

PARENTS' NEWSLETTER

Half Termly

October Edition 2025

October 2025

A WARM WELCOME AND A WONDERFUL START TO THE NEW SCHOOL YEAR

We would like to take this opportunity to thank all our parents and carers for your continued support throughout what has been a busy and exciting start to the term.

A special welcome goes to our new Year 7 students, who have settled in brilliantly. It's been wonderful to see how quickly they've embraced life at Heron Hall Academy — something that was clearly reflected in our recent student survey.

We are also delighted to welcome our new Year 12 students — both those joining us for the first time and those continuing their educational journey with us in the Sixth Form. We are very proud of how well they have adapted to the challenges and opportunities of post-16 study.

September was a particularly busy month, with highlights including our Year 7 Settling-In Evening, where it was fantastic to meet so many parents, and our vibrant Year 6 Open Evening, which showcased the enthusiasm and talent of our students and staff. Our Year 11 Information Evening was also a great success, giving parents valuable guidance on how to support their children through revision, mock exams, and the GCSE period ahead.

In addition, students have enjoyed a range of off-site educational visits, further enriching their learning experiences beyond the classroom.

Thank you once again for your ongoing encouragement and involvement — your partnership makes a real difference to our school community.

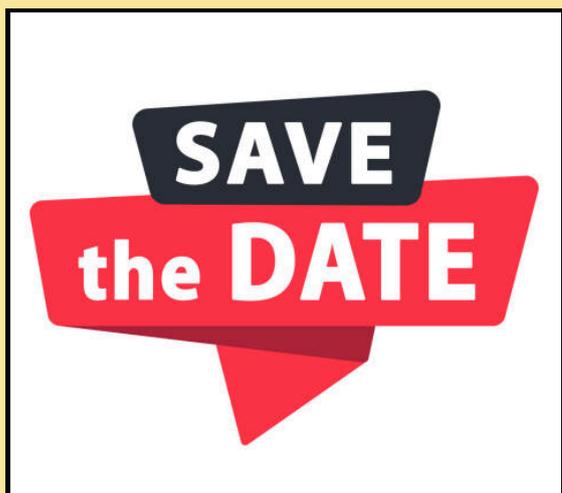


Keep up-to-date with upcoming events at HHA



Upcoming Events

- *22nd October: PTA Coffee Morning*
- *23rd October: 6th Form Open Evening*
- *24th October: INSET DAY*
- *29th - 31st October: HALF TERM*
- *29th - 31st October: Y11 and 13 Half term Interventions*
- *3rd - 14th October: Y11 and Y13 Mock Exams-*
- *11th December: Y11 Parents' Evening*
- *22nd December - 2nd January - Christmas break*
- *5th January: INSET DAY*
- *6th January: 1st school day of the Spring Term 2026*



- *Wednesday, 22nd October
-PTA Coffee Morning*
- *Thursday 23rd October
- 6th Form Open Evening*
- *Friday 24th October
- INSET day*
- *29th - 31st October
- Years 11 and 13 Half Term Interventions*

PTA COFFEE MORNING - 22nd October

We're delighted to invite all parents and carers to our first PTA Coffee Morning of the term on Thursday 22nd October. This informal and friendly session is a great opportunity to connect with staff, hear key updates, and explore ways to support your child's learning and wellbeing.



Agenda highlights:

Attendance: How good attendance helps boost academic progress and future opportunities.

Making Arbor Work for You: Useful tips on how to get the most out of Arbor, our online platform for tracking attendance, progress, and communication with school.

Upcoming Exams & Wellbeing: Practical advice on how to support your child's mental and emotional wellbeing throughout the school year, especially during exam times.

Community Outreach Team: Meet our friendly team and find out about the wide range of support, resources, and initiatives available for families.

We'd love for as many parents and carers as possible to join us — it's a fantastic chance to stay informed, ask questions, and strengthen the partnership between home and school. We look forward to seeing you there.

Zoom link: For those of you who can't attend the meeting, keep an eye out for the link, which will be sent to you via email before the meeting.

SIXTH FORM OPEN EVENING

Sixth Form Open Evening

Thursday 23 October 2025

6pm – 7.30pm

Heron Hall
Sixth Form

Join Enfield's Fastest
Growing Sixth Form

A LEVEL COURSES
VOCATIONAL COURSES

TEL: 020 8443 9631



SCAN NOW



Apply
online

NORTH STAR
COMMUNITY TRUST

Our Vision

“To create an environment where students realise their potential, achieve academically, are well prepared for their future. We expect you to positively and actively engage within your school and the wider community. To arrive as learners but leave as leaders.”

