

PARENTS' NEWSLETTER

Fortnightly

Edition 19

December 16, 2024

END OF TERM MESSAGE

As we come to the end of the Autumn term, I would like to take this opportunity to thank all parents and carers for their continued support. It has been a busy and rewarding term, and your partnership has been invaluable in helping us achieve success.

We are thrilled to share that we had a successful Ofsted inspection earlier this term. The full report is now available on the HHA website, and we encourage you to read it to see the recognition of our school's hard work and dedication.

This term has also been enriched with a variety of educational trips, engaging assemblies, and visits from inspiring speakers. These events have provided valuable opportunities for our students to learn beyond the classroom and broaden their horizons.

Another exciting milestone in Heron Hall's history is that, for the first time, we have both Year 12 and Year 13 students in our sixth form. More information about their progress and achievements can be found on pages 4-6 of this newsletter.

Finally, I would like to extend my warmest wishes to you and your family for a joyous Christmas and a Happy New Year. We look forward to welcoming everyone back in January for another successful term.

Mr Barzey
Headteacher



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



Upcoming Events

- **1st school day of Spring Term - Tuesday 7th January 2025.**
- **Thursday, 9th January: Year 7 Parents' Evening**
- **Tuesday, 21st January: PTA Coffee Morning**
- **Thursday 23rd January: Year 12 Parents' Evening**
- **Thursday, 30th January: Year 9 Options Evening**
- **Thursday, 6th February: Year 9 Parents' Evening**
- **17th - 21st February : HALF TERM**

**SAVE
the DATE**

- **Thursday, 9th January
- Year 7 Parents' Evening**
- **Tuesday, 21st January
- PTA Coffee Morning**
- **Thursday, 23rd January
- Year 12 Parents' Evening**

PTA Update and Season's Greetings from the PTA



Last Tuesday, we hosted our annual Yuletide Coffee Morning, and it was wonderful to see so many parents and carers join us.

The main focus of the event was communication, particularly the use of Arbor as the school's primary communication platform. We encourage all parents to download the Arbor app and enable notifications to stay up to date with important school information.

The event was a festive success, with the Christmas raffle being a highlight. Congratulations to all the lucky parents who won prizes. The morning concluded with an exciting Christmas quiz, which added a touch of holiday cheer.

The PTA would like to extend their warmest wishes for a safe and happy Christmas to all our families. Looking ahead, the next PTA meeting will take place on **21st January 2025**, and the focus will be 'How to Keep Your Child Safe Online.' We hope to see you there.

As the year draws to a close, we want to thank everyone for their incredible support and contributions to our events and initiatives throughout the year. Your involvement has helped us make a positive impact on our school community.

We hope you enjoy a joyful and restful holiday with your loved ones. Merry Christmas and a Happy New Year from all of us at the PTA.

We look forward to seeing you in 2024 for more exciting events and opportunities to come. 🎄 ✨



Exciting Times for the Sixth Form at Heron Academy

This term marks a significant milestone in Heron Academy's history, as we proudly welcome both Year 12 and Year 13 students for the first time. It has been an exciting and busy start to this new chapter, with our Sixth Formers embracing a wide range of opportunities both inside and beyond the classroom. In addition to the exceptional lessons delivered by our dedicated staff, the Sixth Form has benefited from a host of enriching talks, workshops, and experiences designed to provide a well-rounded education.



