

Fortnightly

Edition 9

April 26, 2024

MESSAGE FROM THE HEADTEACHER: WELCOME TO THE FINAL TERM

Welcome back to our final term of the academic year. It's incredible how quickly time has flown by, but here we are, gearing up for what promises to be a busy and exciting few months ahead.

As usual, this term promises to be a busy one, particularly for our Year 11 students who are on the cusp of their GCSE exams. With only a few weeks remaining until the exams commence, our Year 11 students are in full revision mode, diligently preparing for this important milestone in their academic journey. I commend their hard work, dedication and perseverance and have every confidence in their ability to excel. We wish them every success as they approach this significant milestone in their educational journey.

This term also marks the beginning of the transition process for our Year 6 students who will soon be joining us as Year 7 students. To our new prospective Year 7 parents, I extend a warm welcome to the Heron Hall Academy community. We are excited to embark on this journey with you and look forward to meeting your child in the coming weeks during our primary school visits.

Transitioning to secondary school is a significant milestone in every child's life, and we are committed to ensuring a smooth and seamless transition process for all our students. Our dedicated staff members are here to support and guide your child every step of the way, helping them to feel confident and prepared for the exciting challenges that lie ahead.

This term is also filled with a host of events and activities to look forward to. From the glitz and glamour of the Year 11 prom to the cultural richness of our annual Cultural Evening, there is something for everyone to enjoy. We also have sports day, end of year trips, and countless other opportunities for our students to showcase their talents and celebrate their achievements.

As we embark on this final term together, let us continue to work collaboratively to create an environment where every student can thrive academically, socially, and emotionally. Together, we will make this term a memorable and successful one for all.



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



Upcoming Events

Friday, 10th May: PTA AGM Coffee Morning

Thursday, 9th May: GCSE Exams commence

27th - 31st May: HALF TERM

Friday, 7th June: PTA Meeting

Friday, 28th June: Year 11 Prom

Friday, 5th July : Cultural Evening

4th - 5th July: Year 6 Transition days

Tuesday, 9th July: Sports Day

Friday, 19th July: Trip Day

Thursday, 25th July: Last day of the term

29th July - 2nd August: Year 6 Summer School

SAVE
the DATE

PTA AGM Coffee Morning

- Friday, 10th May

PTA Coffee Morning

- Friday, 7th June

Year 6 Transition

- Thursday and Friday, 4th and 5th July

Cultural Evening

- Thursday, 4th July

NEW ONE WAY SYSTEM

We have introduced a new one-way system in our school building to enhance the safety by reducing overcrowding in certain corridors during lesson changeovers. Here are the key details:

Purpose and benefits:

The one-way system aims to allow students to utilise the entire building during lesson changeovers. It will help reduce overcrowding in certain corridors, ensuring a smoother flow of movement.

How the system works:

The ground floor will remain two-way for student movement.

Middle and Top floor moves in a clockwise direction.

All stairways have been designated for both upward and downward movement, with students instructed to keep to the left.

The '6th form corridor' is now accessible to all students.

Supervision and support:

Teachers are stationed in corridors during lesson changes to guide students in the correct direction.

Staff members will monitor stairways to ensure compliance with the up and down system.

Clear signage has been installed around the building to assist students in navigating the one-way system effectively.

Your cooperation is essential in ensuring the success of this initiative and maintaining a safe environment for all students. Encourage your child to adhere to these new guidelines. We appreciate your partnership in ensuring the wellbeing of our school community.



A REMINDER ABOUT UNIFORM EXPECTATIONS

As part of our commitment to maintaining a conducive learning environment, we wish to remind you of our school's uniform policy.

1. Girls' Skirt Length: It is important that girls' skirt lengths adhere to the guideline of being on or below the knee. This ensures uniformity across the school.

2. School Trousers: For both boys and girls, school trousers should be 'loose fitted and **NOT** of 'skinny fit'. Trousers should be worn at the waist and **NOT** on the hips. This helps to maintain a smart appearance throughout the day.

We also want to emphasise that persistent violations of the uniform policy will not be taken lightly. Appropriate sanctions will be implemented for students who continue to disregard these guidelines.

Thank you for your attention to this matter and your ongoing support in upholding the standards of our school community.



PTA ANNUAL GENERAL MEETING

Our PTA Annual General Meeting (AGM) will be taking place on Friday, 10th May from 9:30am – 10:30am. This event serves as a pivotal moment for our community to unite and engage in discussions vital to our school and our children's education.