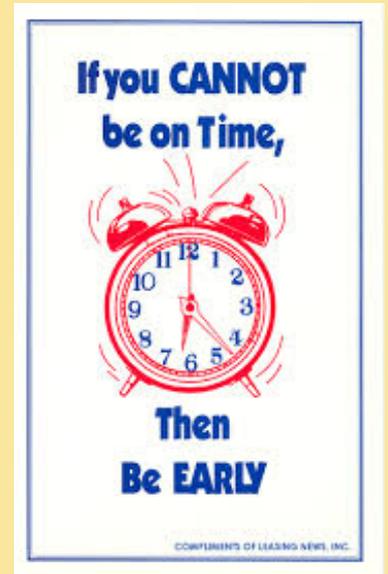
INTEGRITY VISIONARY EXCELLENCE

ATTENDANCE AND PUNCTUALITY

At Heron Academy, we place great importance on excellent attendance and punctuality. Every minute of learning counts, and arriving on time helps students start the day calmly and ready to learn.

Please remember that school starts promptly at **8:40am**, and students should be in school by **8:30am** to allow time to get to their lessons and prepare for the day ahead.

Regular attendance and good punctuality make a real difference to students' progress, confidence, and success. Thank you for your continued support in ensuring your child arrives at school on time every day.



UNIFORM REMINDER

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



1. Girls' Skirt Length: It is important that girls' skirt lengths adhere to the guideline of being on or below the knee. This ensures uniformity across the school.
2. School Trousers: For both boys and girls, school trousers should be high-waisted and not 'skinny fit'. This helps maintain a neat and professional appearance throughout the day.

Thank you for your understanding and support in ensuring this process runs smoothly. We will continue to monitor and review PE kit arrangement and will keep you updated.

The impact of ATTENDANCE on your grades and future earnings

x2

95-100% attendance

DOUBLES your chances of getting a Grade 5 in English/Maths

10

days off school in Year 11

reduces your chance of a Grade 5 in English and Maths by a HUGE **50%**.

£772

New government research shows that for every day of school absence, you are knocking £772 off of your future earnings, on average.

Average Yearly Salary at Age 28 in 2024 based on Attendance Bands

99-100% - £32,200 **90-100%** - £29,800
50-100% - £19,500 **Under 10%** - £10,100

Don't believe us? It's all from 2025 government research!

https://assets.publishing.service.gov.uk/media/67d2c9f4702aacd2251cb3e/The_impact_of_school_absence_on_lifetime_earnings.pdf

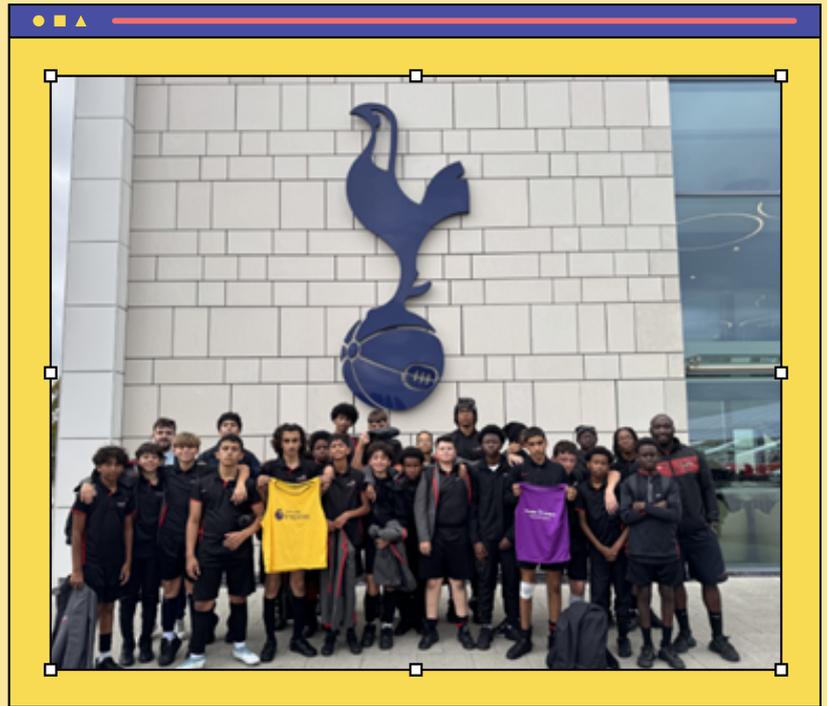
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Tottenham Hotspur Foundation Partnership: Inspiring Opportunities for Heron Academy Students

Twenty-four lucky Year 9 boys enjoyed an unforgettable day at Tottenham Hotspur's world-class training centre — a dream come true for any football fan.