Highlights from this term include:

- **STEM Inspiration:** A fascinating talk by Dr. Anastasia Sofroniou, one of our Trustees, for students studying Mathematics, Chemistry, Biology, and Physics at A-levels.
- **Financial Support Insights:** A vital session on the Sixth Form Bursary, ensuring students are aware of the financial assistance available to them.
- **University Guidance:** The University of Hertfordshire visited twice, delivering engaging talks on "Why Go to University?" and "Apprenticeships vs University."
- **Careers Fair:** The entire Sixth Form attended a Careers Fair at the Tottenham Hotspur Stadium, exploring a range of future pathways.
- **UCAS Support:** City University provided invaluable advice on crafting outstanding UCAS statements for university applications.
- **Zurich Insurance Kickstart Programme:** Many Year 12 students have enrolled in this exciting initiative.
- **Envision Workshop Programme:** A 20-week series designed to help Year 12 students develop essential skills is now underway.
- **Law Career Experience:** Aspiring lawyers spent a day with Hill Dickinson, gaining hands-on insights into the legal profession.
- **PwC Visit:** Over 30 Year 12 students visited PwC, one of the Big Four accounting firms, in London. They learned about career pathways, financial literacy, and what it takes to succeed in a prestigious organisation.



Exciting Times for the Sixth Form at Heron Academycont

This December, we brought some festive cheer to the Sixth Form with the launch of the inaugural Year 12 vs Year 13 Christmas Decoration Competition. Both year groups showcased their creativity, adding a touch of holiday magic to the Sixth Form space.

To reward their hard work and celebrate the end of a successful term, both Year 12 and Year 13 students will enjoy a reward trip to Hyde Park's Winter Wonderland, where they can soak up the festive atmosphere. Additionally, we're thrilled to announce that two exciting trips abroad are planned for the end of the academic year, offering even more memorable experiences for our Sixth Formers.

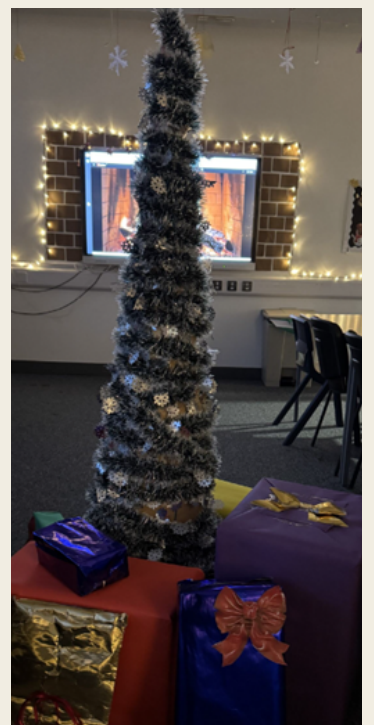
As the new Head of Sixth Form, one of my priorities has been ensuring that all Year 12 students receive expert, impartial careers advice. I'm delighted to share that every Year 12 student will have completed a careers interview by the end of this term, with many already requesting follow-up appointments.

Looking ahead, the momentum continues with university visits, employability programmes, and more outside speakers and workshops already confirmed. We are also preparing for a key milestone: all Year 12 students will participate in Work Experience placements during the summer term, giving them valuable insights into the world of work.

It's been a busy and rewarding term for the Sixth Form, and there's so much more to come. Thank you for your continued support as we work together to provide our students with exceptional opportunities and experiences.

Wishing you all a wonderful festive season.

Mr Pieri
Head of Sixth Form



Year 13 UCAS Success

Our Year 13 students have been hard at work completing and submitting their UCAS applications to secure university places for September 2025.



With the dedicated support of their Sixth Form tutors and Head of Year 13, Mr. Angeletos, students have been guided through every step of this important journey. They have also benefited from expert advice provided by university admissions tutors, who visited HHA Sixth Form to deliver invaluable sessions on crafting strong applications and understanding what makes a competitive candidate.

We are thrilled to share that our students have already received offers to study a range of courses, including midwifery, childhood studies, nursing, counselling, optometry, and radiography. These offers come from prestigious institutions such as City, Hertfordshire, Greenwich, Middlesex, and Nottingham, among others.

We are incredibly proud of our Year 13 students' achievements as they navigate the competitive university application process. Their hard work and determination are truly commendable, and we look forward to celebrating their continued success.

