

PARENTS' NEWSLETTER

Monthly

May Edition 2025

May 22, 2025

YEAR 11 & 13: FINAL PREPARATIONS FOR EXAMS

Here we are already at the half-term break—this half-term has flown by. Our Year 11 and year 13 students have now completed over 20 examinations. Student feedback has been positive, and the arrangements for the exam period have run smoothly. A big thank you to our staff and students for their continued hard work and resilience.

During the half-term holiday, it's important for students to keep up with their revision. However, we also encourage them to strike a healthy balance by taking time to relax, exercise, and recharge for the final push.

There have been many highlights over the past five weeks, including the Year 11 PGL Revision and Team Building Weekend and the outstanding joint Art Exhibition featuring work from Years 11 and 13. The final half-term promises to be equally exciting, with a full calendar of events and activities continuing alongside the remaining exams.

We will be sharing further information in the coming weeks about key events such as the Year 6 Transition Programme, Sports Day, and Cultural Day. We're also delighted to welcome our prospective Year 7 parents whose children will be joining us in September. You are warmly invited to our next PTA Coffee Morning—please see page 3 for details. We hope to see many of you there.

A special message to Year 11 parents: if your child is no longer in need of their school uniform, please consider donating items to our Pre-Loved Uniform Shop. A collection box will be available in Reception after half-term—your contributions will be greatly appreciated.

Wishing all our families a restful and enjoyable half-term break.



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



Upcoming Events

- *26th May - 30th May: May Half Term*
- *10th June: PTA*
- *13th June: Sports Day*
- *4th July: INSET DAY*
- *4th July: Cultural Evening*
- *18th July: Last day of term*
- *21st-25th July: Summer School*
- *14th August: A Level Results Day*
- *21st August: GCSE Results Day*
- *1st and 2nd September: INSET DAYS*
- *3rd September: First day of the New School Year*



- *Tuesday 10th June
-PTA Coffee Morning*
- *Friday 4th July
- INSET Day Cultural Evening*
- *21st - 25th July
- Summer School for new Year 7
students*

PTA Update – New Executive Body and Upcoming Plans

On 10th May, we held our Annual General Meeting (AGM) and elected our new PTA Executive Committee for 2024–2025. We are pleased to announce the following appointments:

- **Chairperson: Clarissa Pilgrim**
- **Vice Chair: Charles Allen**
- **Treasurer: Mel Sealy-Pearson**
- **Secretary: Sherene Graham**



This year, the PTA is focusing on several exciting initiatives designed to support and strengthen our school community. These include:

1. Launching a dedicated PTA webpage on the school website
2. Offering training courses for parents
3. Promoting health and wellbeing for families
4. Introducing a new online Pre-Loved Uniform Shop

Building on the success of our existing Pre-Loved Uniform Shop, we will continue to promote it at Parents’ Evenings and explore ways to provide students with essential items such as pens and pencil cases. Our newly elected executive committee will be meeting soon to discuss ideas for future fundraising events ahead of the next PTA meeting.

Upcoming events

PTA Coffee Morning with invites to our new Year 7 parents

Annual Cultural Evening

Our newly elected executive committee will be meeting soon to discuss ideas for future fundraising events ahead of the next PTA meeting. We look forward to sharing more updates with you soon.