During the AGM, we will reflect on the achievements of the past year, outline exciting upcoming events and initiatives, and crucially, elect new PTA representatives. Your active participation and valuable insights are integral as we endeavour to cultivate the most enriching environment for our children's growth and development.

We urge you to join us for this significant meeting. Together, we possess the power to enact positive change within our school community, ensuring a bright future for our children.

Lastly, we extend our heartfelt gratitude to the outgoing executive body of the PTA for their dedication and service over the past year. We wish them all the best in their future endeavors.



HIGHLIGHTS FROM STRIVE DAY 2

On Thursday, 18th April, we held our second STRIVE day. The day was a huge success as students enjoyed and actively engaged in a range of activities to develop their character through our STRIVE core values.

Here's a brief overview of the engaging activities that took place:

Year 7- Science Museum Trip.

Aim: To increase cultural capital and raise aspirations.

The Year 7 students embarked on an inspiring trip to the Science Museum. This excursion aimed to broaden their cultural capital and ignite their aspirations for the future. Students explored a range of galleries, including the interactive careers gallery and the David Sainsbury Gallery. They also enjoyed immersive experiences such as Power Up, diving into the world of gaming technology, and Turn It Up: The Power of Music, which explored the profound impact of music on society.

Year 8- Team-building activities.

Aim: To foster a cohesive and collaborative relationships within the year group

Led by the experts at WiseUp, our students had the opportunity to engage in a variety of activities designed to promote teamwork and communication skills. One of the highlights of the day was the hub challenge, which encouraged students to work together to overcome obstacles and achieve common goals. Throughout the activities, students had the chance to evaluate their performance and identify areas for improvement. They collaborated closely, discussing plans and solutions to the challenges they faced.

Year 9 - Leading a life of integrity.

Aim: To address misconceptions about gender and the world around them.

Our Year 9 students engaged in thought-provoking debates focused on addressing misconceptions about gender and the world around them. Topics such as misogyny, consent, gender roles, and gender in careers were explored; encouraging critical thinking and respectful discussions.

Year 10 - Approaching challenges with resilience.

Aim: To equip students with resilience and tools needed for year 11.

With a focus on equipping students with resilience for the challenges ahead, Year 10 participated in an interactive workshop led by 'Positively You.' They explored strategies for managing stress, building resilience, and setting goals for academic and personal success. Students also received valuable insights into planning for life beyond secondary school.

Year 11 students - Preparing for excellence

Aim: To prepare students for academic success

In preparation for their upcoming exams, Year 11 students dedicated their day to sharpening their study skills and mastering core subjects. Through a series of masterclasses in Maths, English, and Science, they gained valuable insights and strategies to excel academically.

STRIVE

S – supportive

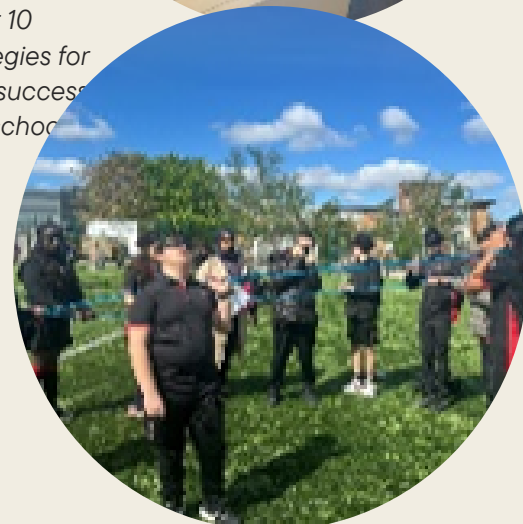
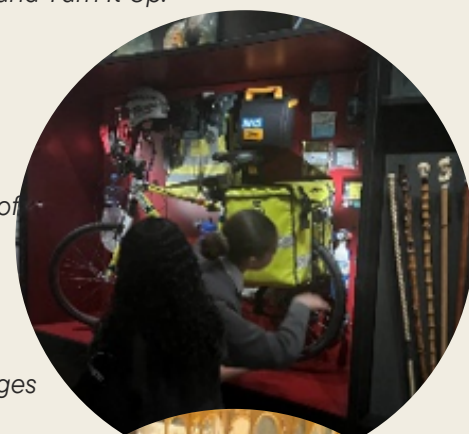
T – tolerance

R – resilience

I – integrity

V – visionary

E – excellence



PRIORITISING MENTAL HEALTH AND WELLBEING: INSIGHTS FROM YEAR 12 SEMINAR

Our Sixth Former students had an informative seminar on Mental Health and Well Being . The seminar was led by James Paterson, provided invaluable insights and practical strategies to promote positive mental health among our Sixth Former students.