Reading at Heron

Reading is a vital skill that supports your child's academic success and personal development. It enhances vocabulary, improves comprehension, and strengthens critical thinking. Regular reading also boosts creativity, empathy, and focus, helping children to excel not just in school but in life.


Encouraging your child to read daily—whether it's books, articles, or even comics—can foster a lifelong love for learning and open doors to countless opportunities.

Let's work together to make reading a priority at home and in school.



Recommended Reads for Year 7

1. The Boy at the Back of the Class by Onjali Rauf
2. Diary of a Wimpy Kid by Jeff Kinney
3. Murder Most Unladylike (Series) by Robin Stevens
4. The Narnia Chronicles - The Lion, the Witch and the Wardrobe (2nd in series) by C. S. Lewis
5. Refugee Boy by Benjamin Zephaniah
6. Skulduggery Pleasant by Derek Landy
7. Stormbreaker by Anthony Horowitz
8. A Series of Unfortunate Events by Lemony Snicket
9. Artemis Fowl by Eoin Colfer
10. The Fire Within by Chris D'Lacey
11. Groosham Grange by Anthony Horowitz
12. Hacker by Malorie Blackman
13. Heartbeat by Sharon Creech
14. Apple and Rain by Sarah Crossan
15. Black Beauty by Anna Sewell
16. Ballet Shoes by Noel Streatfeild
17. Inkheart by Cornelia Funke
18. Journey to the River Sea by Eva Ibbotson
19. A Kind of Spark by Elle McNicoll
20. Once/Now/Then/After/Soon by Morris Gleitzman
21. Johnny English Reborn by Lynda Edwards



Reading at Heron...cont

Recommended Reads for Year 8

1. The Call of the Wild by Jack London
2. Coraline by Neil Gaiman
3. His Dark Materials Trilogy by Philip Pullman
4. The Hobbit by J.R.R. Tolkien
5. Little Women by Louisa M. Alcott
6. My Family and Other Animals by Gerald Durrell
7. Wonder by R.J Palacio
8. Toffee by Sarah Crossan
9. A Gathering Light by Jennifer Donnelly
10. The Breadwinner by Deborah Ellis
11. The Graveyard Book by Neil Gaiman
12. A Song for Summer by Eva Ibbotson
13. The Garbage King by Elizabeth Laird
14. The Twelfth Day of July by Joan Lingard
15. The Other Side of Truth by Beverley Naidoo
16. She is not Invisible by Marcus Sedgewick
17. Marianne Dreams by Catherine Storr
18. Stone Cold by Robert Swindells
19. Roll of Thunder, Hear my Cry by Mildred D Taylor
20. Teacher's Dead by Benjamin Zephaniah



Recommended Reads for Year 9

1. Things Fall Apart by Chinua Achebe
2. The Enemy by Charlie Higson
3. Itch by Simon Mayo
4. The Set-Up by Sophie McKenzie
5. DropZone by, Andy McNab
6. Noughts and Crosses by Malorie Blackman
7. City of Bones (Mortal Instruments series) by Cassandra Clare
8. Sabriel (Old Kingdom series) by, Garth Nix
9. The Book of Dead Days by Marcus Sedgewick
10. Looking for JJ by, Anne Cassidy
11. The Curious Incident of the Dog in the Nighttime by Mark Haddon
12. Wuthering Heights by Emily Bronte
13. The Fault in Our Stars by John Green
14. The Secret Garden - Frances Hodgson Burnett
15. The Bone Sparrow - Zana Fraillon
16. The Fastest Boy in the World - Elizabeth Laird
17. Girl, Missing - Sophie McKenzie
18. The Moonlight Dreamers by Siobhan Curham
19. Ruby Redfort by Lauren Child
20. The Wall Between Us by Dan Smith



