

Fortnightly

Edition 5

February 2, 2024

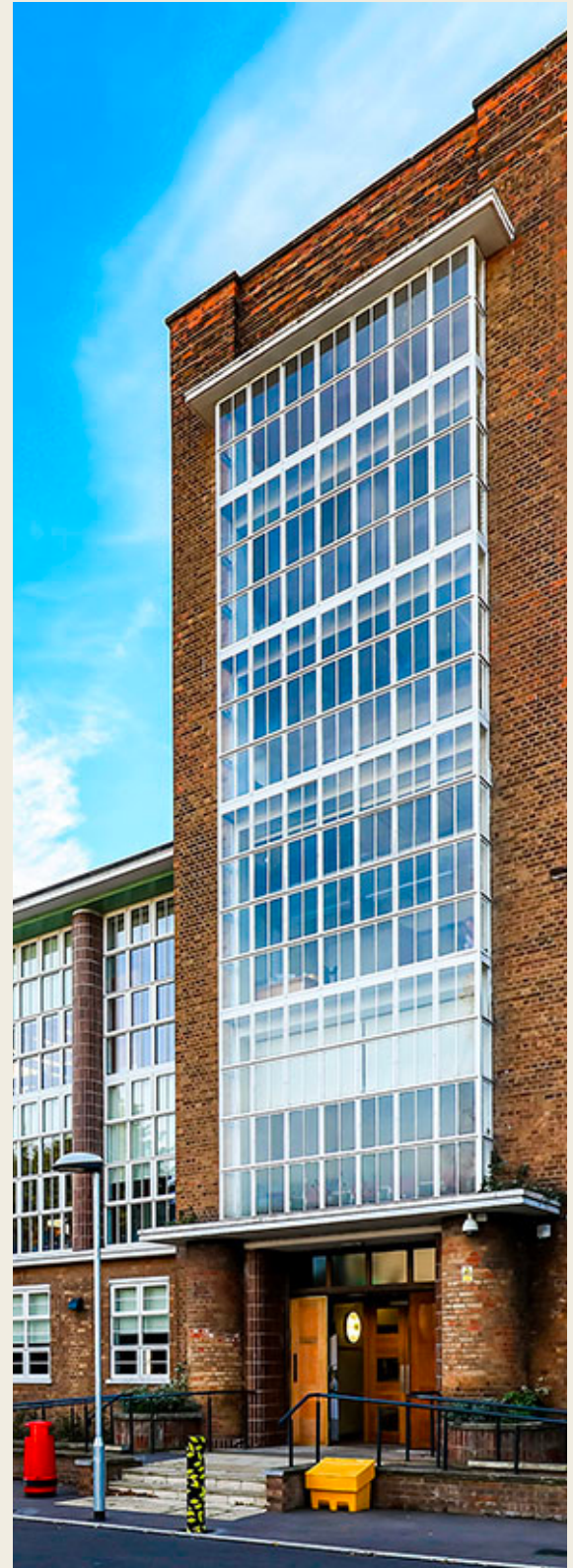
## A BUZZ OF ACTIVITY AND ACADEMIC ACHIEVEMENTS

The past few weeks at Heron have been nothing short of exciting, with our students demonstrating commendable focus on their studies and engaging in a plethora of activities.

In particular, our Year 10 students have successfully completed their first summative assessment this term. It's heartening to see their enthusiasm and satisfaction with the papers, covering crucial GCSE content. This accomplishment reflects their dedication to academic excellence, and we look forward to witnessing their continued growth.

As our Year 11 students gear up for their final mock exams before the upcoming May/June GCSE exams, we extend our best wishes to them. Their hard work and preparation are truly commendable, and we believe in their ability to shine in these crucial assessments.

Amidst the academic fervour, we've also been busy with a range of activities that add a vibrant dimension to the Heron Hall experience. From inspiring external presenters leading assemblies, and the engaging Year 5 Science Day – there's been a wealth of opportunities for our students to learn and explore beyond the classroom.



