



## Holiday Wellbeing & Safety Resources

	<p>These resources are being made available to the parents and carers of all of our students. Please view links and conduct your own research, to ensure that the resources are both age appropriate and suitable for your individual child before sharing.</p> <p>Please right click to open hyperlinks. If your device does not support this, please copy and paste the links into your browser for access.</p>
<p>Concerned for a child's safety?</p>	<p><b>Multi Agency Safeguarding Hub (MASH)</b></p> <p>If you think a child or young person, under the age of 18 years is being abused or neglected, please ring the team within the borough that the child resides.</p> <p>Bromley : T030 0303 8671 or ask for Children's services via 0208 464 3333  Croydon : T0208 726 6464  Lewisham : T0208 314 6660</p> <p><b>Police</b></p> <p>Inform police about a child who is at risk of harm via 101.  In an emergency dial 999.  Find details of your local safer neighbourhood team here:  <a href="https://www.met.police.uk/a/your-area/">https://www.met.police.uk/a/your-area/</a></p>  <p>Advice for parents and carers to keep children safe from abuse and harm. Find out more here:  <a href="https://www.gov.uk/government/publications/coronavirus-covid-19-keeping-children-safe-from-abuse-and-harm/advice-to-parents-and-carers-on-keeping-children-safe-from-abuse-and-harm">https://www.gov.uk/government/publications/coronavirus-covid-19-keeping-children-safe-from-abuse-and-harm/advice-to-parents-and-carers-on-keeping-children-safe-from-abuse-and-harm</a></p>
<p>Help for a child expressing Suicidal Ideation</p>	<p><b>A&amp;E</b></p> <p>If you believe the child to be at risk of harm to themselves then take them to the A&amp;E department of your local hospital. The hospital has staff who can undertake an assessment of risk.</p> <p>This may include an overnight stay. The hospital will put you in contact with services who help young people manage these feelings, like CAMHS.</p> <p>Other avenues of support include your GP and the below online/telephone resources:</p> <p><b>Papyrus</b></p> <p>Lots of information and resources for young people and their parents.</p>

The site also includes information about Hopeline – Help for those thinking of suicide.  
Available  
9am – 10pm weekdays and 2pm -10pm weekends and bank holidays.  
T0800 068 4141 or email :  
[Pat@papyrus-uk.org](mailto:Pat@papyrus-uk.org)

**HOPELineUK**

**0800 068 41 41**

Help and advice for young person and parent here:

<https://www.papyrus-uk.org/help-advice/>



**ChildLine**

T0800 1111



**Samaritans**

Need support? We're here to listen 24 hours, 365 days a year. Call 116 123 for free



Concerns  
around  
self -harm

Your GP will be able to help with the subject of self-harm.  
They may refer your child to a counselling service (with your consent).

Getting help

<https://www.nhs.uk/mental-health/feelings-symptoms-behaviours/behaviours/self-harm/getting-help/>

Supporting a child who is self-harming:

<https://youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/parents-guide-to-support-self-harm/>

[file:///N:/Coping%20with%20Self%20Harm%20Brochure FINAL copyright%20\(1\).pdf](file:///N:/Coping%20with%20Self%20Harm%20Brochure%20FINAL%20copyright%20(1).pdf)

### National Self Harm Network

Has a forum for support



Support. Empower. Educate.