Reading at Heron...cont



Recommended Reads for Year 10

1. Lord of the Flies by William Golding
2. Brighton Rock by Graham Greene
3. Empire of the Sun by J G Ballard
4. Fever Pitch by Nick Hornby
5. Frankenstein by Mary Shelley
6. Instructions for a second heart by Tamsyn Murray
7. Tender by Eve Ainsworth
8. You should see me in a crown by Leah Johnson
9. The inheritance Games by Jennifer Lynn Barnes
10. It ends with us by Colleen Hoover
11. The Lost Hero by Rick Riordan
12. The Adventures of Sherlock Holmes by Arthur Conan Doyle
13. A Thousand Splendid Suns by Khaled Hosseini
14. Holes by Louis Sachar
15. The Strange Case of Dr Jekyll and Mr Hyde Robert by Louis Stevenson
16. Terror Kid by Benjamin Zephaniah
17. Children of Blood and Bone by Tomi Adeyemi
18. Bog Child by Siobhan Dowd
19. Heartstopper by Alice Oseman
20. Saint death by Marcus Sedgwick



Recommended Reads for Year 11

1. The Hate U Give by Angie Thomas
2. The Maze Runner by James Dashner
3. Catcher in the Rye by JD Salinger
4. I know why the Caged Birds Sings by Maya Angelou
5. Twilight by Stephenie Meyer
6. Eleanor & Park by Rainbow Rowell
7. Aristotle and Dante Discover the Secrets of the Universe by Benjamin Alire Saenz
8. Pride and Prejudice by Jane Austen
9. The Adventures of Huckleberry Finn by Mark Twain
10. More than this by Patrick Ness
11. The Kite Runner by Khaled Hosseini
12. Divergent by Veronica Roth
13. Blood Red Road by Moira Young
14. The Cruel Prince by Holly Black
15. The Hunt for Red October by Tom Clancy
16. Animal Farm by George Orwell
17. The Giver by Lois Lowry
18. The Perks of Being a Wallflower by Stephen Chbosky
19. The Green Mile by Stephen King
20. The Book Thief by Marcus Zusak



ATTENDANCE NEWSLETTER

Reminder of the School Day

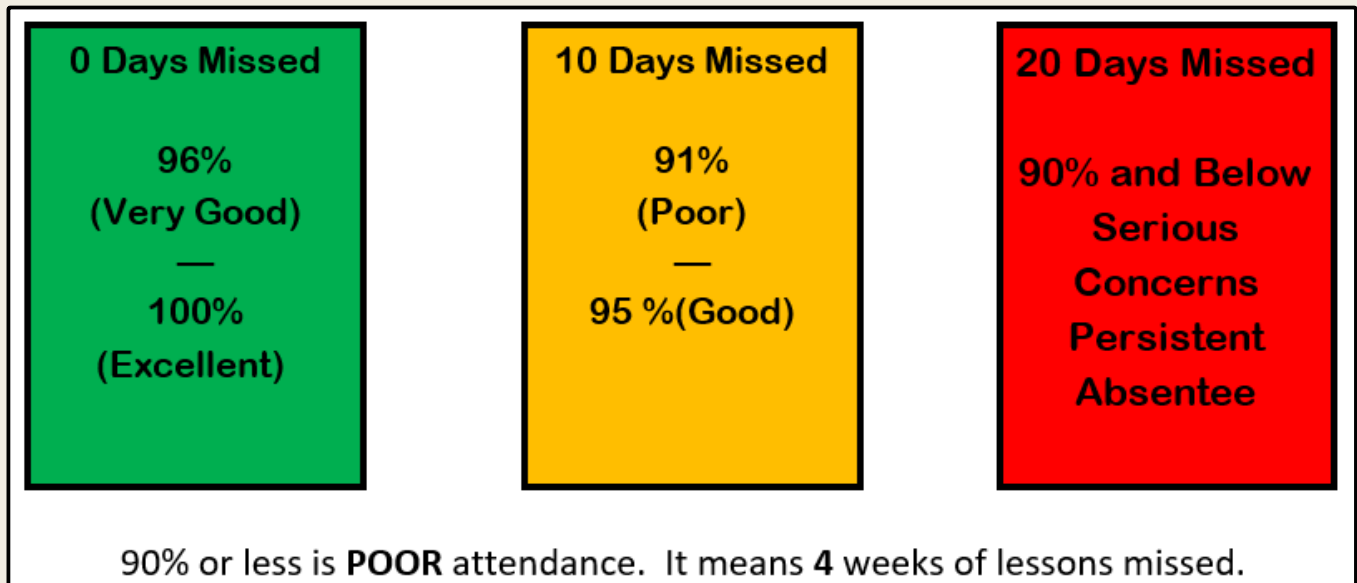
| School Schedule | Time |
|--|--------|
| Gates Open | 8.00am |
| School Starts/Form Time | 8.40am |
| School Finishes (Monday, Tuesday, Wednesday, Friday) | 3.30pm |
| School Finishes (Thursday) | 2.25pm |

