



# Holiday safety and wellbeing resources



	<p>These resources are being made available to the parents and carers of all 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 our 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>A new service launched by the Metropolitan Police in June 2025 – Met Engage</p> <p><a href="#">Home Page - Met Engage</a></p>
<p>Help for a child expressing Suicidal Ideation</p>	<p><b>Support for young people expressing suicidal ideation</b></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>



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Other avenues of support include your GP and the below online/telephone resources:

## Papyrus

Lots of information and resources for young people and their parents.

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



<https://www.samaritans.org/how-we-can-help/contact-samaritan/>

Concerns around self-harm



## Self-Harm concerns

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).

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	<p>Getting help <a href="https://www.nhs.uk/mental-health/feelings-symptoms-behaviours/behaviours/self-harm/getting-help/">https://www.nhs.uk/mental-health/feelings-symptoms-behaviours/behaviours/self-harm/getting-help/</a></p> <p>Supporting a child who is self-harming: <a href="https://youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/parents-guide-to-support-self-harm/">https://youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/parents-guide-to-support-self-harm/</a></p> <p><a href="file:///N:/Coping%20with%20Self%20Harm%20Brochure_FINAL_copyright%20(1).pdf">file:///N:/Coping%20with%20Self%20Harm%20Brochure_FINAL_copyright%20(1).pdf</a></p> <p><b>Self-harm UK</b></p> <p>Dedicated to self-harm recovery, insight and support</p> <p><a href="https://www.selfharm.co.uk/">https://www.selfharm.co.uk/</a></p>  <p>For those aged 14 – 19 years</p> <p><b>Childline</b></p> <p><a href="https://www.childline.org.uk/info-advice/your-feelings/self-harm/">https://www.childline.org.uk/info-advice/your-feelings/self-harm/</a></p> 
Young Peoples Mental Health	<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>

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## **BROMLEY**

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.

Link to Bromley CAMHS:

[Our Services | Oxleas NHS Foundation Trust](#)

CROYDON  
www.croydon.gov.uk

## **CROYDON**

Link to Croydon CAMHS:

<https://slam.nhs.uk/children-and-young-people>



## **LEWISHAM**

Link to Lewisham CAMHS:

[Find out about CAMHS services for children and young people in Lewisham](#)

## **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>




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	<p>A guide to the services offered by MIND in Croydon</p> <p><a href="https://www.mindincroydon.org.uk/wp-content/uploads/2021/04/Guide-to-Services-Apr-2021.pdf">https://www.mindincroydon.org.uk/wp-content/uploads/2021/04/Guide-to-Services-Apr-2021.pdf</a></p>
<p>Wellbeing services offering counselling to young people</p>   	<p><b>BROMLEY</b></p> <p><b>Bromley Y</b> - Bromley resident or GP based in the borough. Your GP can refer or you can self-refer. For those aged under 18 years.</p> <p><a href="https://bromley-y.org/">https://bromley-y.org/</a></p>  <p><b>CROYDON</b></p> <p><b>Off The Record</b> – Croydon service for those aged 14 – 25. An online service operates from the age of 11.</p> <p><a href="https://www.talkofftherecord.org/">https://www.talkofftherecord.org/</a></p> <p><b>TALK TO US</b></p>  <p><b>Lewisham</b></p> <p><b>Talking therapies</b></p> <p><a href="https://lewishamtalkingtherapies.nhs.uk/who-we-help/young-people/#:~:text=Kooth%20is%20available%20to%20young,OCD%20Youth">https://lewishamtalkingtherapies.nhs.uk/who-we-help/young-people/#:~:text=Kooth%20is%20available%20to%20young,OCD%20Youth</a></p> 
<p>Mental Health Support –</p>	<p><b>Kooth</b></p> <p>Online Forums and Counselling for your people between the age of 11-24.</p>

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<p>Online / by text</p>	<p><b>KOOTH.com</b>  <small>FREE ONLINE ADVICE FOR YOUNG PEOPLE</small>                  Join here: <a href="https://www.kooth.com/signup">https://www.kooth.com/signup</a></p> <p><b>Shout</b>                  In a crisis?                  Anxious? Worried? Stressed?                  Get 24/7 help from our team of Crisis Volunteers</p> <p>Text 'shout' to 85258</p>  <p><a href="https://www.giveusashout.org/">https://www.giveusashout.org/</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>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><b>The Wellbeing Hub – Teen Tips</b></p> <p>All of our trust school communities, including students, parent, carers and staff have access to a huge bank of resources, designed to support young people.</p>

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The Wellbeing Hub provides advice to users about a huge range of concerns that affect young people today.