*Keep up-to-date with upcoming events at HHA*



## *Upcoming Events*

*5th-23rd February: Year 11 Mock 2 Exams*

*5th-11th February: Mental Health and Apprenticeship Week*

*5th-1st March: Sixth Form Interviews*

*12th-16th February: HALF TERM*

*Wednesday, 28th February: PTA Coffee Morning*

*Thursday, 29th February: Year 10 Parents' Evening*

*Friday, 8th March: World Book Day*

*Thursday, 14th March: Year 8 Parents' Evening and Pi day*

*11th-15th March: Science Week*

*25th-29th March: Rewards Assemblies & Breakfast*

*1st-15th April: EASTER BREAK*

*Tuesday, 16th April: The first day of Summer Term 2024*

## *DRAMA ON STAGE*

Year 11 students were treated to a captivating production of Charles Dickens' timeless classic, 'A Christmas Carol,' presented by none other than The Globe Players.

The Globe Players, known as the foremost Shakespeare and Children's Theatre company in London and the South East, brought the brilliant narrative of 'A Christmas Carol' to life in a way that was not only educational but also highly entertaining. This special performance served as a dynamic and lively revision session for our Year 11s as they prepare for their upcoming mock exams.

Angela Broomes, our Head of English, shared her thoughts on the event, saying, "The wonderful performance provided an enjoyable way for the Year 11s to prepare for their upcoming mock exams." We believe that combining education with entertainment can create a memorable and effective learning experience, and this production certainly achieved that.



## ***THE NEWSPAPER CLUB: A PLATFORM FOR STUDENTS TO SHOWCASE THEIR TALENTS***

*The Newspaper Club was established to provide students with an outlet to express themselves and celebrate their accomplishments. Started by Mr. Gittens, the business and computer science teacher, the club was created in response to the absence of whole school assemblies. As a result, many student achievements were not being recognised by their peers in different year groups. Heron Hall is home to a plethora of talented students who deserve to be celebrated.*

*The club produces a newspaper every month, with everything from production to design to article writing and research being done entirely by the students. The team is divided into three groups: the design team, the research team, and the writers team. Each team is led by an elected head, and the overall newspaper is managed by the president of the Newspaper Club.*

*To date, six publications have been released, each one unique and distinct from the previous edition, with significant improvements made with each issue. The newspaper has had a significant impact since its launch, garnering praise from students, teachers, and the head teacher. Recently, the entire club was recognized by the CEO of the trust for outstanding achievement.*