### Self-harm UK

Dedicated to self-harm recovery, insight and support

<https://www.selfharm.co.uk/>



For those aged 14 – 19 years

<p>Young Peoples Mental Health</p>	<p><b>Young Peoples Mental Health</b> - a guide for parents and carers, written by young people This includes both National Services and Services available within the Borough of Croydon.</p> <p><a href="http://croydonlcsb.org.uk/wp-content/uploads/2019/07/Im-Fine-CDI-Booklet.pdf">http://croydonlcsb.org.uk/wp-content/uploads/2019/07/Im-Fine-CDI-Booklet.pdf</a></p> <p><b>CAMHS</b> Child adolescent mental health service Resources: <a href="https://www.camhs-resources.co.uk/">https://www.camhs-resources.co.uk/</a></p> <p><b>CAMHS</b>  Child &amp; Adolescent Mental Health Services</p> <p><b>BROMLEY</b></p> <p> If you are a parent or carer and you have concerns about your child's mental health, please contact 0208 315 4430 Monday to Friday 9am-5pm. Stepping Stones House, 38, Masons Hill, Bromley, Kent, BR2 9JG.</p> <p>Link to Bromley CAMHS: <a href="http://oxleas.nhs.uk/services/service/child-and-adolescent-mental-he/">http://oxleas.nhs.uk/services/service/child-and-adolescent-mental-he/</a></p> <p>Link to Young Bromley Services: <a href="https://www.bromley.gov.uk/info/200104/young_bromley">https://www.bromley.gov.uk/info/200104/young_bromley</a></p> <p> <b>CROYDON</b></p> <p>Link to CAMHS and other Croydon Wellbeing services: <a href="https://www.slam.nhs.uk/our-services/camhs/camhs-services/croydon-camhs/">https://www.slam.nhs.uk/our-services/camhs/camhs-services/croydon-camhs/</a></p> <p> <b>LEWISHAM</b></p> <p>Link to CAMHS and other Lewisham Wellbeing services: <a href="https://www.slam.nhs.uk/our-services/camhs/camhs-services/lewisham-camhs/">https://www.slam.nhs.uk/our-services/camhs/camhs-services/lewisham-camhs/</a></p>
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## Parents and carers child counselling advice

<https://youngminds.org.uk/media/3677/counselling-parents-sheet-updated-dec-2019.pdf>



## Young Peoples Mental Health

A guide for parents and carers, written by young people. This includes resources that are both national and others that are within Croydon Borough.

<https://croydonlcsb.org.uk/wp-content/uploads/2019/07/Im-Fine-CDI-Booklet.pdf>

A guide to the services offered by MIND in Croydon

<https://www.mindincroydon.org.uk/wp-content/uploads/2021/04/Guide-to-Services-Apr-2021.pdf>

Wellbeing  
services  
offering  
counselling  
to young  
people

## BROMLEY

**Bromley Y** - Bromley resident or GP based in the borough.  
Your GP can refer or you can self-refer. For those aged under 18 years.

<https://bromley-y.org/>



## CROYDON

**Off The Record** – Croydon service for those aged 14 – 25. An online service operates from the age of 11.

<https://www.talkofftherecord.org/>

**TALK TO US**



**LEWISHAM**

**The HUB – one to one help for those aged 11- 19**

<https://www.compass-uk.org/services/lewisham-compassthehub/>

**Tel: 020 8690 3020**

Email: [lhws@compass-uk.org](mailto:lhws@compass-uk.org)

38-39 Winslade Way, Catford, London, SE6 4JU



Mental  
Health  
Support –  
Online /  
by text

**Kooth**

Online Forums and Counselling for your people between the age of 11-24.



Join here: <https://www.kooth.com/signup>

**Shout out**





In a crisis?

Anxious? Worried? Stressed?




Get 24/7 help from our team of Crisis Volunteers

Text 'shout' to 85258

	 <p><a href="https://www.giveusashout.org/">https://www.giveusashout.org/</a></p>
	<p><b>MeeTwo- Free</b></p> <p>The MeeTwo app provides a safe and secure forum for teenagers wanting to discuss any issue affecting their lives continue.</p> <p>You can anonymously get advice from experts or other teenagers going through similar experiences</p> <p>in areas such as mental health, self-harming, relationships and friendships.</p> <p>Find out more here: <a href="https://www.meetwo.co.uk/">https://www.meetwo.co.uk/</a></p>
	<p><b>Calm Harm – Free</b></p> <p>Calm Harm is an app designed to help people resist or manage the urge to self-harm. It's private and password protected.</p> <p>Find out more and access here: <a href="https://calmharm.co.uk/">https://calmharm.co.uk/</a></p>
	<p><b>SilverCloud – Free</b></p> <p>SilverCloud is for people aged 16 or over who need help with mental health issues and the emotional challenges associated with long-term conditions.</p> <p>Find out more here: <a href="https://www.silvercloudhealth.com/uk">https://www.silvercloudhealth.com/uk</a></p>
	<p><b>Nhs go – Free</b></p> <p>Who is it suitable for?</p>