This comprehensive resource is offered for free to our school community. Students should register with their school email. For parents and carers please scan the QR code below:

### Accessing The Wellbeing Hub

You can register by scanning the QR code below:



Early Help services by borough



## Early Help Services

### Bromley

#### Bromley Children's project

<https://www.bromley.gov.uk/bromleychildrenproject>

CROYDON  
www.croydon.gov.uk

### Croydon

<https://www.croydon.gov.uk/children-young-people-and-families/early-help-support>

#### programme of parenting support:

<https://www.croydon.gov.uk/children-young-people-and-families/early-help-support/parenting-programmes>



### Lewisham






<https://lewisham.gov.uk/myserVICES/children-and-young-people-service/earlyhelp>

#### Programme of parenting support:

<https://lewisham.gov.uk/myserVICES/children-and-young-people-service/earlyhelp/supporting-families-programme>



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	<p><b>Bromley Parenting Hub</b> <a href="https://bromleyparentinghub.info/">https://bromleyparentinghub.info/</a></p> <p><b>Reducing Parental Conflict</b> <a href="https://bromleyparentinghub.info/stop-think-change/parent-workshops/#online">https://bromleyparentinghub.info/stop-think-change/parent-workshops/#online</a></p> <p><b>Online courses are available to all families.</b></p> 
<p>Support for young people exploring their sexuality</p>   	<p><b>NSPCC</b> <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><b>METRO Snap</b> Youth group for LGBTQ people aged between 16 and 25 in Bromley <a href="https://metrocharity.org.uk/youth/metro-snap">https://metrocharity.org.uk/youth/metro-snap</a> 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><b>METRO Bridge</b> Youth groups for LGBTQ people aged between 11 and 25 in Croydon <a href="https://metrocharity.org.uk/youth/metro-bridge">https://metrocharity.org.uk/youth/metro-bridge</a> 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><b>METRO Live</b> Youth group for LGBTQ people aged between 16 and 25 in Lewisham <a href="https://metrocharity.org.uk/youth/metro-live">https://metrocharity.org.uk/youth/metro-live</a> Contact the METRO Youth team at <a href="mailto:youth@metrocharity.org.uk">youth@metrocharity.org.uk</a> or call 020 8305 5004.</p>






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<p>Sexual Health</p> <p>Sexual Offending</p>	<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> <p>The Havens 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>
<p>Health</p>	<p></p> <p><a href="https://www.redcross.org.uk/">https://www.redcross.org.uk/</a></p>
<p>Online safety</p>	<p><b>Parent Zone</b> 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></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>

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  	<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>Online challenges – 1 decision</b> A parent guide to online challenges</p> <p><a href="#">Click or Quit</a></p> <p><a href="#">parent-carer-guide.pdf</a></p> <p><b>Youth gaming and gambling</b> Free CPD for parents and carers</p> <p><a href="#">For parents &amp; carers   Ygam</a></p>
<p>Social Media</p>    <p>Minimum age for use 13+ years</p>	<p><b>Instagram</b> Instagram is an American photo and video-sharing social networking service owned by Facebook.</p> <p><b>Parental Guide for Teens on Instagram   About Instagram</b> <a href="https://about.instagram.com/community/parents">https://about.instagram.com/community/parents</a></p> <p><b>Online groomers use of Instagram</b> <a href="https://www.bbc.co.uk/news/uk-47410520">https://www.bbc.co.uk/news/uk-47410520</a></p>
  <p>Minimum age to create an account is 13, with parental permission Individual videos carry age ratings.</p>	<p><b>You Tube</b> YouTube is a video sharing service where users can watch, like, share, comment and upload their own videos.</p> <p><b>You Tube parental controls</b> <a href="https://support.google.com/families/answer/10495678?hl=en">https://support.google.com/families/answer/10495678?hl=en</a></p> <p><b>Live streaming advice from the NSPCC</b> <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>
	<p><b>Snap Chat</b> 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>