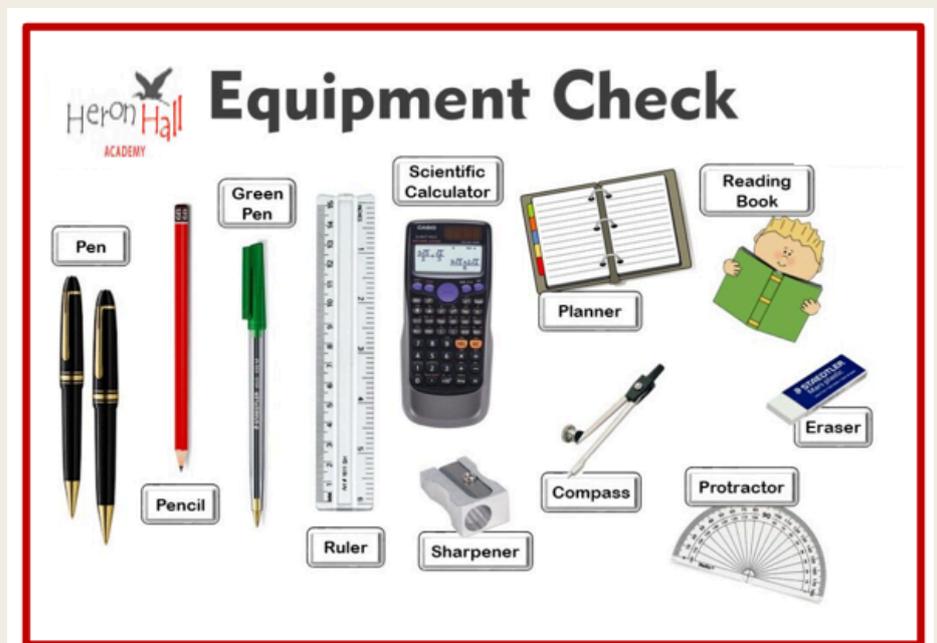


Essential School Equipment

Over recent months, we have noticed an increasing number of students arriving at school without basic equipment, particularly pens. Being properly equipped is essential for students to fully participate in lessons and make the most of their learning.

To support your child's success, please ensure they bring a pencil case to school each day. At a minimum, all students should have:

- **A pen**
- **A pencil**
- **A ruler**
- **A calculator**
- **An eraser**



Having these items helps students stay organised, complete their work efficiently, and engage confidently in class activities.

Please check your child's school bag regularly to ensure their pencil case is fully stocked and ready for school.

Your support in this small but important matter makes a big difference in your child's learning.

Thank you for your continued cooperation.

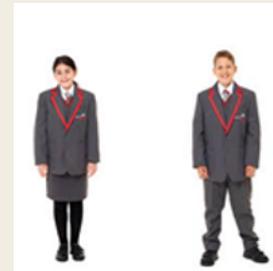
Reminders: School Uniform and Mobile Phone Policy

As we continue working together to create a positive, respectful learning environment, we'd like to remind parents and carers of two important school policies: uniform expectations and our mobile phone policy.

Uniform Expectations

Wearing the correct school uniform supports a sense of belonging and pride in our school. It also minimizes distractions and helps maintain a focused learning atmosphere. Please ensure your child comes to school each day wearing the full and correct uniform, including:

- School blazer
- School jumper (as appropriate)
- School shirt and tie
- Trousers or skirt as per uniform guidelines
- Black school shoes (no trainers –except for years 7 and 8 on the days they have PE)



If there are any issues with uniform items, please contact the school office—we are here to help.

Mobile Phones Policy

We would like to remind all parents and carers of our school's Mobile Phone Policy. Smartphones are not permitted in school and should not be brought onto the school site. In recent weeks, we have seen a rise in phones being brought into school and used both on-site and in the surrounding area, including the high street. This not only goes against school rules but also creates distractions and raises safeguarding concerns. This is also supported by the government and all secondary school in Enfield.

To ensure a safe and focused learning environment, the following procedures are in place:

- **We do unannounced random phone searches. If a phone is found, it will be confiscated** and held at the school office until the end of the week.
- If a phone is confiscated a second time, it will be held until the end of the half term.
- Parent/carer are required to collect the phone with their child after 3:30 pm from the office.

We ask for your continued support in reinforcing this policy at home. Please ensure your child understands the importance of not bringing a phone to school and the consequences of doing so.