Mr. Angeletos, Head of Year 12, commended our students for their exemplary behavior and active participation throughout the seminar. He highlighted the importance of prioritising mental health and emphasised that the strategies discussed are beneficial not only for students but for all members of our school community, including staff and parents.

During the seminar, students learned five practical strategies to support their mental health:

1. **STRESS BREAKS** regularly: Encouraging students to be kind to themselves by taking regular breaks to alleviate stress and recharge.
2. **SWEAT** for 15+ minutes: Recognising the importance of aerobic exercise in promoting mental wellbeing, with a recommendation of at least 15 minutes of physical activity.
3. **SLEEP** for 8+ hours: Emphasising the significance of quality sleep and maintaining a consistent sleep schedule, aiming for a minimum of 8 hours of sleep each night.
4. **SUNLIGHT** for 30+ minutes: Highlighting the benefits of spending time outdoors and soaking in natural sunlight for a minimum of 30 minutes daily.
5. **SOCIALISE** frequently: Encouraging students to prioritise social interactions and maintain connections with friends and loved ones as a vital aspect of mental health maintenance.

These practical strategies serve as valuable reminders for all of us to prioritise self-care and mental wellbeing in our daily lives. By implementing these strategies, we can create a supportive environment where everyone can thrive mentally, emotionally, and academically.



SUPPORTING YOUR CHILD THROUGH THE GCSE EXAM PERIOD

As we approach the start of GCSE exams in just two weeks, it's important to ensure our year 11 students have the support they need to navigate this challenging period with confidence and resilience. To help you support your child during this stressful time, we've compiled some valuable tips from the NHS website:

Encourage a Balanced Diet: A healthy, balanced diet is crucial for your child's overall health and wellbeing, especially during exam periods. Avoid high fat, high sugar, and high caffeine foods and drinks, as these can make children hyperactive, irritable, and moody. Instead, involve your child in shopping for food and encourage them to choose nutritious snacks.



Prioritise Sleep: Good sleep is essential for optimal cognitive function and concentration. Ensure your child gets 8 to 10 hours of sleep each night, and allow time for them to wind down before bed. Discourage late night cramming sessions, as quality sleep is more beneficial than last minute study.



Stay Flexible: During exam time, be flexible and understanding. Household chores can wait, and untidy bedrooms are a small concern compared to your child's mental and emotional wellbeing. Stay calm and supportive, and remember that exams are temporary.

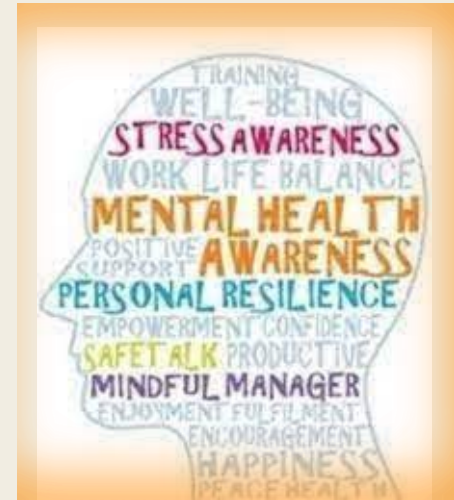
Provide a Supportive Study Environment: Create a comfortable study space for your child and ask how you can best support their revision efforts. Help them develop practical study strategies, such as creating a revision schedule or practicing past exam papers. Encourage them to connect their revision efforts with their long-term goals to stay motivated.



By following these tips and offering your unwavering support, you can help your child approach their GCSE exams with confidence and resilience. Remember, your support and encouragement make a significant difference during this critical time in your child's academic journey.

STEPS TO BOOST MENTAL WELLBEING

In today's fast-paced world, it's easy to get caught up in the hustle and bustle of daily life, often neglecting our mental wellbeing in the process. However, evidence suggests that there are simple steps we can take to enhance our mental health and overall quality of life. By implementing these strategies, you can foster a more positive mindset and cultivate stronger connections with those around you.