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<p>Minimum age for use 13+ years</p>	<p><b>Snap Chat family centre</b>  <a href="https://parents.snapchat.com/family-center">https://parents.snapchat.com/family-center</a></p>
<p>  Minimum age for use 13+ years</p>	<p><b>Tik Tok</b>  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>  <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>  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>  <a href="https://parentzone.org.uk/article/whatsapp">https://parentzone.org.uk/article/whatsapp</a></p>
<p></p>	<p><b>Fake News, Online Image and Hate Speech</b></p> <p><b>CBBC real or fake quiz</b>  <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>  <a href="https://www.bbc.co.uk/academy/en/collections/fake-news">https://www.bbc.co.uk/academy/en/collections/fake-news</a></p> <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>
<p>Think before you post</p> <p>Advice for Young People to consider prior to posting online</p>	<p>  before you:</p> <p></p> <p>Is it... <b>True?</b>  <b>Helpful?</b>  <b>Inspiring?</b>  <b>Necessary?</b>  <b>Kind?</b></p> <p>The Internet is forever.  Don't develop a bad reputation.</p>






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<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>Online 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://www.ceopeducation.co.uk/11_18/lets-talk-about/sexual-abuse/online-grooming/">https://www.ceopeducation.co.uk/11_18/lets-talk-about/sexual-abuse/online-grooming/</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   Catch22 (catch-22.org.uk)</a></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><b>County Lines presentation by students of The Brit School</b></p>

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	<p><a href="https://www.youtube.com/watch?v=3UW-MEwXclw">https://www.youtube.com/watch?v=3UW-MEwXclw</a></p>
<p>Loss</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="http://stchristophers.org.uk">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> <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></p>
<p>PREVENT Keeping children safe from radicalisation</p>	<p><b>The Prevent Strategy</b></p> <p>Advice on keeping children safe from radicalisation. Find out more here:</p> <p><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></p> <p><a href="https://educateagainsthate.com/online-radicalisation/">https://educateagainsthate.com/online-radicalisation/</a></p>
	<p><b>Are you a parent or carer who has concerns your child might be misusing drugs or alcohol?</b></p> <p>Seek advice from borough services</p>








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   	<p><b>Bromley</b></p> <p><a href="https://www.changegrowlive.org/changes-young-peoples-service-bromley">https://www.changegrowlive.org/changes-young-peoples-service-bromley</a></p> <p><b>Croydon</b></p> <p><a href="https://www.croydon.gov.uk/healthsocial/phealth/daservices">https://www.croydon.gov.uk/healthsocial/phealth/daservices</a></p> <p><b>Lewisham</b></p> <p><a href="https://lewisham.gov.uk/myervices/socialcare/health/drugs-and-alcohol">https://lewisham.gov.uk/myervices/socialcare/health/drugs-and-alcohol</a></p> <p><b>Talk to Frank</b></p> <p><a href="https://www.talktofrank.com/">https://www.talktofrank.com/</a></p>
<p>THC Vape Use</p>	<p><b>Vaping – Ban of single use vapes since 1<sup>st</sup> June 2025</b></p> <p><a href="#">Vaping myths and the facts - Better Health - NHS (www.nhs.uk)</a></p> <p><a href="#">Young people and vaping - Better Health - NHS (www.nhs.uk)</a></p> <p><a href="#">How dangerous is vaping, what is the disposable vape ban and what is the vaping tax? - BBC News</a></p> <p><a href="https://changegrowlive.org/young-people/vaping/thc">https://changegrowlive.org/young-people/vaping/thc</a></p>
<p>Disorder ed eating</p>	<p><b>Speak to your GP</b></p> <p><b>BEAT</b></p> <p><a href="https://www.beateatingdisorders.org.uk/">https://www.beateatingdisorders.org.uk/</a></p>  <p><b>NHS</b></p>  <p><b>The Maudsley</b></p>