How Absence Affects your Child's Attendance?

Did you know?

Your child is expected to attend school for 190 days each year.

There are 175 non-school days each year. This means you have **175 days** to spend on family time, visits, holidays, shopping, household jobs and other appointments.



ATTENDANCE NEWSLETTER cont.

Improving your Child's Attendance

Did you know? Your child receives two attendance marks per day—one for the morning and another for the afternoon.

If you have reported your child unwell in the morning, but they feel better later, you can bring them back to school. Receiving an afternoon attendance mark helps improve their attendance. If your child has an appointment during school hours please bring them to school, whenever possible, before and after the appointment.

Evidence to Support Absences

*You may be asked to provide evidence to support your child/ren's absences if attendance is a cause of concern, where we appreciate it could be difficult to be able to get a sick note, here are some examples of evidence that can be supplied - appointment cards or letters, copies of prescribed medicines, labels or prescriptions. You can email copies of documentation, screenshots to the attendance email which is **heron.attendance@northstartrust.org.uk**. When evidence is provided to support absences, absences are authorised.*

The Importance of Punctuality

Why It Matters:

- Arriving on time sets a positive tone for the day, allowing your child to fully engage in learning and activities.

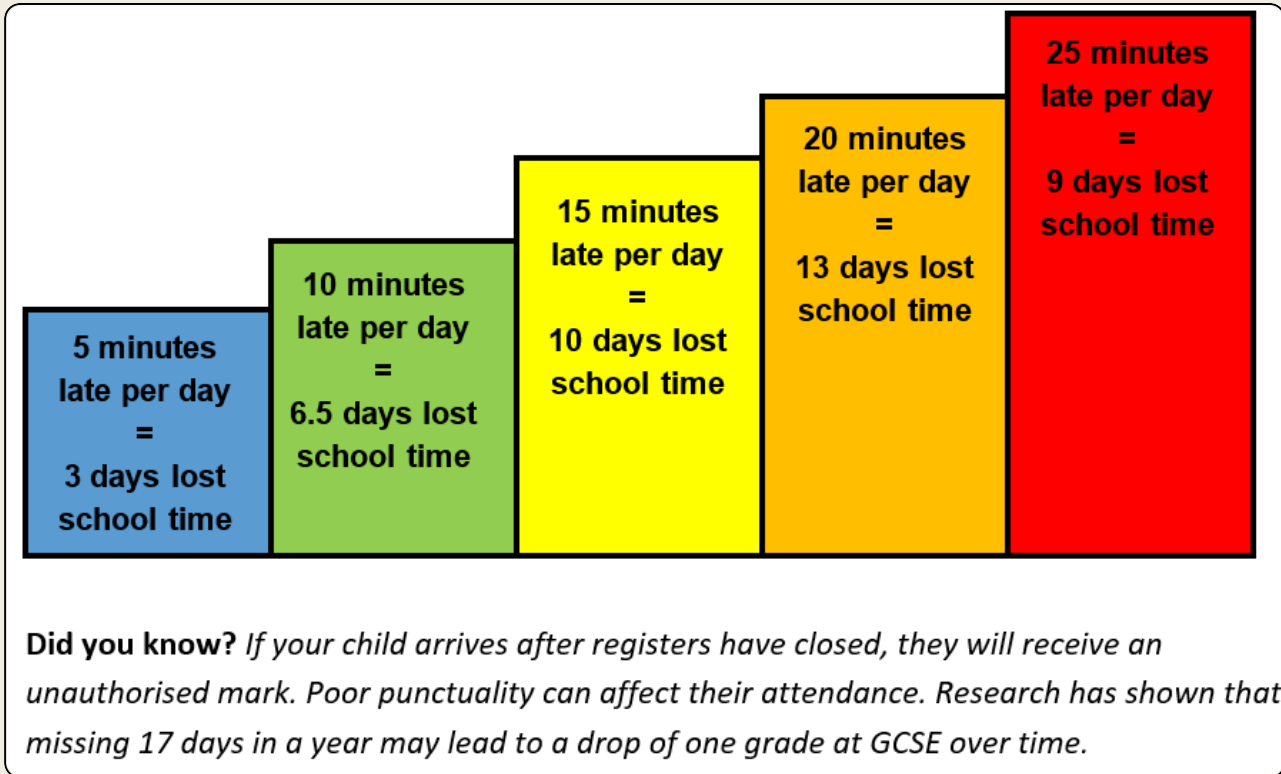
Benefits of Being on Time:

- Good attendance leads to more learning opportunities and increased achievement.
- Punctual students are better prepared and less likely to miss important instructions.

Tips for Building a Routine:

- Prepare clothes and bags the night before.
- Aim to leave home with a few extra minutes to spare.

ATTENDANCE NEWSLETTER cont.



If you need support to improve your child’s attendance or punctuality, we are happy to meet with you to discuss any issues you feel are affecting your child’s attendance as well as provide support and advice. Please contact Mrs Mendez, the Attendance Lead via heron.attendance@northstartrust.org.uk.

For safeguarding purposes, please notify the school by 8.30am if your child will be absent.



HERON HALL'S FOOD BANK

We'd like to remind families that the **Heron Hall's Food Bank** is available for those in need. With expanded storage facilities, we are now able to offer more dried food goods to help support even more families.



The food bank is centrally organised and operated from the main school office. We understand that these may be challenging times for some, and we want to assure you that help is available. If you feel you could benefit from the Heron Hall's Food Bank, please don't hesitate to contact the school office for assistance.

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. In the meantime, you can purchase uniform by emailing the office at:

heron@northstartrust.org.uk.

| Preloved Uniform Item | Price |
|-----------------------|-------|
| Blazer | £10 |
| Jumper | £5 |
| Shirt | £5 |

HOMework CLUB

Homework plays a vital role in the academic development of our students. It reinforces what they've learned in the classroom, helps build independent learning skills, and prepares them for upcoming lessons.



At Heron Hall Academy, we recognise the value of consistent practise and revision, and that's why all homework is assigned through **Satchel One**, our homework online platform. By using **Satchel One**, both you and your child/children can easily access homework tasks, track deadlines, and stay organised. We encourage you to check in regularly to ensure your child is keeping up with their assignments.

Homework Expectation for each subject

| | |
|----------------|--|
| Years 7, 8 & 9 | 1 piece per week |
| Years 10 & 11 | 1 piece per week 1 targeted revision |
| Years 12 & 13 | 1 piece per week 1 targeted revision 1 further reading / activity |

Homework Club

We understand that completing homework can sometimes be challenging for students, which is why we are pleased to offer additional support through our Homework Club. We will be running the club three times a week in the school library from **3:30pm to 4:30pm**.