	<p>Anyone between the age of 16 and 25 looking for health advice and information.</p> <p>Find out more here: <a href="https://nhs.uk/">https://nhs.uk/</a></p>
	<p><b>ThinkNinja - Free during the coronavirus (COVID-19) crisis</b></p> <p>ThinkNinja is a mental health app designed for 10 to 18 year olds. Using a variety of content and tools, It allows young people to learn about mental health and emotional wellbeing, and develop skills they can use to build resilience and stay well.</p> <p><a href="https://apps.apple.com/gb/app/thinkninja/id1425884328">https://apps.apple.com/gb/app/thinkninja/id1425884328</a></p>
<p>Further apps shared by CAMHS</p>	<p><b>Below is a link to wellbeing apps advertised on the CAMHS website. Some of these apps require payment:</b></p> <p><a href="https://www.camhs-resources.co.uk/apps-1">https://www.camhs-resources.co.uk/apps-1</a></p>
<p>Support for young people exploring their sexuality</p>	<p><b>NSPCC</b></p> <p><a href="https://www.nspcc.org.uk/keeping-children-safe/sex-relationships/sexuality-sexual-orientation/">https://www.nspcc.org.uk/keeping-children-safe/sex-relationships/sexuality-sexual-orientation/</a></p> <p><b>BROMLEY</b></p> <p> METRO Snap Youth group for LGBTQ people aged between 16 and 25 in Bromley</p> <p><a href="https://metrocharity.org.uk/youth/metro-snap">https://metrocharity.org.uk/youth/metro-snap</a></p> <p>Email: <a href="mailto:youth@metrocharity.org.uk">youth@metrocharity.org.uk</a> or call 020 8305 5004.</p> <p> <b>CROYDON</b></p> <p>METRO Bridge Youth groups for LGBTQ people aged between 11 and 25 in Croydon</p> <p><a href="https://metrocharity.org.uk/youth/metro-bridge">https://metrocharity.org.uk/youth/metro-bridge</a></p> <p>Email: <a href="mailto:youth@metrocharity.org.uk">youth@metrocharity.org.uk</a> or call 020 8305 5004.</p> <p> <b>LEWISHAM</b></p>






	<p>METRO Live</p> <p>Youth group for LGBTQ people aged between 16 and 25 in Lewisham</p> <p><a href="https://metrocharity.org.uk/youth/metro-live">https://metrocharity.org.uk/youth/metro-live</a></p> <p>Contact the METRO Youth team at <a href="mailto:youth@metrocharity.org.uk">youth@metrocharity.org.uk</a> or call 020 8305 5004.</p> 
Sexual Health	<p>Find services in your borough at the below web address:</p> <p><a href="https://www.nhs.uk/service-search/other-services/Sexual%20health%20services%20for%20young%20people/LocationSearch/735">https://www.nhs.uk/service-search/other-services/Sexual%20health%20services%20for%20young%20people/LocationSearch/735</a></p>
Sexual Offending	<p>The Havens</p> <p>For those who have been sexually assaulted in the past 12 months. Forensic medical examinations, tests and treatment, counselling.</p> <p><a href="https://www.thehavens.org.uk/how-we-can-help/">https://www.thehavens.org.uk/how-we-can-help/</a></p>
Health	 <p><a href="https://www.redcross.org.uk/">https://www.redcross.org.uk/</a></p>
On Line Safety	<p><b>Parent Zone</b></p> <p>The experts in digital family life</p> <p><a href="https://www.parents.parentzone.org.uk/">https://www.parents.parentzone.org.uk/</a></p>  <p><b>NSPCC</b></p>