In a unique opportunity, the students were coached by Tottenham's first-year scholars as part of their UEFA 'C' coaching qualification.

The boys took part in a round-robin tournament filled with energy, skill and plenty of memorable moments — from spectacular goals and saves to beaming smiles all round.

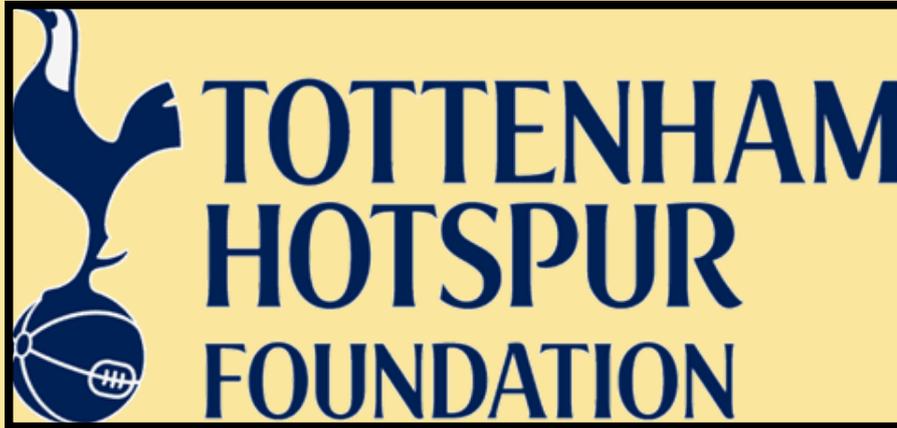


To everyone's surprise, several Tottenham first-team players were watching from the sidelines, including Pedro Porro, who was spotted cheering from the balcony when one team found the net.

Tottenham coaches and staff were full of praise for the boys' attitude, enthusiasm, and willingness to listen and learn throughout the session.

This fantastic experience was made possible through the school's growing partnership with Tottenham Hotspur and the Tottenham Hotspur Foundation. A huge thank you to Mr Charles and Mr Castiglione for accompanying Mr Pieri on the trip — and for helping secure a special behind-the-scenes tour of the facility.

Tottenham Hotspur Foundation Partnership: Inspiring Opportunities for Heron Academy Students



Heron Academy's formal partnership with the Tottenham Hotspur Foundation (THFCF) was confirmed at the end of the summer term – and it's already making a real difference for our students.

Over a 10-week period, a group of Year 9 students are taking part in the Premier League Inspires programme each week, developing valuable life skills both on and off the pitch. On the same day, the THFCF facilitator also delivers one-to-one mentoring sessions, which have already had a noticeable positive impact on students across Years 8, 9, and 11, and there's much more to come. In the weeks and months ahead, Heron Academy students will have access to a range of exciting opportunities, including:

- **Girls' Football Coaching** led by Tottenham Hotspur coaches.
- **"This Girl Can" Skateboarding Programme**, promoting confidence and participation in sport.
- **Zero Responder First Aid Course** for Year 12 students.
- **"Ahead of the Game" Mental Health and Wellbeing Sessions** for all Year 10 students throughout the academic year.

Sixth Form Students Visit the University of Oxford

HHA librarian Madam Blackwell took a group of Year 12 and Year 13 students to the University of Oxford to experience life at one of the world's most prestigious universities.

Students were given a guided tour of St Peter's College and attended an admissions talk where they received valuable "Top Tips for Applying to Oxford" and explored the question: "Why Oxford?"

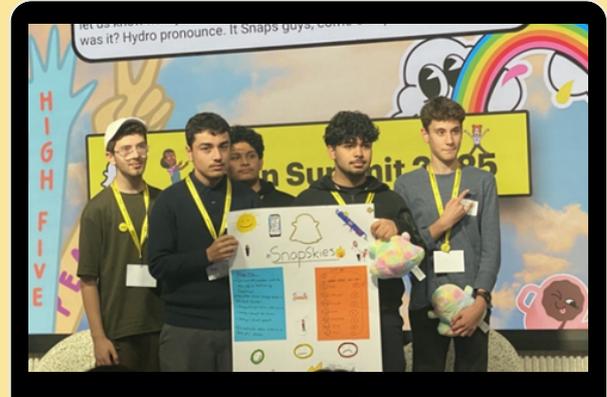
After lunch, they took part in an academic taster session and an interactive subject workshop, gaining a real insight into university-level study. The visit

proved to be an inspiring and eye-opening experience — with many students leaving motivated to aim high in their future academic pursuits.