This is a great opportunity for students to receive help with their homework in a quiet, focused environment. Staff will be on hand to assist with any questions, ensuring that students stay on track and complete their assignments on time.

| Monday | Wednesday | Friday |
|--------------|----------------|---------------------|
| Year 7, 8, 9 | Any Year Group | Year 10, 11, 12, 13 |

EXTRA-CURRICULAR CLUBS AT HERON HALL ACADEMY: ENRICHING STUDENT EXPERIENCE

At Heron Hall Academy, we take great pride in our comprehensive Extra-Curricular programme, designed to enrich and enhance our pupils' school experience. These activities provide an excellent opportunity for students to explore interests beyond their academic subjects, ranging from coding, sports, and robotics to baking.



By engaging in these diverse clubs, students not only build new skills but also foster creativity, teamwork, and leadership. Our aim is to produce well-rounded, visionary members of society who are equipped to succeed both inside and outside the classroom.

We encourage all students to take advantage of these clubs to broaden their horizons and make the most of their school journey. The schedule of the extra-curricula clubs is below:

| | CLUB | TIME | PLACE | STAFF | STUDENTS |
|------------------|--------------------------------|---------------------------------|--------------------|------------------------|-----------------|
| MONDAY | Robotics Club | Lunchtime 12.35pm - 1.15pm | S1.1 | Mr Olayebo | KS3 – Years 7-9 |
| | Homework Club | After School 3.30pm – 4.30pm | Library | Mr Kenan | All Years |
| | Girls Netball | After School 3:30pm – 4:30pm | MUGA / Sports Hall | Madam Grimes | All Years |
| | Boys Football | After School 3:30pm – 4:30pm | Astro | Mr Meremikwu | Year 8 |
| | KS4 Art Club | After School 3.30pm – 5.00pm | S.2:7 | Madam Knightley | Years 10-11 |
| TUESDAY | Cooking Club | After School 3:30pm -4.30pm | S0.1 | Madam Ellis | All Years |
| | Coding Club | After School 3:30pm – 4:30pm | S1.5 | Mr Rahman | All Years |
| | Boys Football | After School 3:30pm – 4:30pm | Astro | Mr Bowstead | Year 7 |
| WEDNESDAY | English Intervention | After School 3.30pm-4.30pm | N1.1/W1.4 | Mr Jablonka | Year 11 |
| | Film Club | Lunchtime 12.40pm- 1.10pm | N1.7 | Madam Broomes | All Years |
| | Girls Football | After School 3:30pm – 4:30pm | Astro | Madam Vales | Years 7-9 |
| | Boys Football | After School 3:30pm – 4:30pm | Astro | Mr Charles | Year 9 |
| THURSDAY | Sewing Club | Lunchtime 12.40pm- 1.10pm | S0.1 | Madam Ellis | All Years |
| | KS4 Art Club | Lunchtime 12.40pm- 1.10pm | S.2:7 | Madam Knightley | Years 10 & 11 |
| FRIDAY | Author Club | After School 3.45-4.30pm | W1.4 | Mr Jablonka | All Years |
| | KS4 Composition Surgery | Lunchtime 12.35pm- 1.15pm | S2.4 | Madam Hester / Mr Tosh | Years 10 & 11 |
| | Boys Football | After School 3:30pm – 4:30pm | Astro | Mr Bowstead | Year 10 |

Extra-Curricular Clubs at Heron Hall Academy: Enriching Student Experience cont.

We encourage all students to take advantage of these clubs to broaden their horizons and make the most of their school journey. **You can sign your child up for a club via Arbor.**

How to join

Free clubs on the Parent Portal

The club information page will display membership and timetable information. Any existing membership into the club for the pupil will be displayed. **To sign your child up for the club, click on Register For This Club in the top right-hand corner of the page.**

Sams Cool Club (2020/2021)

Registration Information
 Registration status: Anna is not registered for this club yet. Click "Register for this club" button to register.