Year 11 Revision Residential at PGL

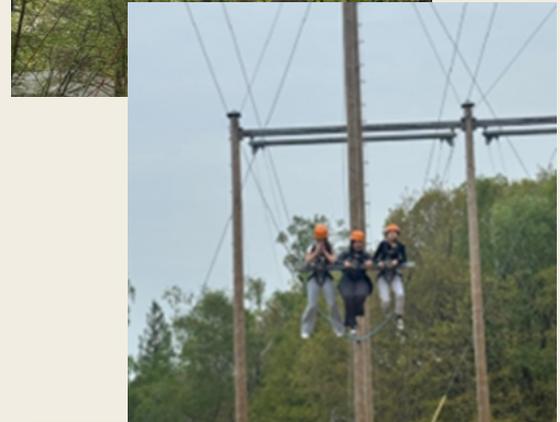
A group of 40 Year 11 students took part in a focused revision residential at PGL, designed to give them a final boost ahead of their GCSE exams. Set in a supportive and structured environment, the trip combined intensive revision sessions with team-building activities to help students stay motivated and confident in the run-up to their exams.

Each day had focused revision blocks in core subjects Maths, English, and Science. Sessions were led by subject specialists, who provided targeted support, practice questions, and valuable exam strategies tailored to students' needs. Pupils commented on how helpful it was to revise away from distractions, with many appreciating the chance to ask questions and get one-on-one support.

In between revision sessions, students took part in a variety of outdoor activities Jacob's Ladder, Giant Swing, Trapeze, Archery and other team challenges. These activities were not only a great way to unwind but also helped strengthen peer relationships, boost morale, and build resilience—key qualities for exam success.

Staff were impressed with the maturity and focus shown throughout the trip. It was clear that the students took full advantage of the opportunity to enhance their revision and grow in confidence. Many have returned with renewed motivation and a clear sense of direction for their final weeks of preparation.

We are proud of how well Year 11 represented the school and look forward to seeing the results of their hard work. A huge thank you to the staff, Madam Marangi, Madam Broomes, Madam Hon, Mr Bowstead and Madam Walters who gave up their weekend to teach and support our students, and for making the experience both productive and enjoyable.



A Celebration of Creativity – Art Department Private Viewing

Heron Hall's Art Department hosted a private viewing for staff and the families of our students, showcasing the remarkable work of our talented Year 11 GCSE and Year 13 A-Level Art & Design students.



Students spoke passionately about their artwork, sharing the inspiration behind each piece and the personal experiences that shaped their creative process. Their insight and maturity were truly impressive. Many of these students are already planning exciting futures in the creative industries, and their ambition was clearly reflected in the quality of their work. We are incredibly proud to have such gifted young artists at Heron Hall.

Due to exam regulations, we are currently unable to photograph, film, or share their work publicly – but rest assured, the standard on display was outstanding, and we look forward to celebrating it more fully in the near future.



It was a powerful and inspiring evening. A huge thank you and well done to our Head of Art, Leah Knightley, and the entire Art Department for organising such a fantastic event.

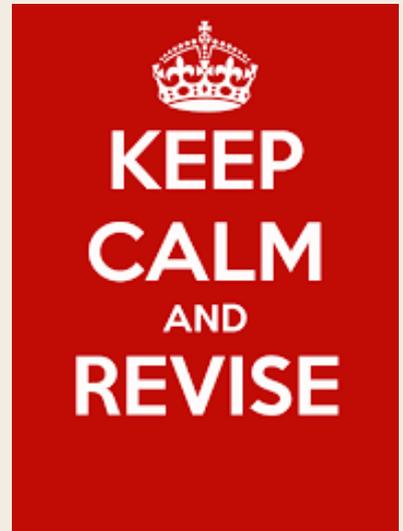
We are looking forward to seeing Art on display during the Cultural Evening in July where students will be 'bridging culture through art'.



Years 11 and 13 - May Half Term Interventions

We will be running several intervention sessions to support our year 11 and 13 students in preparation for their GCSE exams from May 27th to 29th May.