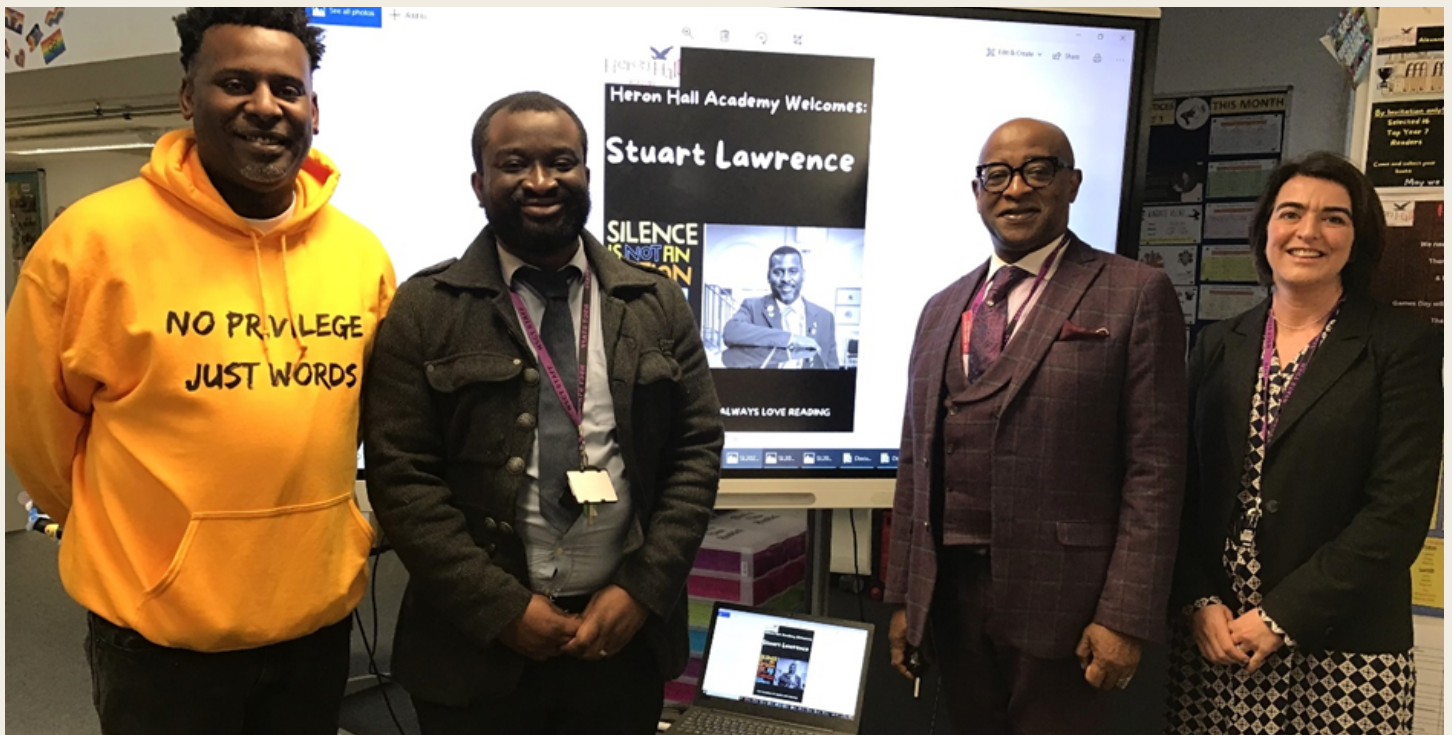


*We are incredibly proud of this student-led initiative and plan to continue it moving forward. Not only does it provide an avenue for students to showcase their writing talents, but it also helps them develop their critical thinking skills and professional development. With expectations, deadlines, and everything else in between, the Newspaper Club truly operates like a business.*

*The Newspaper Club has not only allowed students to showcase their talents but has also brought about a sense of community within the school. Students from different year groups work together to produce a final product that everyone can be proud of. The club has also helped to improve the writing and research skills of its members, giving them the opportunity to learn new things and explore different perspectives.*

*The newspaper itself is distributed throughout the school, allowing everyone to stay up-to-date with the latest school news and events. It also serves as a platform for students to voice their opinions on matters that are important to them. The Newspaper Club has given students a voice, and it is inspiring to see how they have taken ownership of the publication and the impact it has had on the school community. In conclusion, the Newspaper Club has proven to be a valuable asset to Heron Hall. It has provided students with a platform to showcase their talents, learn new skills, and connect with their peers. The club has also made a significant impact on the school community by bringing people together and providing a space for students to voice their opinions. We look forward to seeing what the future holds for this amazing student-led initiative.*

# INSPIRING RESILIENCE... STUART LAWRENCE'S STORY



The powerful and inspiring assembly led by Stuart Lawrence, left a lasting impact on our Year 9 students. Stuart, the brother of the late Stephen Lawrence, shared his poignant story, shedding light on the tragic circumstances surrounding his brother's racially motivated murder and the profound impact it had on his family.

Stuart Lawrence's presentation went beyond recounting a personal tragedy, it served as a reflection on systemic racism and injustice in the United Kingdom. The Lawrence family's unwavering pursuit of justice became a symbol of resilience in the face of adversity.

## Head of Year Reflection:

Stuart Lawrence's recent presentation at the school assembly was nothing short of inspiring and deeply impactful. His ability to connect with the students on a personal level, while delivering a message that was both engaging and educational, was truly remarkable. Stuart's eloquence and passion in addressing important social issues resonated with the audience, fostering a sense of unity and understanding among the students. His use of personal anecdotes and relevant examples made the content relatable and accessible, sparking meaningful discussions long after the assembly had concluded. Moreover, his approachable demeanour and genuine interest in student perspectives created a welcoming environment that encouraged active participation and thoughtful dialogue. Stuart's contribution to our school community has been invaluable, leaving a lasting impression on both students and staff alike. His assembly was a prime example of how powerful and transformative educational experiences can be when delivered with such dedication and heart.