# Holiday safety and wellbeing resources



	 <p><b>Maudsley Centre for Child and Adolescent Eating Disorders</b></p> <p><a href="http://slam.nhs.uk">Home - MCCAED (slam.nhs.uk)</a></p>
   	<p><b>Young Carers</b></p> <p><b>Bromley</b></p> <p><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></p> <p>Children’s Wellbeing Services</p> <p><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/sV9y2C4RFTAHVNkF6">https://images.app.goo.gl/sV9y2C4RFTAHVNkF6</a></p>
<p>Free school meals</p>  	<p><b>Free school meals</b></p> <p><b>Eligibility and how to apply</b></p> <p><a href="http://bromley.gov.uk">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>

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	<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>Food banks</p>	<p><b>Food Banks</b> For those of you whose circumstances may require the use of food banks please see below for details:</p> <p><b>Bromley</b> <a href="https://bromleyborough.foodbank.org.uk/">https://bromleyborough.foodbank.org.uk/</a></p> <p><b>Croydon</b> <a href="https://lambethcroydon.foodbank.org.uk/">https://lambethcroydon.foodbank.org.uk/</a></p> <p><b>Lewisham</b> <a href="https://lewisham.foodbank.org.uk/">https://lewisham.foodbank.org.uk/</a></p>
<p>HAFS</p>	<p><b>Holiday Activities and Food Programme – HAFS</b> This programme is available to students who are currently in receipt of free school meals.</p> <p>Please find out more below from your respective borough:</p> <p><b>Bromley</b> <a href="https://www.bromley.gov.uk/Holidayactivitiesandfoodprogramme">https://www.bromley.gov.uk/Holidayactivitiesandfoodprogramme</a></p> <p><b>Croydon</b> <a href="https://www.croydon.gov.uk/holiday-activities-and-food">https://www.croydon.gov.uk/holiday-activities-and-food</a></p> <p><b>Lewisham</b></p>










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	<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>Water Safety</b></p> <p><b>RNLI</b>  <a href="https://rnli.org/safety">https://rnli.org/safety</a></p> <p><b>Royal Life Saving Society</b>  <a href="https://www.rlss.org.uk/pages/category/water-safety-information">https://www.rlss.org.uk/pages/category/water-safety-information</a></p> <p><b>Government advice</b>  <a href="https://assets.publishing.service.gov.uk/media/5a74a95440f0b61df477770b/Water_Safety_leaflet_76a791.pdf">https://assets.publishing.service.gov.uk/media/5a74a95440f0b61df477770b/Water_Safety_leaflet_76a791.pdf</a></p>
          	<p><b>Exam related stress support</b></p> <p><b>Young Minds</b>  <a href="#">Exam Self-Care   Mental Health Advice For Students   YoungMinds</a></p> <p><b>Mind</b>  <a href="#">Info on exam stress - for 11-18 year olds   Mind - MindInfo on exam stress - for 11-18 year olds   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   Childline</a></p> <p><b>Bromley Health Care advice</b>  <a href="https://www.bromley0to19.co.uk/11-19-years/feelings/exam-stress">https://www.bromley0to19.co.uk/11-19-years/feelings/exam-stress</a></p> <p><b>Bromley Y</b>  <a href="https://bromley-y.org/video/">https://bromley-y.org/video/</a></p>



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  	<p><b>Off the Record - Croydon</b></p> <p><a href="https://www.talkofftherecord.org/get-info/school-college-and-uni/survival-guide-to-exams/">https://www.talkofftherecord.org/get-info/school-college-and-uni/survival-guide-to-exams/</a></p> <p><b>Kooth</b></p> <p><a href="https://explore.kooth.com/the-exam-stress-collection/">https://explore.kooth.com/the-exam-stress-collection/</a></p>
<p>Exam preparation and staying well</p>             	<p><b>For parents or carers of those in years 11 and 13</b></p> <p>Will your child be sitting public exams this summer? If so below are some resources to aid preparation and wellbeing.</p> <p><a href="#">Dealing with Exam Stress   CALM</a></p> <p><a href="#">How to deal with exam stress in the run-up to GCSEs and Nationals - BBC Bitesize</a></p> <p><a href="#">Info on exam stress - for 11-18 year olds   Mind</a></p> <p><a href="#">Staying mentally healthy during exams   Resources   YoungMinds</a></p> <p><a href="#">KOOTHEXAMtipsDigitalBrochure.pdf</a></p> <p><a href="#">Exam stress and pressure   Childline</a></p> <p><a href="#">Coping with exam pressure - a guide for students - GOV.UK</a></p>