Subject teachers have selected students to ensure they are on track and will meet their target grades and, as such, it is highly advised that the students attend their given session or sessions. Your child's intervention timetable for next week is visible on Arbor, indicating the sessions they are invited to attend. You will receive a separate email and/or text with the specific session(s) your son/daughter should attend. Please make a note of these. The intervention sessions are not open to all students as they are targeted. If you have any queries about attendance to these intervention sessions, please call the school or email office@northstartrust.org.uk.



Morning sessions run from 10am - 12pm and **afternoon sessions run from 12.30pm - 2.30pm**. If your child has both a morning and an afternoon session on the same day, a 'grab and go' lunch will be provided as the canteen will not be open.

Students will need to bring all the normal equipment for a school day:

- Pens, pencils, calculator and any other stationary.
- Exercise book/folder; revision resources as advised by the subject teacher.

Students do not need to wear full uniform, but they do need to be in smart-casual attire and ready to learn. A positive attitude and good behaviour are essential to the success of the sessions.

Students should arrive 10 minutes prior to the start of their session and should leave the school site as soon as their intervention session has finished. If they have a session in the morning followed by another in the afternoon, they will leave the school site at the end of the afternoon session.

The timetables are on the next page.

Supporting Your Child During the Exam Season

Year 11 May Half Term Intervention Timetable

	Subject	Teacher	Room	Targeted/open?
Tuesday 27 th May Morning	English	ABE	N1.7	Targeted
	English	AKE	N1.2	Targeted
	English	NNE	N1.1	Targeted
	Maths	KVM	E2.2	Targeted
	History	JBH	E1.3	Targeted
	Science	ATS	W0.3	Targeted
	Science	BSS	E0.2	Targeted
Wednesday 28 th May Morning	Science	ATS	W0.3	Targeted
	Science	BSS	E1.3	Targeted
	History	SAH	N2.8	Open
	DT	MRT	E0.5	Targeted
	DT	VOT	S1.1	Targeted
	DT	JAT	E0.6	Targeted
Wednesday 28 th May Afternoon	History	SAH	N2.8	Open
	DT	MRT	E0.5	Targeted
	DT	VOT	S1.1	Targeted
	DT	JAT	E0.6	Targeted
Thursday 29 th May Morning	Maths	RWM	E2.3	Targeted
	Maths	FOM	E2.6	Targeted
	Maths	SSM	N2.5	Targeted
	Maths	CDM	E2.4	Targeted
	Maths	USM	S2.4	Targeted
	Maths	TMM	E1.6	Targeted
	Maths	RTM	E2.5	Targeted
Thursday 29 th May Afternoon	Maths	RWM	E2.3	Targeted
	Maths	FOM	E2.6	Targeted
	Maths	CDM	E2.4	Targeted
	Maths	USM	S2.4	Targeted
	Maths	TMM	E1.6	Targeted
	Maths	RTM	E2.5	Targeted

Year 13 May Half Term Intervention Timetable

	Subject	Teacher	Room	Targeted/open
Tuesday 27 th May Morning	Y13 Biology	KHS	E0.1	Open
Tuesday 27 th May Afternoon	Y13 Biology	KHS	E0.1	Open
	Y13 Physics	BSS	E0.2/b	Open
	Y13 Maths	KVM	E:2.2	Targeted
	Y13 History	JBH	E1.4	Open
Wednesday 28 th May afternoon	Y13 Physics	BSS	E0.2/b	Open

Supporting Your Child During the Exam Season

Tests and exams can be a challenging time for children, young people, and their parents or carers. However, there are effective ways to help ease the stress and support your child through this period.