**Mr Abebreseh Head of Year 9**

# INSPIRING RESILIENCE... STUART LAWRENCE'S STORY

Students' feedback:

The workshop has been fun an insightful. I learned a lot about how unfair the system was back in the day and how Stuart overcame this and change the law for the better. Stuart also taught us so many important life lessons about school and life in general. This made me feel happy learning about valuable things for success in life. **Ahmed**

The workshop with Stuart Lawrence was very intellectual I took a lot from it and as made me think differently about the world. I enjoyed the quote 'I am a revolutionary' because I used that quote and remembered it already so it was quite inspirational to me. **Zack**

It has inspired me to help someone every day! H. O. P. E. (Help One Person Every day) **Anonymous**

The workshop was fun and I learned a lot from it. It taught me a lot of life lessons and how to keep going no matter what happens. **Raphael**

I really enjoyed the workshop. It it gave me a new perspective on the way racism is embedded in in our society and it really helped me empathise with others. **Anonymous**

Stuart really motivated me to be a better person. **Milan**

Mr. Lawrence was really enthusiastic and inspiring I hope. I can get more involved with other projects. **Anonymous**

Your biggest competitor is yourself. **Eden**

I admire your bravery speaking to hundreds of children about a case that means a lot to you and I'm glad Steven got his justice. **Mylee**

Despite all the hardship you have faced, I'm glad to see that you've changed the way young people think. **Shakila**



# COMIC BOOK MASTERCLASS

In January in the library, we ran a full day of comic book masterclass workshops for selected students in year 7 and 8 with an illustrator called Kev F Sutherland. Kev has created outstanding illustrations for comics such as *The Beano*, *Marvel* & *DC*, *Dr Who* and many more.

The workshop kicked off with an introduction to the fascinating history of comic books, showcasing iconic characters and the evolution of the medium over the years. Students were captivated as they delved into the colourful pages of comic book classics, from superheroes to graphic novels, sparking their enthusiasm for the art form. Under the guidance of Kev, the students embarked on their creative journey, exploring various aspects of comic book creation.

One of the highlights of the workshop was the opportunity for students to create their own comic strips and characters. Armed with pencils, pens, and an endless supply of imagination, they brought their ideas to life on paper, experimenting with different styles and techniques to find their unique voice as storytellers. In addition to honing their skills in comic book creation, the students were treated to a special session on caricature drawing. With laughter and excitement filling the air, they eagerly posed for caricatures of themselves, marvelling at the exaggerated features and playful interpretations captured by the talented caricature artist.

As the workshop drew to a close, the students proudly showcased their creations, each comic strip and character a testament to their creativity and dedication. From action-packed adventures to heartwarming tales, their stories reflected a diverse range of themes and perspectives, highlighting the richness of their imaginations. The student's work was also turned into a comic book for them to all take away and share their proud creations with fellow students and their families. In the end, the comic book workshop was not just about creating comics; it was about empowering students to embrace their creativity, unleash their imagination, and celebrate the joy of self-expression.

**Madam Blackwell School Librarian and Reading Support**



## YEAR 5 - SCIENCE DAY AT HERON

Year 5 students had an exciting experiences during the recent Science Day at Heron Hall Academy. The day was filled with hands-on learning, sparking curiosity and enthusiasm for the fascinating world of science.

In the realm of Biology, our students delved into engaging experiments with different foods, uncovering the secrets of proteins, fats, and starches. Through these interactive activities, they gained a deeper understanding of the building blocks of life and the importance of a balanced diet.

Meanwhile, Chemistry lessons took our young scientists on a journey into the captivating world of acids and bases. They witnessed firsthand how these substances interact and can neutralize each other, offering a glimpse into the chemical wonders that surround us in our daily lives.