Connect with Other People

One of the cornerstones of good mental health is nurturing meaningful relationships with others. Whether it's spending quality time with family members, catching up with old friends, or reaching out to colleagues, fostering connections can have a profound impact on your wellbeing. Here are some practical tips to help you strengthen your relationships:

Do:

- Set aside dedicated time each day to bond with your family. Whether it's sharing a meal together or engaging in a fun activity, prioritise moments of togetherness.
- Plan outings with friends you haven't seen in a while. Reconnecting with old pals can bring a sense of joy and fulfilment.
- Turn off electronic devices and engage in face-to-face interactions. Whether it's playing a board game or having a heart-to-heart conversation, unplug to truly connect.
- Make an effort to support those in need. Whether it's lending a listening ear to a friend or volunteering in your community, acts of kindness can strengthen bonds and boost your own sense of purpose.
- Embrace technology as a tool for staying connected. Video chat apps like FaceTime make it easy to maintain relationships, even when miles apart.

Don't:

- Rely solely on technology or social media for communication. While digital platforms have their place, face-to-face interactions are essential for building genuine connections.

By prioritising meaningful connections and nurturing relationships, you can take significant strides towards improving your mental wellbeing. Remember, the bonds we forge with others are not only essential for our own happiness but also serve as a source of strength and support during challenging times.

IMPORTANT UPDATE: GCSE EXAM TIMETABLES FOR YEAR 11 STUDENTS

As we approach the crucial period of GCSE exams in May, we want to ensure that you and your child are fully informed and prepared. Last Friday, all Year 11 students received their personalised exam timetables, detailing the dates, times, and locations of their individual exams.

It is essential that both you and your child review the personalised timetables carefully to ensure they are aware of their exam schedule. Encourage your child to check their timetable and reach out to their teachers or the school if they have any questions or concerns.

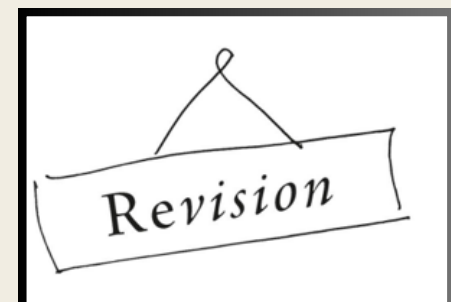
As we enter this important phase of their academic journey, we ask for your continued support and encouragement. Please ensure that your child gets plenty of rest, maintains a healthy lifestyle, and approaches their exams with confidence and positivity.

We wish all our Year 11 students the best of luck as they prepare for and sit their GCSE exams. With hard work, determination, and support, we are confident they will achieve great success.

| Date | Exam Time | GCSE Exams 2024 |
|------------------|-----------|--|
| Thu, 09 May 2024 | am | Religious Studies A P1 Islam / Christianity |
| Thu, 09 May 2024 | pm | Drama - Set Text A Theatre Makers |
| Thu, 09 May 2024 | pm | Italian Reading / Listening Test Tier |
| Fri, 10 May 2024 | am | Combined Sci Trilogy Biology |
| Fri, 10 May 2024 | am | Biology Paper 1 Tier H |
| Fri, 10 May 2024 | pm | Sociology Paper 1 |
| Mon, 13 May 2024 | am | English Literature Paper 1 |
| Mon, 13 May 2024 | pm | Sport Studies: Cntmpry Issue Sprt Wtn |
| Mon, 13 May 2024 | pm | Turkish Reading / Listening |
| Tue, 14 May 2024 | am | French Listening / Reading |
| Tue, 14 May 2024 | pm | Health & Social : U2 Equality Diversity & Rights |
| Tue, 14 May 2024 | pm | Business Paper 1 |
| Wed, 15 May 2024 | am | History Paper 1 |
| Wed, 15 May 2024 | pm | Arabic Listening / Reading |
| Wed, 15 May 2024 | pm | Comp Science : Computer Systems |
| Thu, 16 May 2024 | am | Maths Non Calculator |
| Thu, 16 May 2024 | pm | Religious Studies P2a Excl Text |
| Thu, 16 May 2024 | pm | Health & Social U3 Health Safety & Security |
| Fri, 17 May 2024 | am | Combined Science Trilogy Chemistry |
| Fri, 17 May 2024 | am | Chemistry Paper 1 |
| Fri, 17 May 2024 | pm | Geography Global Geog. Issues |

IMPORTANT UPDATE: GCSE EXAM TIMETABLES FOR YEAR 11 STUDENTS CONT..