Recognising Signs of Stress

Children and young people under stress may:

- Worry excessively or feel tense
- Experience headaches or stomach pains
- Struggle to sleep well
- Become irritable or moody
- Lose interest in food or overeat
- Withdraw from activities they previously enjoyed
- Feel negative, hopeless, or overwhelmed



How You Can Help

- Be a listening ear: Encourage your child to share their worries. Talking to a parent, tutor, or study buddy can help them put things into perspective.
- Connect with school staff: If your child feels overwhelmed, encourage them to talk to a trusted teacher or staff member. If you're concerned about how they're coping, don't hesitate to reach out to their teachers for additional support.
- Involve your child: Work together to create a manageable revision plan that balances study time with breaks and relaxation.

By providing reassurance, encouragement, and practical support, you can help your child navigate the pressures of tests and exams with confidence. Remember, their wellbeing is just as important as their academic success.



Years 10 and 12 Mock exams

As we approach the end of the academic year, our Year 10 and Year 12 students are beginning to prepare for their upcoming mock exams, which play a vital role in helping them get ready for next year's public examinations.

To support their revision, a list of topics for all subjects has been uploaded to the Year 10 Google Classroom. This resource will help students organise their study time effectively. We encourage all Year 10 and Year 12 students to begin their revision over the May half-term break to ensure they are well prepared. Further information about the mock exams will be shared with parents and carers after the half term.

Thank you for your continued support.

Navigating Exam Nerves: Supporting Your Child Through Testing Times

As parents, we understand the whirlwind of emotions that come with supporting our children through their GCSEs. The stress, the worry, the feeling of helplessness—it can be overwhelming at times. But fear not, for there are ways we can support our children through this challenging period while maintaining our sanity. Here are seven practical ways to navigate the exam journey alongside your child:

Study timetable: No one wants exams dates to come as a surprise! It's a good idea to help your child to make a timetable that incorporates key dates. As well as the exam dates themselves, you child should work out how much time should be spent studying their subjects. Each subject should get its fair share of study time, but if there are weaker or stronger ones it may be OK to allocate time accordingly. It's



helpful if the timetable is broken down into short, regular study periods - these are much better for retaining the information than one-off cramming sessions which last hours. Any timetable worth its salt will definitely include breaks and treats! Brains and bodies need a rest - this will actually help to absorb all that information and rewards are a great way to create targets to work towards.

Navigating Exam Nerves: Supporting Your Child Through Testing Times cont.

Family Calendar: Plan your family events and holidays around your child's exam schedule. Avoid booking trips during crucial study periods, such as the half term before exams. Consider scheduling a well-deserved holiday post-exams to celebrate their hard work.

Study Spaces: Discuss with your child where they prefer to study and help them create a conducive environment. While bedrooms are common study spots, consider alternative locations like the kitchen table or a local library to minimise distractions.

Taking an Interest: Find moments to engage with your child about their studies, but respect their boundaries. Some may welcome discussions, while others prefer privacy. Use casual activities like driving or walking the dog as opportunities for conversation.

Offering Help and Support: Let your child know you're there for them, whether it's for testing, talking to teachers, or sorting out problems. Be supportive without being overbearing, allowing them to take the lead in seeking assistance.

Routines: Establish consistent routines at home to support your child's study habits. Set meal times, bedtimes, and allocate time for relaxation and activities. Consistency fosters discipline and helps them manage their time effectively.

Managing Distractions: Address screen time early on and establish clear rules and routines. Involve your child in setting boundaries around phone and gaming use, ensuring they understand the importance of balance during the exam season. Remember, finding the right balance between support and independence can be challenging, but trust in your instincts and your child's resilience. Together, you can navigate this journey with positivity, understanding, and unwavering support.



Stay Connected with the Arbor App

The Arbor App is a convenient way to stay updated with your child's school activities. Through the app, you can receive important messages, track attendance, and update personal information, including consents.



How to Download the Arbor App

Download the Arbor App from the App Store or Google Play using the links below:

- Download for iOS (Apple iPhone/iPad).
- Download for Android (Google Play Store).