Physics became an exciting adventure as students explored aerodynamics. The classrooms transformed into a hub of creativity and discovery as they experimented with paper planes, unraveling the mysteries of flight. This hands-on experience not only made learning enjoyable but also provided valuable insights into the principles governing motion and air dynamics.

Heron Hall Academy prides itself on providing a stimulating and nurturing environment for students to thrive academically and personally. Our Science Day is just a glimpse into the innovative and engaging learning experiences we offer, preparing students for a future where scientific literacy is crucial.



# YEAR 11 MOCK EXAMINATIONS

## THE JOURNEY BEGINS

The Year 11 Mock Examinations are set to commence on Monday, 5th February. The timetable for these examinations, covering all subjects, is detailed below. •

DATE	SUBJECT	PAPER	START TIME	END TIME
MONDAY 5TH FEB	ENGLISH	Language - Writers views and perspective	9:00:00 AM	10:45:00 AM
	CITIZENSHIP	Active Citizenship and Politics and Participation	1:30:00 PM	3:15:00 PM
TUESDAY 6TH FEB	MATHS	Paper 1 Non Calculator	9:00:00 AM	10:30:00 AM
	GEOGRAPHY	Paper 1 Global geographical issues	1:30:00 PM	3:00:00 PM
WEDNESDAY 7TH FEB	COMBINED SCIENCE H/F	Combined Biology 2	9:00:00 AM	10:15:00 AM
	TRIPLE SCIENCE	Triple Biology 2	9:00:00 AM	10:45:00 AM
THURSDAY 8TH FEB	HISTORY	Paper 1: Germany, conflict and tension	1:30:00 PM	3:30:00 PM
	BUSINESS	Paper 1: Influences of Operations	9:00:00 AM	10:45:00 AM
	SPANISH	Writing Higher	1:30:00 PM	2:45:00 PM
	SPANISH	Writing Foundation	1:30:00 PM	2:30:00 PM
FRIDAY 9TH FEB	FRENCH	Writing Higher	1:30:00 PM	2:45:00 PM
	FRENCH	Writing Foundation	1:30:00 PM	2:30:00 PM
	DRAMA	Theory Paper	9:00:00 AM	10:45:00 AM
	COMPUTER SCIENCE	Computer Systems	9:00:00 AM	10:30:00 AM
MONDAY 19TH FEB	SOCIOLOGY	Paper 1: Education & Families	1:30:00 PM	3:15:00 PM
	ART	ART Practical	9:00:00 AM	12:00:00 PM
TUESDAY 20TH FEB	ART	ART Practical	1:30:00 PM	3:30:00 PM
	COMBINED SCIENCE H/F	Combined Physics 2	9:00:00 AM	10:15:00 AM
WEDNESDAY 21ST FEB	TRIPLE SCIENCE	Triple Physics 2	9:00:00 AM	10:45:00 AM
	GEOGRAPHY	Paper 2 Uk Geographical Issues	1:30:00 PM	3:00:00 PM
THURSDAY 22ND FEB	MATHS	Paper 2 Calculator	9:00:00 AM	10:30:00 AM
	PE GCSE Paper 1	The Human body and movement in physical activity and sport	1:30:00 PM	2:45:00 PM
FRIDAY 23RD FEB	FOOD TECH	Food Tech Paper 1	9:00:00 AM	10:30:00 AM
	DESIGN TECHNOLOGY	Design Tech Paper 1	9:00:00 AM	10:30:00 AM
	HISTORY	Paper 2: Normans and Health	1:30:00 PM	2:45:00 PM
MONDAY 26TH FEB	MUSIC	Listening & Appraising	9:00:00 AM	10:30:00 AM
	ENGLISH	Literature - Poetry seen and Unseen & ACC	1:30:00 PM	3:45:00 PM
TUESDAY 27TH FEB	COMBINED SCIENCE H/F	Combined Chemistry 2	9:00:00 AM	10:15:00 AM
	TRIPLE SCIENCE	Triple Chemistry 2	9:00:00 AM	10:45:00 AM
	COMPUTER SCIENCE	Computational thinking, algorithms and programming	1:30:00 PM	3:00:00 PM
	DRAMA	2nd Drama Practical	1:30:00 PM	4:30:00 PM
WEDNESDAY 28TH FEB	MATHS	Paper 3 Calculator	9:00:00 AM	10:30:00 AM
	RE	Paper 2 THEMES	1:30:00 PM	2:30:00 PM
THURSDAY 29TH FEB	SOCIOLOGY	Paper 2 Crime and Deviance and Social Stratification	9:00:00 AM	10:45:00 AM
	BUSINESS 2	Influences of marketing and finance on business activity	1:30:00 PM	3:15:00 PM
FRIDAY 1ST MARCH	CITIZENSHIP	Life in Modern Britain and Rights and Responsibilities	9:00:00 AM	10:45:00 AM
	SPANISH	Spanish Higher Reading	1:30:00 PM	2:30:00 PM
	SPANISH	Spanish Foundation Reading	2:30:00 PM	3:30:00 PM
	FRENCH	French Reading Higher	1:30:00 PM	2:30:00 PM
FRIDAY 1ST MARCH	FRENCH	French Reading Foundation	2:30:00 PM	3:30:00 PM
	PE GCSE Paper 2	Sociocultural Influences	9:00:00 AM	10:15:00 AM
	SPORTS STUDIES	Contemporary Issues in Sport	9:00:00 AM	10:00:00 AM
	GEOGRAPHY	Paper 3 Making Geographical Decisions	1:30:00 PM	3:30:00 PM

