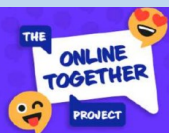


Family Safety Mode and Screen Time Management

Family Pairing

Family Pairing allows parents to customise the safety settings according to the needs of the child and there are 8 features available.

**internet
matters.org**



Online Safety - The Basics

REFLECTING ON 2021

ONLINE SAFETY - THE BASICS

NEW DEVICES? ADVICE AND GUIDANCE

ONLINE SEXUAL HARASSMENT

TECHNOLOGY TOOLS

HOW CAN I....?

INSTAGRAM CHANGES

TIKTOK SAFETY MODE

When it comes to online safety one thing is certain, the basic principles rarely change. These principles serve as the cornerstone for everything else, regardless of the technology, the game, the app or anything else.

In this section I'm going to cover some of these basics which, if nothing else, serve as a timely reminder.



CHSG's Wellbeing and Support Guide for Parents and Carers –
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access more help.

Online Safety Support Guide and Contact Details:

THE THINGS I WISH MY PARENTS HAD KNOWN

YOUNG PEOPLE'S ADVICE ON TALKING TO YOUR CHILD ABOUT ONLINE SEXUAL HARASSMENT

Children's COMMISSIONER

www.childrenscommissioner.gov.uk

Parents Guide: Talking to your child
about online sexual harassment

The Children's Commissioners guidance is based on the voices of young people giving adults their tips on how to tackle this subject.

The overriding message you'll see from our focus group is **talk early, talk often**. You might be surprised how early our young people felt parents need to start the conversation. But children want an age appropriate conversation that evolves over time in line with their growing maturity.

Summary of top tips

Other topics discussed in the guidance are young peoples opinions on:



- 1** Start speaking to your children about these issues before you first give them a phone or set up a social media account. This might feel very early, but you can do it in an age-appropriate way. It is better to be proactive than reactive.
Don't wait for the crisis.
- 2** Keep the conversation going. Adapt to your child so you can support them.
Don't mention it once and think that's enough.
- 3** Keep it casual, find everyday opportunities to speak about these issues with your child – like when you're walking or driving somewhere.
Don't scare them with 'the big talk'.
- 4** Focus on your child's emotions first and work out what they may have seen online. By listening to your child and understanding if they accessed harmful content, you can help to support them.
Don't punish them before listening and understanding.
- 5** Keep curious about the technology your child is using and stay up to date with platforms, apps and trends.
Don't pretend these issues don't exist
- 6** Set boundaries. Use filtering tools to limit your child's exposure to harmful content. Decide on rules and boundaries with your child, allowing them to input. Explain which monitoring and filtering tools you are using, and why.
Don't leave your child unsupervised online without using monitoring and filter tools. You wouldn't leave them alone in the park or the street, apply the same level of protection online.



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National Online Safety support parents by making them aware of issues using technology, so that they can be able to actively guide their children effectively and support them to become safe digital citizens. After all, there is a strong likelihood that our children's future jobs will involve using technology that probably hasn't even be invented yet.

Below are some of the safety guides available for parents and carers to access at

www.nationalonlinesafety.com/guides

Free

Make the Most of the Online World this Christmas

What Parents Need to Know About Snapchat

Let's Connect this Christmas (Some Way) – Lyric Sheet

What Parents Need to Know About Squid Game

What Parents Need to Know About Age-Inappropriate Content

10 Ways You Can Share Kindness Online

How to Set Up Parental Controls for iPhone Apps

What Parents Need to Know About Cryptocurrency

NSPCC

Talking to your child about online safety.
Advice on how to start the conversation and get support if you're worried

Talking to your child about online safety

Advice on how to start the conversation and get support if you're worried.

For many of us, we see our online lives and offline lives as different, but children are growing up with technology and the internet and for them there isn't a difference; online life and offline life is just life.

Technology can move at an extraordinarily fast pace and it can be difficult to know how to start talking to your child about what they're doing online, who they might be speaking to or discussing the potential risks and issues.

For more information and advice on how to start a conversation about online safety, please visit www.nspcc.org.uk and select Keeping Children Safe and a number of options will be available to help you be informed parents and carers.

EVERY CHILDHOOD IS WORTH FIGHTING FOR

Our CHSG school [website](#) has a Mental Health and Wellbeing Support page dedicated to the support and services available for students and parents/carers. To access please [click here](#) or scan the QR code shown.



Wishing everyone a safe and restful holiday!

#teamchsg