| Date | Exam Time | GCSE Exams 2024 |
|------------------|-----------|--|
| Mon, 20 May 2024 | am | English Literature Paper 2 |
| Mon, 20 May 2024 | pm | Italian Writing |
| Mon, 20 May 2024 | pm | Turkish Writing |
| Mon, 20 May 2024 | pm | Health & Social: U1c Princ Of Wkg |
| Tue, 21 May 2024 | am | Citizenship Studies Paper 1 |
| Tue, 21 May 2024 | pm | Sociology Paper 2 |
| Tue, 21 May 2024 | pm | Comp Science: Comp Think Algrthm Prgrm |
| Wed, 22 May 2024 | am | Combined Sci Trilogy Physics |
| Wed, 22 May 2024 | am | Physics Paper 1 Tier H |
| Wed, 22 May 2024 | pm | Physical Education Paper 1 |
| Thu, 23 May 2024 | am | English Language Paper 1 |
| Thu, 23 May 2024 | pm | Arabic Writing |
| Fri, 24 May 2024 | am | French Writing |
| Fri, 24 May 2024 | am | Food and Cookery |
| Mon, 03 Jun 2024 | am | Maths Calculator |
| Mon, 03 Jun 2024 | pm | Citizenship Studies Paper 2 |
| Mon, 03 Jun 2024 | pm | Physical Education Paper 2 |
| Tue, 04 Jun 2024 | am | Spanish Listening/ Reading |
| Tue, 04 Jun 2024 | pm | History Paper 2 |
| Tue, 04 Jun 2024 | pm | Health and Social Ed3hec: U7 Safeguarding |
| Wed, 05 Jun 2024 | am | Uk Geographical Issues |
| Wed, 05 Jun 2024 | pm | Health and Social Ce2hc: U2c H & S In Practice |
| Wed, 05 Jun 2024 | pm | Business Paper 2 |
| Thu, 06 Jun 2024 | am | English Language Paper 2 |
| Fri, 07 Jun 2024 | pm | Biology Paper 2 Tier H |
| Fri, 07 Jun 2024 | pm | Combined Sci Trilogy Biology |
| Mon, 10 Jun 2024 | am | Maths Calculator |
| Mon, 10 Jun 2024 | pm | Spanish Writing |
| Tue, 11 Jun 2024 | am | Chemistry Paper 2 |
| Tue, 11 Jun 2024 | am | Combined Sci Trilogy Chemistry |
| Tue, 11 Jun 2024 | pm | Further Mathematics Paper 1 |
| Wed, 12 Jun 2024 | pm | Portuguese Reading/ Listening |
| Fri, 14 Jun 2024 | am | Geography People & Environ. Issues |
| Fri, 14 Jun 2024 | pm | Physics Paper 2 |
| Fri, 14 Jun 2024 | pm | Combined Sci Trilogy Physics |
| Mon, 17 Jun 2024 | pm | Music: Listening And Appraising |
| Tue, 18 Jun 2024 | am | Design And Technology Written |
| Tue, 18 Jun 2024 | pm | Portuguese Writing |
| Wed, 19 Jun 2024 | am | Further Mathematics Paper 2 |



GCSE EXAM PREPARATION

As the GCSE exams approach, it's essential to ensure that your child is equipped with the necessary stationery to excel in their assessments. A well-prepared stationery kit can significantly enhance focus and efficiency during exam sessions, helping your child perform to the best of their abilities.

To assist you in preparing your child for success, we've compiled a comprehensive checklist of essential stationery items:

GCSE Stationery List

- ***Pens:*** Blue or black ink pens are a must. It's advisable to carry a few spares in case one runs out.
 - ***Pencils:*** Essential for sketching diagrams and rough work. Include a sharpener and eraser.
 - ***Rulers:*** Both a short and a longer ruler for various types of diagrams.
 - ***Highlighters:*** Useful for emphasising key points in notes and textbooks.
 - ***Notepads:*** Organise thoughts and revision notes with compact notepads.
 - ***Calculator:*** Ensure it is an approved model for use in exams.
 - ***Geometry set:*** Includes a protractor and compass for accurate drawings. Clear pencil case: Easily comply with exam regulations with a transparent pencil case.
 - ***Revision cards:*** Ideal for quick revision on the go.
-

HERON HALL FOOD BANK: SUPPORTING FAMILIES IN NEED

Through the dedication and generosity of our school community, we have expanded our storage facilities to accommodate a wider range of dried food goods, allowing us to provide assistance to more families in need.