A special thank you to Head of Year 12, Mr Angeletos, whose strong relationship with the university made this opportunity possible. We hope this will be the first of many visits to Oxford for HHA students.



Heron Hall Sixth Formers Shine at Snap Chat's 2025 Youth Summit



On Thursday 2 October, students from across the country were invited to attend Snap Chat's 2025 Youth Summit – and thanks to our strong partnerships with external providers, Heron Hall Sixth Formers were among those taking part in this exciting event.

Hosted at Snap's Headquarters in central London, the Youth Summit offered an immersive day of career exploration, networking, and creativity – all delivered with Snap's signature kind, smart, and innovative flair.

During the day, our students were divided into groups and challenged to develop a new marketing strategy and design fresh icons for an upcoming campaign. We're proud to share that our students' ideas impressed the judges, earning them first place! They were rewarded with Snap Chat gifts and a £25 voucher each.

The experience proved to be both motivating and inspiring, giving students valuable insight into the dynamic world of technology and digital media. It was a fantastic opportunity to connect with a leading global company that champions creativity and collaboration.

A big thank you to Madam Tefera, who accompanied our students and supported them throughout what was a long but thoroughly rewarding day.

Year 9 Students Enjoy a Day at the BMW PGA Golf Championships

Ten Year 9 students had the fantastic opportunity to attend the BMW PGA Golf Championships at Wentworth as guests of the Golf Foundation.

The Golf Foundation is a registered charity that helps introduce children from all backgrounds to the game, believing that golf can positively change lives through confidence, focus, and teamwork.

During the day, our students enjoyed a range of exciting activities, including:

- **Using Golfway equipment to develop their skills**
- **Trying out a golf simulator**
- **Competing in “nearest the hole” challenges**
- **Exploring the Golf Foundation’s tented village**
- **Watching professional golfers and celebrities take part in the Pro-Am** tournament, which precedes the main championship

This wonderful opportunity came about thanks to the school’s growing links with external partners and organisations.

A big thank you to Associate Deputy Headteacher Mr Pieri and Teaching Assistant Madam Sertkaya, who accompanied the students on what was an enjoyable and inspiring day.



Year 11 Information Evening: Supporting Students with Mock Exams and Effective Revision

Last Thursday, we were delighted to welcome parents and carers of Year 11 students to our Information Evening, focused on how families can support their children in preparing for mock exams and the final GCSEs.

The evening covered practical advice on managing revision time, maintaining motivation, and building confidence during this crucial stage. A particular highlight was learning about the Cornell Note-Taking method – an effective technique that helps students organise information and retain knowledge more effectively.

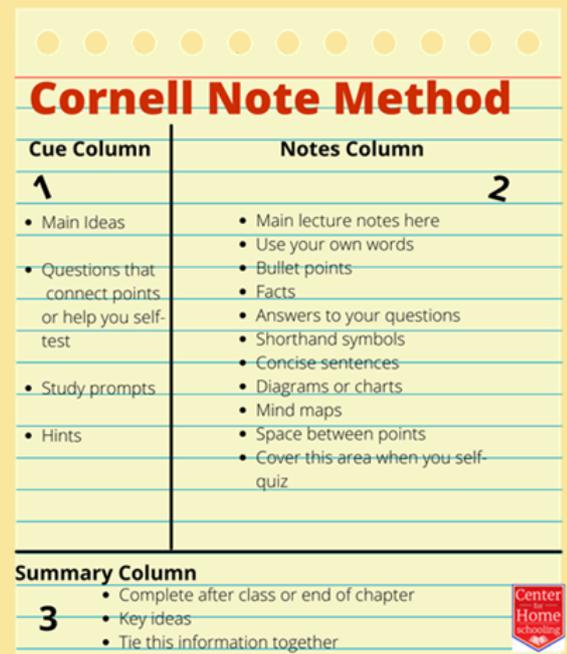
What Is the Cornell Note-Taking Method?

The Cornell system divides a sheet of paper into three key sections:

1. Note-Taking Area (Right Column) – This is where students write detailed notes during lessons or revision, including key facts, definitions, and formulae.

2. Cue Column (Left Column) – After class or study, students add short prompts, questions, or keywords related to their notes. This helps them review and test their understanding later.