Anna's Memberships
 No memberships

Available Membership Options

| Weekly Sign-up | Availability | Fee |
|----------------|------------------------------|------|
| | 03 Aug 2020, 11.28 - ongoing | Free |

Club Timetable

| Weekly Sessions | |
|---|-----------|
| Every Monday: 07:00 - 08:00 | Scheduled |
| Between: 28 Sep 2020 - 31 Aug 2021 (term-time only) | |
| Every Wednesday: 07:00 - 08:00 | Scheduled |
| Between: 02 Sep 2020 - 31 Aug 2021 (term-time only) | |
| Every Friday: 07:00 - 08:00 | Scheduled |
| Between: 28 Sep 2020 - 31 Aug 2021 (term-time only) | |

Attachments
 Register Anna for this club



How to join

On the Parent App

To sign up for a club, click the menu icon at the bottom left of your screen. **Select Clubs.**

Quick Actions

- Behaviour
- Attendance
- Progress
- Trips
- Clubs**
- Report Cards
- Payments
- Examinations

HEALTH AND WELLBEING



We've got everything you need to get active in the New Year

Our Active Enfield team are lacing up their trainers and polishing their ballroom shoes in readiness to welcome you to their affordable fun activity programme. Active Enfield who run a range of fun and engaging sports and health activities for young people, adults and over 50s, have just announced their new programme from January to March 2025. Sessions for adults include tennis, Nordic walking, pilates, badminton, yoga, dance, boxing, bowls and Tai Chi. Young people are welcome to join us for gymnastics and badminton. [Find out more and book.](#)



Get Christmassy with PAN at Chickenshed

Plan to see PAN at Chickenshed this festive period, a Christmas adventure based on the classic story of Peter Pan. Soar from the starry night skies of London to an island brimming with wonder, where fairies flit, pirates plot, and the Lost Ones await their happy ending. Celebrating 50 incredible years, Chickenshed brings this timeless classic to life with a famously large and wonderfully diverse cast. Tickets are on sale now for several shows across December and January. Prices start from £16 and all the information can be found on the [Chickenshed website.](#)



HEALTH AND WELLBEING



Circus skills workshop and free performance

Discover the excellence and the skills of a circus workshop! These unique and engaging sessions introduce participants to the art of juggling using, balls, flower sticks, plate spinning, diabolo tricks, and ring manipulation. All equipment will be provided.

The workshop experience takes place on 23 and 24 December at 10:45am for both adults and children age 7-plus. This also includes free entry to "The Art of Juggling and Magic: An Interactive Performance", a family-friendly show at 11:30 am on the same day. Fun for all ages! [Book now spaces are limited.](#)



Help young people understand how to stay safe online

To ensure children and young people are protected from harmful online content, Enfield Council has launched a comprehensive Keep Your Child Safe Online guidance booklet for parents, carers and guardians. This free booklet serves as a far-reaching guide that advises parents and carers on how to manage risks effectively, both in the real world and online. It is research-based and full of practical tips.

[The Keep Your Child Safe Online Guide is now available for parents, carers and guardians to read and download.](#)



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...

★ Early Help Directory

FINANCIAL HELP



Changes to six benefits and tax credits

We know that concerns about your finances can be stressful. That's why it's important to know what is happening with six benefits and tax credits. Housing Benefit, Income Support, Income-Based Job Seeker's Allowance, Income-Related Employment and Support Allowance, Working Tax Credits and Child Tax Credits will be combined into one single monthly payment. People who receive these benefits will receive a 'Migration Notice' to let them know they need to claim Universal Credit instead. Payments won't be moved automatically. Don't ignore your letter as it explains what you need to do next.



Young People Categories: Activities & Clubs

There are many different types of activities and clubs that can provide a fun outlet whilst helping...

★ Early Help Directory

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>

Urgent and other support available

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

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](#)

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