To ensure a well-rounded preparation, all students have been provided with comprehensive revision resources from their dedicated teachers. It is essential that they actively plan their time to guarantee effective revision across all subjects. As a reminder, February half term aligns with the mock period, presenting a valuable opportunity for focused preparation. Additionally, the school will conduct intervention sessions over the break to further support their academic journey.



## ***HELP YOUR CHILD BEAT EXAM STRESS***

Tests and exams can be a challenging part of school life for children and young people and their parents or carers. But there are ways to ease the stress.

Watch for signs of stress. Children and young people who are stressed may:

- **worry a lot**
- **feel tense**
- **have headaches and stomach pains**
- **not sleep well**
- **be irritable**
- **lose interest in food or eat more than normal**
- **not enjoy activities they previously enjoyed**
- **be negative and have a low mood**
- **feel hopeless about the future**
- 



Having someone to talk to about their work can help. Support from a parent, tutor or study buddy can help young people share their worries and keep things in perspective.

Encourage your child to talk to a member of school staff who they feel is supportive. If you think your child is not coping, it may also be helpful for you to talk to their teachers.

Email the school office: [office.heron@northstartrust.org.uk](mailto:office.heron@northstartrust.org.uk)

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## UNLEASHING THE POWER OF EXPRESSION: MENTAL HEALTH WEEK -

**Children's Mental Health Week** empowering theme this year is 'My Voice Matters.' This theme is designed to give children and young people the tools they need to express themselves, fostering a sense of empowerment that positively impacts their wellbeing.

The belief is simple yet profound – when children feel empowered to use their voices, it contributes significantly to their mental health and overall happiness. As parents and caregivers, you play a crucial role in nurturing your child's mental health, and this year's focus is on empowering children of all ages, backgrounds, and abilities to work together in creating a positive change for their mental health and wellbeing.

Our aim for Children's Mental Health Week is clear: we want every child and young person to confidently say - and truly believe - "My Voice Matters." Through various activities and initiatives, we will be encouraging and providing opportunities for our students to express themselves, share their thoughts, and make a positive impact on their own mental health and that of their peers.

Let's join hands to support and encourage our children to speak up, share their unique perspectives, and collectively create an environment where each voice is not only heard but cherished.