	<p><a href="https://www.nspcc.org.uk/keeping-children-safe/online-safety/">https://www.nspcc.org.uk/keeping-children-safe/online-safety/</a></p> <p><b>Saferinternet</b></p> <p><a href="https://www.saferinternet.org.uk/advice-centre/young-people/resources-11-19s">https://www.saferinternet.org.uk/advice-centre/young-people/resources-11-19s</a></p> <p><b>Childline Advice for staying safe online</b></p> <p><a href="https://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/staying-safe-online/">https://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/staying-safe-online/</a></p> <p><b>The six apps every parent/carers should know about</b></p> <p><a href="https://www.parents.parentzone.org.uk/morearticles/the-6-apps-and-services-that-every-parent-should-know-about">https://www.parents.parentzone.org.uk/morearticles/the-6-apps-and-services-that-every-parent-should-know-about</a></p>
<p>Social Media</p>  <p>Minimum age for use 13+ years</p>	<p><b>Instagram</b></p> <p>Instagram is an American photo and video-sharing social networking service owned by Facebook.</p> <p><b>Quiz about Instagram use</b></p> <p><a href="https://app.involve.me/siat/instagram-quiz-en">https://app.involve.me/siat/instagram-quiz-en</a></p> <p><b>Online groomers use of Instagram</b></p> <p><a href="https://www.nspcc.org.uk/about-us/news-opinion/2020/instagram-grooming-crimes-children-lockdown">https://www.nspcc.org.uk/about-us/news-opinion/2020/instagram-grooming-crimes-children-lockdown</a></p> <p><b><a href="#">What You Need to Know About: Instagram   Free E-Safety Guide</a></b></p>
 <p>Minimum age to create an account is 13 (with parental permission). Individual videos</p>	<p><b>U Tube</b></p> <p>YouTube is a video sharing service where users can watch, like, share, comment and upload their own videos.</p> <p><b>Quiz about U Tube use</b></p> <p><a href="https://app.involve.me/siat/youtube-quiz-en">https://app.involve.me/siat/youtube-quiz-en</a></p> <p><b>Live streaming advice from the NSPCC</b></p>

carry age ratings.	<a href="https://www.nspcc.org.uk/keeping-children-safe/online-safety/livestreaming-online-video-apps/">https://www.nspcc.org.uk/keeping-children-safe/online-safety/livestreaming-online-video-apps/</a>
 <p>Minimum age for use 13+ years</p>	<p><b>Snap Chat</b></p> <p>Snapchat is a multimedia messaging app developed by Snap Inc., originally Snapchat Inc. One of the principal features of Snapchat is that pictures and messages are usually only available for a short time before they become inaccessible to their recipients.</p> <p><b>Snap Chat Quiz</b></p> <p><a href="https://app.involve.me/siat/snapchat-quiz-en">https://app.involve.me/siat/snapchat-quiz-en</a></p>
 <p>Minimum age for use 13+ years</p>	<p><b>Tik Tok</b></p> <p>TikTok is a Chinese video and music-based social media app that allows users to create and share short videos with special effects.</p> <p><b>Find out more here:</b></p> <p><a href="https://parentzone.org.uk/article/tiktok-everything-you-need-know-about-video-production-app">https://parentzone.org.uk/article/tiktok-everything-you-need-know-about-video-production-app</a></p>
 <p>Minimum age for use 13+ years</p>	<p><b>WhatsApp</b></p> <p>WhatsApp is an instant messaging app which lets you send messages, images and videos in one-to-one and group chats with your contacts. You can choose to share your live location for up to eight hours with one contact or a group.</p> <p><b>Find out more here:</b></p> <p><a href="https://parentzone.org.uk/article/whatsapp">https://parentzone.org.uk/article/whatsapp</a></p>
	<p><b>Fake News, Online Image and Hate Speech</b></p> <p><b>CBBC real or fake quiz</b></p> <p><a href="https://www.bbc.co.uk/cbbc/quizzes/real-or-fake-news-quiz">https://www.bbc.co.uk/cbbc/quizzes/real-or-fake-news-quiz</a></p> <p><b>BBC article about Fake news</b></p> <p><a href="https://www.bbc.co.uk/academy/en/collections/fake-news">https://www.bbc.co.uk/academy/en/collections/fake-news</a></p>