Use the email address your child's school has on file for you. If you haven't been provided with a password or have forgotten it, simply click the 'Forgotten your password?' link on the login page to receive a reset password email—no need to contact the school for a new password.

Managing Notifications

To receive important updates from the Arbor App, please ensure that notifications are enabled in your phone's settings.

If you stop receiving push notifications, follow these steps to restore them:

1. Close the Arbor App completely (ensure it's not running in the background).
2. Go to your device settings and switch OFF push notifications for the app.
3. Restart your phone.
4. Return to settings and switch ON push notifications for the app.
5. Restart your phone again.

You should now receive notifications as normal.

The Arbor App keeps you informed and connected with your child's school journey—download it today.

ATTENDANCE NEWSLETTER

Reminder of the School Day

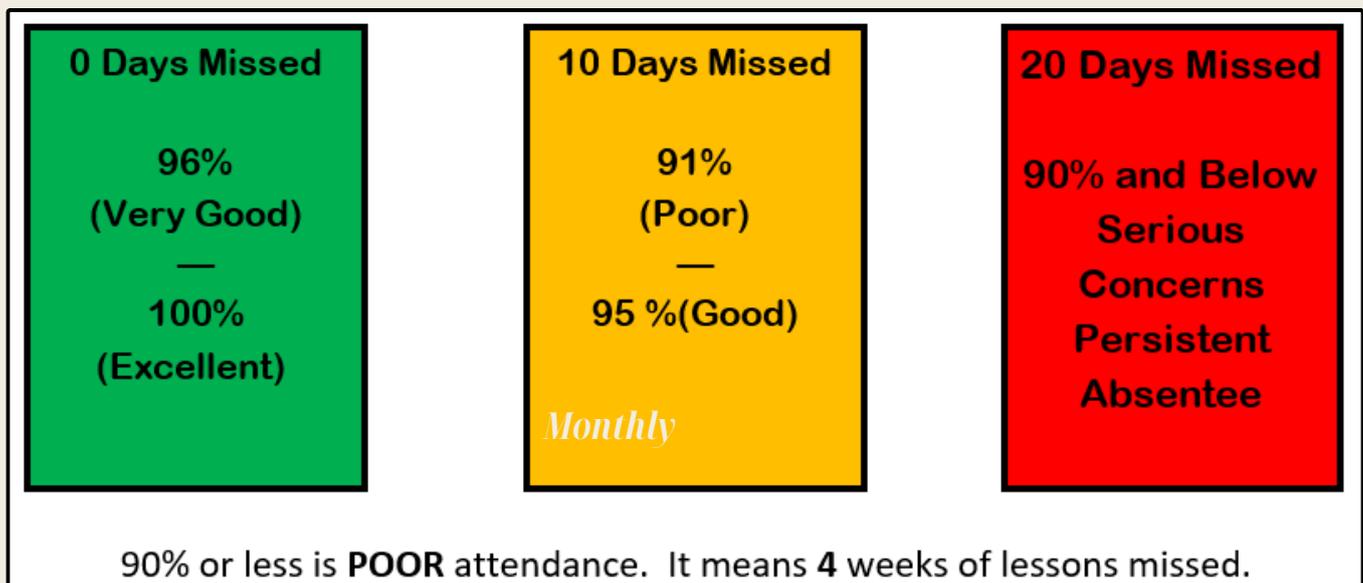
School Schedule	Time
Gates Open	8.00am
School Starts/Form Time	8.40am
School Finishes (Monday, Tuesday, Wednesday, Friday)	3.30pm
School Finishes (Thursday)	2.25pm

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.