The Heron Hall Food Bank is centrally organized and operated from the main school office. However, we are especially proud to introduce a group of Year 9 student leaders who have taken on key responsibilities to ensure the smooth running of the food bank such as:

- · Regular stock takes*
- · Organise for donations to be collected*
- · Keep the food bank stocked up with on date items*
- · Keep storage space clean and tidy.*

We understand that times may be challenging for some families, and we want to assure you that support is available. If you believe that you could benefit from the services of the Heron Hall Food Bank, please do not hesitate to reach out to the school office. Your privacy and dignity will be respected, and all requests for assistance will be handled with care and confidentiality.



HHA PTA ONLINE PRELOVED UNIFORM SHOP...COMING SOON

We are excited to announce the upcoming launch of the Heron Hall Academy Online Preloved Uniform Shop, an initiative aimed at providing a convenient and sustainable solution for uniform needs within our school community.



The launch of the Online Preloved Uniform Shop aligns with our commitment to fostering a culture of sustainability and resourcefulness at Heron Hall Academy. It also reflects our dedication to supporting families by providing practical solutions to everyday needs.

Stay tuned for further details on how to access and participate in the Online re-loved Uniform Shop. We look forward to your engagement and support in making this initiative a success for our school community.

In the meantime, if you require any information or need to purchase uniform items before the launch, please don't hesitate to contact the main office. We are here to assist you in any way we can.

Year 11 Prom - MASQUERADE BALL

As the academic year progresses, we find ourselves approaching a significant milestone, the culmination of five years of hard work, growth, and unforgettable memories with our Year 11 students.



It is with great excitement that we announce the upcoming Year 11 Prom, a celebration marking the end of an era and the beginning of new adventures. The prom will be taking place on Heron Hall's premise on Friday 28th June, 2024.

Prom promises to be a memorable evening filled with laughter, dancing, and camaraderie, set against the enchanting backdrop of our Masquerade Ball theme.

To ensure the success of this event, we kindly ask for your support in our fundraising efforts. Our students are actively working towards covering the costs associated with Prom, and any contributions in the form of funds, food, or decorations would be greatly appreciated. If you would like to contribute in any way, please reach out to Madam Chalmers at cchalmers@northstartrust.org.uk.

More details regarding ticket purchases and event timings will be provided in the near future. We look forward to celebrating this milestone with our Year 11 students, as we bid farewell to one chapter and eagerly anticipate the next.

Thank you for your continued support.



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



WELLBEING



New Mental Health Hub to support Enfield's residents

[A proposal to create a new Mental Health Hub,](#) integrating teams from across the Council and NHS, was unanimously agreed by Enfield councillors at March's Cabinet meeting. The approved plans will see significant investment in building improvements at the Park Avenue Resource Centre site, providing a better-quality space for the delivery of mental health services. The new Mental Health Hub in Park Avenue will provide a range of community-based specialist services and a community café for out-of-hours crisis support, along with a service which supports people who are living with long-term mental health conditions.

[Find out more about mental health services in Enfield.](#)



Active Enfield spring season is ready for action

Active Enfield's programme of events running from April to July are now available to browse and book online. There are lots of activities on offer such as yoga, pilates, gymnastics, tai chi, varieties of dance and much more. There are activities on offer for children, teens and adults, whether you're a beginner or an expert. So whether you're looking to try something new, or looking to pick up where you left off with an old hobby, [check the schedule and book your place online now.](#)



Early Help Directory

Welcome to 'Enfield's Early Help Directory 4 All' This directory brings together local and national services to support children, families, community members and practitioners.

 Early Help Directory

WELLBEING



Bowel Cancer Awareness month is upon us

Did you know April is Bowel Cancer Awareness Month? If you think you may have bowel cancer related symptoms, [the NHS recommends you seek help as soon as possible](#). The symptoms include blood in your poo, which may look red or black, stomach pain, bloating, losing weight without trying and feeling very tired for no reason. During Bowel Cancer Awareness Month, there are many ways you can get involved to raise awareness and to raise vital funds for cancer charities including [Bowel Cancer UK](#).