We are proud to support

### CHILDREN'S MENTAL HEALTH WEEK

5th-11th February 2024

My Voice Matters

Partnership for Children  
Good mental health for children - for life

#ChildrensMentalHealthWeek

# GETTING READY FOR NATIONAL APPRENTICESHIP WEEK

National Apprenticeship Week is from the 5th to the 11th of February. This year's theme is "Skills for Life," and we are excited to share how our academy is embracing the spirit of apprenticeships and preparing our students for a successful future.

Throughout the week, all students across the academy will be actively engaged in various activities centered around the apprenticeship scheme and the invaluable opportunities it offers. From informative sessions to hands-on experiences, our goal is to empower students with the skills and knowledge needed for a fulfilling and rewarding career path.

National Apprenticeship Week provides a unique platform to highlight the significance of apprenticeships in shaping the workforce of tomorrow. By participating in these activities, our students will gain insights into the world of apprenticeships, understand the diverse range of industries they cater to, and explore the countless benefits they bring.

**DID YOU KNOW?**

Apprenticeships are available at different levels. From school leavers up to master's level, there's something for everyone.

Intermediate   Advanced   Higher   Degree

www.amazingapprenticeships.com

**DID YOU KNOW?**

You can now become a doctor, solicitor, teacher, police officer, game programmer, journalist, economist or architect through an apprenticeship.

www.amazingapprenticeships.com

**DID YOU KNOW?**

Apprenticeships are available with businesses of all sizes and can be found in every town and city across England.

www.amazingapprenticeships.com

**DID YOU KNOW?**

An apprenticeship is a real job, with the equivalent of 6 hours per week of paid time to study.

www.amazingapprenticeships.com

**DID YOU KNOW?**

There is no upper age limit for apprenticeships. If you have finished year 11 and left school, you could be an apprentice.

www.amazingapprenticeships.com

**DID YOU KNOW?**

Apprentices are paid a salary, are entitled to paid time to study and will not pay any training or tuition fees.

www.amazingapprenticeships.com

**NAW2024**

Navigate National Apprenticeships Week. Discover an array of free resources for teachers and careers advisers, employers, parents and students!

Amazing Apprenticeships

**FOR LIFE**

**NATIONAL APPRENTICESHIP WEEK**

**#NAW2024**



# TUNE UP! DOUBLE BASS

## ENFIELD MUSIC SERVICE

To encourage more pupils to learn to play the Double Bass, Enfield Music Service are offering new pupils fully funded lessons for the Spring and Summer terms at our after-school centre. Parents/carers only need to pay for instrument hire (£40 per term) until September 2024.

We're running taster sessions on **Monday 29th January** for pupils to find out more about the instrument and try playing one to see if they'd like to learn:

**For primary school pupils in Years 4, 5 or 6**

4:30 - 5:00pm

5:00 - 5:30pm

**For secondary school pupils**

5:30 - 6:00pm

6:00 - 6:30pm

Sessions will take place at  
**Enfield County Lower School**  
Rosemary Avenue, EN2 0SP

To book a spot, please email  
[robert.domingue@enfield.gov.uk](mailto:robert.domingue@enfield.gov.uk)



# YOUNG PEOPLE... SHAPING THE FUTURE



## Shape the future of the NHS in your area

The North Central London Integrated Care System NHS is looking for young people to share their views on the NHS in their area. Open to 14 to 20 year olds, this focus group will take place in person on 12 February at Elfrida Rathbone, Camden, NW5 2BP. You must live work or study in Barnet, Enfield, Haringey, Islington or Camden to take part. Participants will receive a £10 voucher for attending and sharing their views and refreshments and travel will be paid for. [Sign up to secure your place.](#)



## Take part in the Mini London Marathon

The TCS Mini London Marathon returns on 20 April. Active Enfield is looking for young people to run, jog, walk, or wheel one mile, or 2.6 kilometers, in the heart of the capital. To represent Team Enfield, you must be between 11 to 17 years old, and either live, have been born in, or go to school in the borough of Enfield. If you or anyone you know would be interested in representing Team Enfield, the deadline to enter is 28 February at 9am. [Register online today.](#)

# HEALTH AND WELLBEING



## Changes to maternity, neonatal and children's surgical services

The NHS is consulting on proposed changes to maternity, neonatal, and children's surgical services, and they would like to [hear your views](#). The organisation wants to ensure everyone who gives birth in North Central London receives the finest care, and that every child has the best start in life. The NHS particularly wants to hear from you if you have used these services recently or may use them in future, so your input and views are extremely important. The closing date to complete their questionnaire is 11.59pm on 17 March. Don't miss this opportunity to help shape the future of your local NHS services.