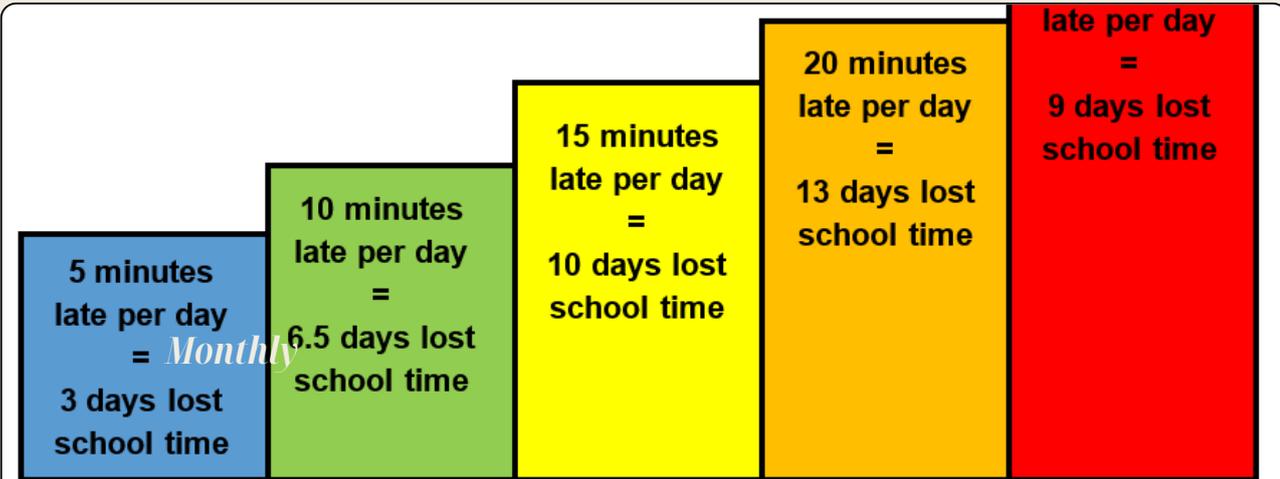
Benefits of Being on Time:

- 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.



Did you know? If your child arrives after registers have closed, they will receive an unauthorised mark. Poor punctuality can affect their attendance. Research has shown that missing 17 days in a year may lead to a drop of one grade at GCSE over time.

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

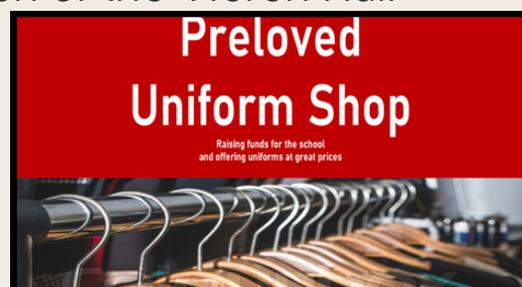
We'd like to remind families that the **Heron Hall's Food Bank** is available for those in need. With expanded storage facilities, we are now able to offer more dried food goods to help support even more families.



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: 03 Aug 2020, 11:28 - ongoing
Fee: Free

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

Register Anna for this club



How to join

On the Parent Portal | **On the Parent App**

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

MUSIC LESSONS FOR AUTUMN 2025

Book by Tuesday 1st July!

HEALTH AND WELLBEING



New and transformed family hubs

Enfield Council has launched the final three family Hubs, completing its network of five across the borough. These hubs offer essential services such as early years help, parenting advice, health and wellbeing information, and more. The launch event at Eldon Family Hub in Lower Edmonton celebrated its transformation, along with new hubs in Carterhatch and De Bohun. They join the existing Ponders End and Craig Park Youth and Family Hubs. This milestone underscores Enfield's commitment to supporting children and families, providing a 'one-stop shop' for a wide range of services. [Find out about support available from our Family Hubs.](#)