Membership offer for carers at Better leisure centres

In support of Active April, GLL has created a membership offer for members of Carers UK and anyone in receipt of Carer's Allowance. The offer runs until 14 May and provides anytime access to a Better leisure facility at the discounted rate of £30 per month. This includes access to gym, swimming, fitness classes and the health suite. [Sign up to Carers Active April](#). There is already a wide range of memberships available for people in receipt of the Carer's Allowance including the Better Flex Adult Concessionary for just £5 per month. Plus there are free taster sessions at Southgate and Southbury Leisure Centres on 17 April. [Book online](#) or via the Better UK app.



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 Early Help Directory

YOUNG PEOPLE...NEWS



Summer Academy with Morgan Stanley

If you are interested in a future career in investment banking, capital markets or sales and trading, the Morgan Stanley Summer Academy webinar series is for you. Designed for students in Years 11 to 13, the webinars are aimed at those interested in gaining an understanding of the industry and key topics and learning about Morgan Stanley. Students will have the opportunity to sign up to modules including: How Money Works, Morgan Stanley Newsroom and Write your CV with Morgan Stanley. Parents, teachers and carers are welcome to attend alongside their children or students. [Register by 23 June 2024.](#)



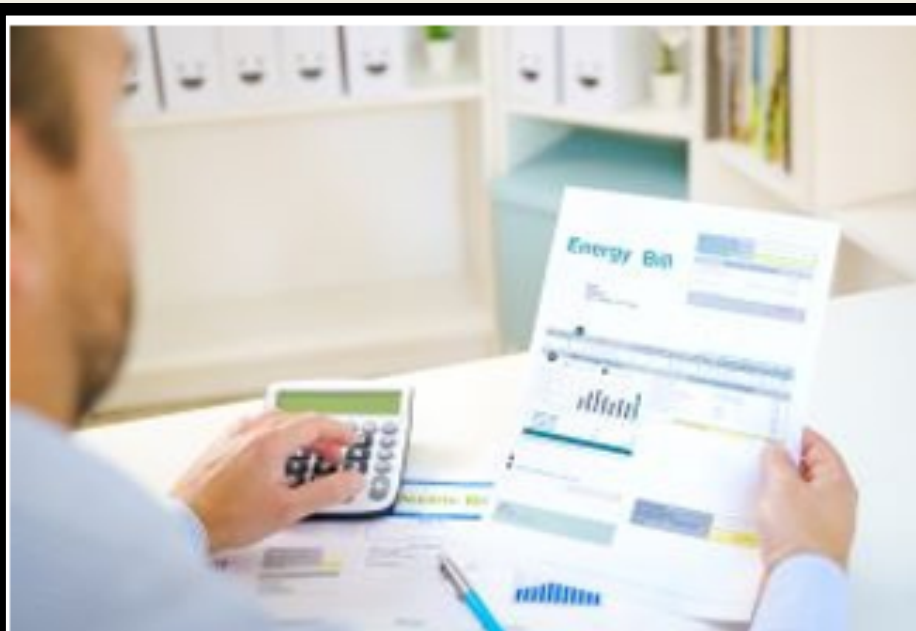
Basketball trials for the London Youth Games

Team Enfield are looking for girls from years 9, 10 and 11, and boys from years 10 and 11 (boys must be club standard) to [join their basketball team](#). Trials will be held at Southbury Leisure Centre on Tuesday 16 April and as well as training sessions on 23 and 30 April and 7, 14 and 21 May. The London Youth Games competitions will take place on 25 May (boys) and 26 May (girls). You must be available for all dates mentioned above. Finals will be at Copperbox on 30 June. Don't miss out on this opportunity to showcase your skills and be part of the action! [Email the team](#) for further details or to register your interest.

Young People Categories: Activities & Clubs

There are many different types of activities and clubs that can provide a fun outlet whilst helping expand your social network and build your confidence. Bein...

FINANCIAL HELP



Extension to Household Support Fund announced

A six-month extension to the Household Support Fund (HSF) has been confirmed by the government in the Spring Budget. More than 170 councils in England had called for the Chancellor of the Exchequer to extend the household support fund which was due to cease at the end of March, including Enfield Council. Enfield Council was concerned that without the HSF extension, families risked falling into crisis, homelessness, and poverty. Information on how the HSF works and the eligibility criteria can be found [on Enfield Council's website](#), which will be updated as more information is confirmed.



Young People Categories: Activities & Clubs

There are many different types of activities and clubs that can provide a fun outlet whilst helping expand your social network and build your confidence. Bein...

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

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
ASSOCIATION OF YOUNG EXPERTS

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
Essential support for under 25s

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

Beat
Eating Disorders

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