3. Summary Section (Bottom of the Page) – At the end of each topic, students write a short summary in their own words. This reinforces understanding and aids long-term memory.



Cornell Note Method	
Cue Column	Notes Column
1	2
<ul style="list-style-type: none"> • Main Ideas • Questions that connect points or help you self-test • Study prompts • Hints 	<ul style="list-style-type: none"> • Main lecture notes here • Use your own words • Bullet points • Facts • Answers to your questions • Shorthand symbols • Concise sentences • Diagrams or charts • Mind maps • Space between points • Cover this area when you self-quiz
Summary Column 3 <ul style="list-style-type: none"> • Complete after class or end of chapter • Key ideas • Tie this information together 	

continued...

Year 11 Information Evening: Supporting Students with Mock Exams and Effective Revision cont.

By regularly reviewing their notes, covering the right-hand column, and testing themselves using the cues on the left, students engage in active recall, one of the most powerful learning techniques for exam preparation

Parents can support this approach at home by encouraging students to review and summarise their notes each evening, ensuring revision is consistent and purposeful.

As mock exams approach, using structured methods like Cornell Note-Taking can help students revise more effectively, stay organised, and feel more confident in their preparation.

Key Dates

- Ongoing after school intervention
- Saturday programme for Science starts 11th October
- 6th form Open Evening Thursday 23rd October
- Autumn mocks start Monday 3rd November
- First set of data – Tuesday 25th November
- Subject parents' evening – Thursday 11th December
- Spring mocks – Monday 9th February
- Second set of data – Tuesday 10th March
- Targeted parents' evening – Thursday 26th March
- 6th May – public examinations

If you have any questions or would like further guidance on how to support your child's revision, please don't hesitate to contact the school. Together, we can help our Year 11s achieve their very best.

Macmillan Coffee & Cake Morning - Y12 Students Bake a Difference

Heron Hall Sixth Form students proudly organised and led our Macmillan Cancer Research Coffee and Cake Morning.

Thanks to their hard work, enthusiasm, and dedication, the students raised over £100 for this worthy cause. Many brought in homemade cakes and generously donated their time and effort to make the event a success.

Mr Angeletos, Head of Year 12, said:

"Our students developed their communication and leadership skills through this event. We are incredibly proud of their initiative and commitment to supporting such an important cause."

Events like this not only raise funds for charity but also give students valuable opportunities to lead, organise, and make a positive impact in the community.

We are very proud of their efforts.

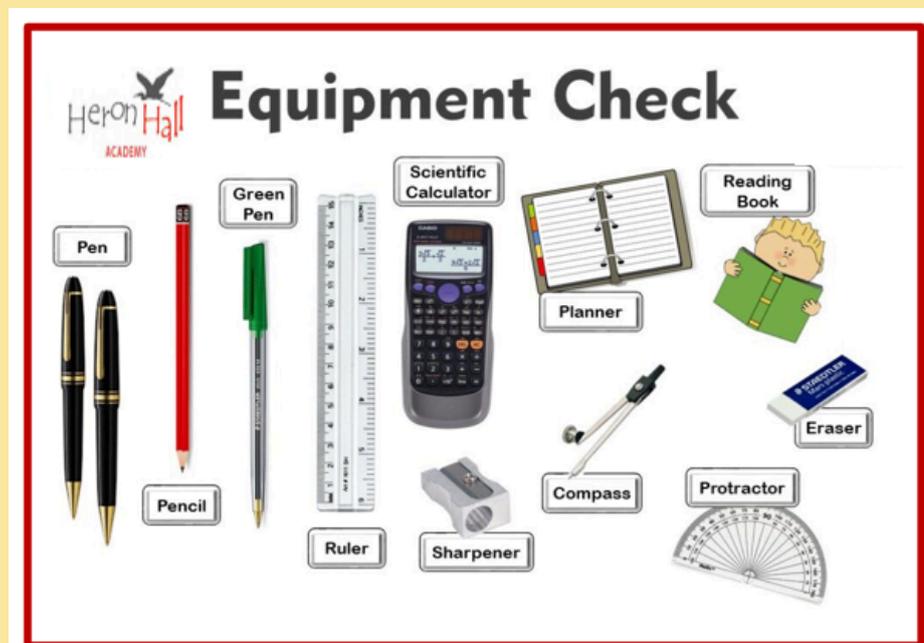


Essential Equipment for Everyday Learning Success

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.