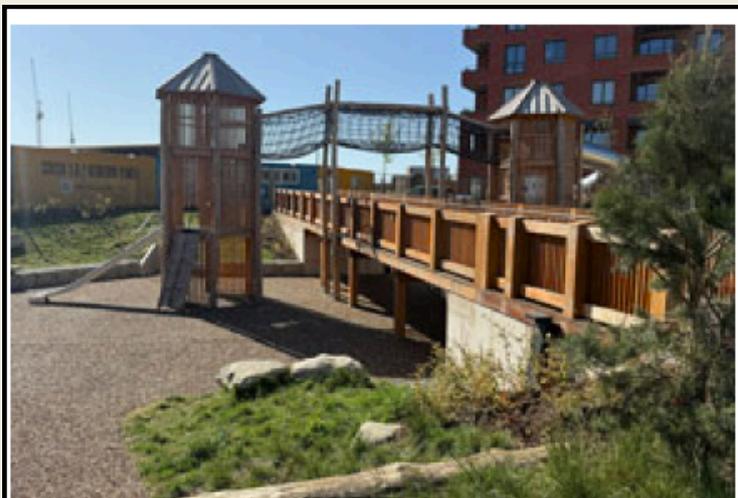


Get active this spring and summer at Enfield's Pavilion on the Green

Do you enjoy walking, dancing and keeping fit? If so, our wellbeing programme could be for you. From now until 27 September, we're inviting you to join us for a weekly programme of free activities at the Pavilion on the Green. Start your week with a Health Walk every Tuesday. Wednesdays are for fun in an energising Full Body Conditioning class. Saturday mornings are all about Dance Fitness. Activities take place at the Pavilion which is next to Edmonton Green Overground station. Note, events could be cancelled in the event of poor weather conditions. [Read more about the Pavilion's schedule of events.](#)

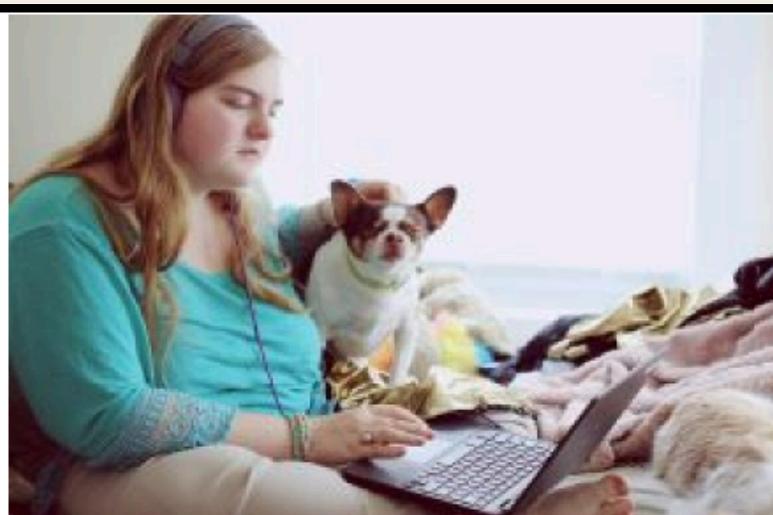
AVOID BECOMING HOMELESS
Get cost of living help at www.enfield.gov.uk

THE YOUTH PAGE



New skate and play park in Edmonton

Hoppa Play & Skate Park has recently opened at Meridian Water in Edmonton, offering a new space for the community to enjoy and keep active. The park, which is located at Meridian One, Vetchling Way, has been designed to be accessible and has an extensive range of equipment and activities for everyone to enjoy. One of the main features of the park is a new skate plaza, which has features for all ages, including a skate bowl, jump and spine ramp, grind rail, and grind box. If you are looking for a new place to get active, [read more about the new park on the Enfield Council website](#).



Health and lifestyle help for teens and young people

Health for Teens Enfield is a website provided by Enfield Council specifically for young people living in the borough. It offers advice on growing up, general health, lifestyle, relationships and sexual health. A wide range of topics are covered and there is even a chat function if you still can't find what you are looking for. The site can also put you in contact with local services such as teams of school nurses. School nurses can help with a wide range of issues such as emotional health, self-harm, alcohol, healthy eating, smoking and more. [Take a look at Health for Teens today.](#)



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