	<b>BBC Bitesize article</b> <a href="https://www.bbc.co.uk/bitesize/tags/zr2yscw/fact-or-fake/1">https://www.bbc.co.uk/bitesize/tags/zr2yscw/fact-or-fake/1</a>
<p>Think before you post</p> <p>Advice for Young People to consider prior to posting online</p>	
<p>Parental Controls</p>  	<p><b>Learn about parental controls online</b></p> <p><b>Childnet</b></p> <p><a href="https://www.childnet.com/parents-and-carers/hot-topics/parental-controls">https://www.childnet.com/parents-and-carers/hot-topics/parental-controls</a></p> <p><b>NSPCC</b></p> <p><a href="https://www.nspcc.org.uk/keeping-children-safe/online-safety/">https://www.nspcc.org.uk/keeping-children-safe/online-safety/</a></p> <p><b>Government Guidance to keeping children safe online</b></p> <p><a href="https://www.gov.uk/government/publications/coronavirus-covid-19-keeping-children-safe-online/coronavirus-covid-19-support-for-parents-and-carers-to-keep-children-safe-online">https://www.gov.uk/government/publications/coronavirus-covid-19-keeping-children-safe-online/coronavirus-covid-19-support-for-parents-and-carers-to-keep-children-safe-online</a></p>
<p>On line grooming</p>	<p><b>On Line Grooming</b></p> <p>Find out more about online grooming at the links below:</p> <p><a href="https://www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/grooming/">https://www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/grooming/</a></p> <p><a href="https://parentinfo.org/article/fighting-online-sexual-abuse-inside-ceop-command">https://parentinfo.org/article/fighting-online-sexual-abuse-inside-ceop-command</a></p> <p><a href="https://www.childnet.com/parents-and-carers/hot-topics/online-grooming">https://www.childnet.com/parents-and-carers/hot-topics/online-grooming</a></p>
<p>Catch 22</p>	<p><b>Parent pack – provides information concerning all forms of exploitation</b></p>

	<p><a href="#">Catch On: Parents' pack</a>   <a href="#">Catch22 (catch-22.org.uk)</a></p>
<p>County Lines and Child Criminal Exploitation</p>	<p><b>County Lines and Child Criminal Exploitation</b></p> <p>Find out more about these issues here:</p> <p><a href="https://www.childrenssociety.org.uk/what-we-do/our-work/tackling-criminal-exploitation-and-county-lines/county-lines-resources">https://www.childrenssociety.org.uk/what-we-do/our-work/tackling-criminal-exploitation-and-county-lines/county-lines-resources</a></p> <p><a href="https://www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/gangs-criminal-exploitation/">https://www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/gangs-criminal-exploitation/</a></p> <p><a href="https://www.gov.uk/government/publications/criminal-exploitation-of-children-and-vulnerable-adults-county-lines">https://www.gov.uk/government/publications/criminal-exploitation-of-children-and-vulnerable-adults-county-lines</a></p>
<p>Loss</p> <p></p> <p></p>	<p><b>Bereavement Support</b></p> <p>Bereavement and young people</p> <p><a href="https://www.nhs.uk/conditions/stress-anxiety-depression/bereavement-and-young-people/">https://www.nhs.uk/conditions/stress-anxiety-depression/bereavement-and-young-people/</a></p> <p><b>Winston's Wish</b></p> <p><a href="https://www.winstonswish.org/">https://www.winstonswish.org/</a></p> <p><b>Child Bereavement UK</b></p> <p><a href="https://www.childbereavementuk.org/">https://www.childbereavementuk.org/</a></p> <p><b>The Candle Project – St Christophers Hospice</b></p> <p><a href="#">St Christopher's Children and Young People's Bereavement Service (Candle) - St Christopher's Hospice (stchristophers.org.uk)</a></p>
<p>FGM</p>	<p><b>FGM – Female Genital Mutilation</b></p> <p>Find out more and gain help or advice here:</p> <p><a href="https://www.gov.uk/female-genital-mutilation-help-advice">https://www.gov.uk/female-genital-mutilation-help-advice</a></p>