## Join the seminar on diabetes and heart disease

UK Thalassaemia Society (UKTS) is a charity providing support to people affected by the hereditary blood condition Thalassaemia. The charity is collaborating with Dr Mel Ramasawmy at UCL's Institute of Health Informatics to host a community [health seminar on digital access](#) for patients at risk of or suffering from diabetes and heart disease, from South Asian backgrounds. The seminar will be held on 27 February, 6 to 7:30pm and, although the information will be specifically targeted at South Asian communities, is open to anyone to attend. For more information [email UKTS](#).



## Household Support Fund

£5.7million of funding has been provided to Enfield by the government through the Household Support Fund.

 Enfield Council / Nov 2, 2022

# Urgent mental health support - 24/7 crisis lines



Area	Boroughs covered	24/7 crisis line number
North West London	Brent, Hillingdon, Harrow, Kensington & Chelsea and Westminster	0800 0234 650
	Ealing, Hounslow and Hammersmith & Fulham	0800 328 4444
North Central London	Barnet, Camden, Enfield, Haringey and Islington	0800 151 0023
North East London	City & Hackney	0800 073 0006
	Newham	0800 073 0066
	Tower Hamlets	0800 073 0003
	Barking & Dagenham, Havering, Redbridge and Waltham Forest	0300 555 1000
South West London	Kingston, Merton, Richmond, Sutton and Wandsworth	0800 028 8000
South East London	Croydon, Lambeth, Lewisham and Southwark	0800 731 2864
	Bexley, Bromley and Greenwich	0800 330 8590

Every mental health trust in London has put in place a 24/7 crisis line for people of all ages - children, young people and adults. The lines which are free to call can provide advice to those in a crisis. These crisis lines are supported by trained mental health advisors 365 days a year.

You can find the 24/7 crisis line numbers using the NHS Service Finder (link below) but the table provides all of the telephone numbers in London.

<https://www.nhs.uk/service-search/mental-health/find-an-urgent-mental-health-helpline>

## shout 85258

Shout offers confidential 24/7 crisis text support for times when immediate assistance is required  
Text "SHOUT" to 85258 or visit [Shout Crisis Text Line](#)

## SAMARITANS

Samaritans 24/7 365 days a year - they are here to listen and provide support  
Call: 116 123 or email: [jo@samaritans.org](mailto:jo@samaritans.org)

## Crisis Tools

Crisis Tools helps professionals support young people in crisis - short accessible video guides and text resources  
Sign up for free resources [here](#)

## PAPYRUS

Papyrus provide confidential support and advice to young people struggling with thoughts of suicide, and anyone worried about a young person  
Call: 0800 068 41 41 or Text: 07860 039967 (opening hours 9am to midnight - 365 days a year)

## childline

ONLINE, ON THE PHONE, ANYTIME  
Childline confidential telephone counselling service for any child with a problem  
Call: 0800 1111 anytime or [online chat with a counsellor](#)

# Urgent and other support available

## Good Thinking

Good Thinking is London's digital wellbeing service and provides a range of resources for young people to help improve mental wellbeing including free NHS-approved apps

## THE MIX

The Mix provides free, confidential support for young people under 25  
Call: 0808 808 4994 (11am - 11pm every day) or [Email](#)

## Beat

Beat provide support to help young people who may be struggling with an eating problem or an eating disorder  
Call the Youthline (under 18's) 0808 801 0711 or Studentline 0808 801 0811 (9am - 8pm during the week and 4pm - 8pm on weekends and bank holidays)

## kooth

Kooth is a free, safe and anonymous online mental wellbeing community including live chat with the team, discussion boards, magazine with helpful articles and a daily journal a magazine