	<a href="https://www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/female-genital-mutilation-fgm/">https://www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/female-genital-mutilation-fgm/</a>
<b>PREVENT</b> Keeping children safe from radicalisation	<b>The Prevent Strategy</b> Advice on keeping children safe from radicalisation. Find out more here: <a href="https://www.nspcc.org.uk/keeping-children-safe/reporting-abuse/dedicated-helplines/protecting-children-from-radicalisation/">https://www.nspcc.org.uk/keeping-children-safe/reporting-abuse/dedicated-helplines/protecting-children-from-radicalisation/</a> <a href="https://educateagainsthate.com/online-radicalisation/">https://educateagainsthate.com/online-radicalisation/</a>
Young person's drug and alcohol services   	<b>Are you a parent or carer who has concerns your child might be abusing drugs or alcohol?</b> Seek advice from borough services <b>Bromley</b> <a href="https://www.changegrowlive.org/changes-young-peoples-service-bromley">https://www.changegrowlive.org/changes-young-peoples-service-bromley</a> <b>Croydon</b> <a href="https://www.croydon.gov.uk/healthsocial/phealth/daservices">https://www.croydon.gov.uk/healthsocial/phealth/daservices</a> <b>Lewisham</b> <a href="https://lewisham.gov.uk/myservices/socialcare/health/drugs-and-alcohol">https://lewisham.gov.uk/myservices/socialcare/health/drugs-and-alcohol</a> <b>Talk to Frank</b> <a href="https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/183081/Does_your_child_know_more_than_you_-_Revised_v6.pdf">https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/183081/Does_your_child_know_more_than_you_-_Revised_v6.pdf</a> <a href="https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/260604/truth_about_drugs_v3_October_2013.pdf">https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/260604/truth_about_drugs_v3_October_2013.pdf</a>

## DON'T BE IN THE DARK ABOUT LEGAL HIGHS.



Find out more here:

<https://parentinfo.org/article/legal-highs-a-parents-guide>

<https://www.bbc.co.uk/news/uk-32857256>

<https://www.talktofrank.com/drug/nitrous-oxide>



If you find deflated balloons in your child's possession it **could** be an indicator of their use of these canisters.

Legalities including recent changes to the law

<https://www.gov.uk/government/publications/nitrous-oxide-ban/nitrous-oxide-ban-guidance>

### Vaping

[Vaping myths and the facts - Better Health - NHS \(www.nhs.uk\)](https://www.nhs.uk/better-health/vaping-myths-and-facts)








[Young people and vaping - Better Health - NHS \(www.nhs.uk\)](https://www.nhs.uk/better-health/young-people-and-vaping)

[How dangerous is vaping, what is the disposable vape ban and what is the vaping tax? - BBC News](https://www.bbc.com/news/health-55888888)



<p>Eating Disorders</p>	<p><b>Speak to your GP</b></p> <p><b>BEAT</b>  <a href="https://www.beateatingdisorders.org.uk/">https://www.beateatingdisorders.org.uk/</a></p>  <p><b>NHS</b>    <a href="https://www.nhs.uk/conditions/eating-disorders/">https://www.nhs.uk/conditions/eating-disorders/</a></p> <p><b>The Maudsley</b>    <a href="https://slam.nhs.uk/home">Home - MCCAED (slam.nhs.uk)</a></p>
<p>Young Carers</p>	<p><b>Young Carers</b></p> <p><b>Bromley</b>    <a href="https://www.bromleywell.org.uk/our-services/young-carers/">https://www.bromleywell.org.uk/our-services/young-carers/</a></p> <p><b>Bromley Mencap</b>            Children's Wellbeing Services  <a href="https://www.bromleymencap.org.uk/wellbeing-services/">https://www.bromleymencap.org.uk/wellbeing-services/</a></p> <p>Sibling Group</p>



  	<p><a href="http://www.bromleyparentvoice.org.uk/events/bromley-mencap-siblings-group-4/">http://www.bromleyparentvoice.org.uk/events/bromley-mencap-siblings-group-4/</a></p> <p><b>Croydon</b></p> <p><a href="https://www.talkofftherecord.org/croydon/young-carers-service/">https://www.talkofftherecord.org/croydon/young-carers-service/</a></p> <p><b>Lewisham</b></p> <p><a href="https://images.app.goo.gl/sV9y2C4RFTAHzNkF6">https://images.app.goo.gl/sV9y2C4RFTAHzNkF6</a></p>
<p>Free school meals and food banks</p>   	<p><b>Free school meals</b></p> <p><b>Eligibility and how to apply</b></p> <p><a href="#">Free school meals (bromley.gov.uk)</a></p> <p><a href="#">Free school meals and help with uniform costs   Croydon Council</a></p> <p><a href="#">Lewisham Council - Free school meals and extra support for your child</a></p> <p>For those of you whose child is currently in receipt of free school meals, you may already be aware that thanks to a successful campaign by footballer, Marcus Rashford, payments will be made to cover the holidays. These will be sent out, as usual in voucher form.</p> <p><b>Food Banks</b></p> <p>For those of you whose circumstances may require the use of food banks please see below for details:</p> <p> <b>Bromley</b></p> <p><a href="https://bromleyborough.foodbank.org.uk/get-help/foodbank-vouchers/">https://bromleyborough.foodbank.org.uk/get-help/foodbank-vouchers/</a></p> 

*Our Centres are currently closed as we operate a delivery only service. If you need emergency food support as you cannot afford food, please contact Bromley Citizens advice on 0300 330 9039 and ask for a Trussell Trust Food voucher or contact our team on 0203 920 8696 or 0800 9 20 23 24 Donations can be taken directly to our Warehouse at the Civic Centre, Stockwell Close, BR1 3UH. Monday, Tuesday and Thursday from 8am - 11.30am. Thank you.*



### Croydon

<https://croydon.foodbank.org.uk/>

*If you can't afford food, you can call 0808 2082138 for free (open Monday to Friday, 10am to 4pm). You'll confidentially talk to a trained Citizens Advice agent and, if needed, they'll issue you with a food bank voucher.*



### Lewisham

<https://lewisham.foodbank.org.uk/>

### DURING COVID-19

### ALL CLIENTS AND REFERRERS

*Please note the red voucher system has been suspended and Foodbank and has formed a partnership with Lewisham Council, Lewisham Local, Voluntary Services Lewisham & Age UK.*

*All food parcels after 20 April MUST be applied for by referral agencies via [www.lewishamlocal.com](http://www.lewishamlocal.com) or Citizens Advice Lewisham.*





### HAFS

### Holiday Activities and Food Programme – HAFS

This programme is available to all students who are currently in receipt of free school meals.

Please find out more below from your respective borough:

Bromley

	 <p><a href="https://www.bromley.gov.uk/Holidayactivitiesandfoodprogramme">https://www.bromley.gov.uk/Holidayactivitiesandfoodprogramme</a></p> <p>Programme of activities</p> <p>Croydon</p>  <p><a href="https://www.croydon.gov.uk/holiday-activities-and-food">https://www.croydon.gov.uk/holiday-activities-and-food</a></p> <p>Lewisham</p>  <p><a href="https://lewisham.gov.uk/myservices/young-people/holiday-programme-food-and-fun">https://lewisham.gov.uk/myservices/young-people/holiday-programme-food-and-fun</a></p>
   	<p><b>Exam related stress support</b></p> <p><b>Young Minds</b>  <a href="#">Exam Self-Care</a>   <a href="#">Mental Health Advice For Students</a>   <a href="#">YoungMinds</a></p> <p><b>Mind</b>  <a href="#">Info on exam stress - for 11-18 year olds</a>   <a href="#">Mind - MindInfo on exam stress - for 11-18 year olds</a>   <a href="#">Mind - Mind</a></p> <p><b>Government advice</b>  <a href="#">Coping with exam pressure - a guide for students - GOV.UK</a></p> <p><b>Childline</b>  <a href="#">Exam stress and pressure</a>   <a href="#">Childline</a></p>



### **Bromley Health Care advice**

<https://www.bromley0to19.co.uk/11-19-years/feelings/exam-stress>



### **Bromley Y**

<https://bromley-y.org/video/>



### **Off the Record - Croydon**

<https://www.talkofftherecord.org/get-info/school-college-and-uni/survival-guide-to-exams/>



### **Kooth**

<https://explore.kooth.com/the-exam-stress-collection/>