Excitement and Exploration at the HHA Enrichment Fair

At the beginning of the academic year, our school came alive with excitement as students explored the wide variety of clubs available during our Enrichment Fair. The event was designed to ignite curiosity and inspire students to discover new interests, develop skills, and most importantly, have fun while learning.

The fair was buzzing with energy as students browsed the different stalls showcasing our fantastic range of clubs. From Chess and Music to Cooking, drama, Robotics, Sewing, Art, Coding, Football, and Netball, there was truly something for everyone! Many students said it was difficult to choose just one club because there were so many exciting options available.



“I signed up for Robotics because I love building and problem-solving,” said one Year 8 student.

“I joined the Cooking Club — I can’t wait to learn how to make new recipes!” shared another enthusiastic Year 7 student.



Parents also had the opportunity to explore the enrichment offer and register their children’s interests easily through the Arbor Parent Portal, making sign-ups quick and convenient.

This term, we are proud to offer over 20 enrichment clubs, with more on the way as the year progresses. Some clubs take place after school, while others run during lunchtime, giving every student the chance to take part in something they enjoy.

The impact has already been incredible, our corridors and classrooms are filled with laughter, creativity, and teamwork as students immerse themselves in new experiences.

Excitement and Exploration at the Enrichment Fair cont

Whether they're coding a game, scoring a goal, or sewing their first project, they're building confidence, resilience, and friendships along the way.

Our extra-curricular programme is all about enriching and enhancing our students' school experience. By exploring activities beyond the classroom, students discover new talents, nurture passions, and grow into well-rounded, confident young people ready to make a positive difference in the world.

We can't wait to see what our students achieve next as our enrichment clubs continue to thrive throughout the year.

Enrichment Clubs

	Monday	Tuesday	Wednesday	Thursday	Friday
S upportive	Homework Club After School (3.30-4.30pm); Library (All Years) Madam Blackwell & TA Support	GCSE Art Club Lunchtime 12.40-1.10pm S2.7 Madam Knightley (Years 10&11)	GCSE Art Club After School 3.30pm - 4.30pm S2.7 Madam Knightley (Years 10&11) Homework Club After School (3.30-4.30pm); Library (All Years) Madam Ali & TA Support	GCSE Art Club Lunchtime 12.40-1.10pm S2.7 Madam Knightley (Years 10&11)	Homework Club After School (3.30-4.30pm); Library (All Years) Madam Ali TA Support
T olerant	Jazz Band Lunchtime 12.45-1.15pm S2.3 Madam Heister (KS3 & KS4)	Manga Club After School 3.30pm - 4.30pm Library Madam Ali (KS3)	Rock Band Lunchtime 12.45-1.15pm S2.3 Mr Omuratu (KS3 & KS4)	Choir Club Lunchtime 12.35-1.15pm S2.3 Madam Heister (KS3 & KS4)	
R esilient	Netball Club After School 3.30pm - 4.30pm HUGA Madam Fletcher (Years 7 and 8) Year 7 Football Club After School 3.30pm - 4.30pm HUGA Mr Monk (Year 7)	Theatre (Shrek) Production After School 3.30 - 4.30pm Room S2.2 Madam Rigelous (KS3 & KS4) Year 8 Football Club After School 3.30pm - 4.30pm Astro Mr Wedgwood (Year 8)	Girls Football Club After School 3.30pm - 4.30pm Astro Madam Vales (All Years) Year 9 Football After School 3.30pm - 4.30pm Astro Mr Charles/Mr Mahmet (Year 9)		Year 10 Football After School 3.30pm - 4.30pm Astro Mr Bowstead (Year 10)
I ntegrity	HMA Parliament Debate Club After School (3.30-4.15pm) W2.6 Mr Kapoor (Years 10 & 11)	Cooking Club Lunch time 12.45- 1.15 S0.2 Madam Ellis (KS3, KS4 & KS5)	Science Club After School 3.30 - 4.30pm Mega Lab S0.20 Madam Eshemomoh & Mr Bettingan KS3	Computer Games Club Lunchtime 12.45-1.15 S1.5 Mr Rahman (All Years) Eco-Committee Lunchtime 12.45-1.15 N2.1 Madam Chackal	The COOYO Club Lunchtime 12.44-1.15pm W2.5 Mr Crookes Textiles STEM Club Lunchtime 12.40-1.10pm S0.6 Mr Amphah KS3
V isionary	The Duke of York Inspiring Digital Enterprise Award Club 3.30pm - 4.00pm W1.2 Mr Beswick (Years 9,10 &12)	Chess Club Lunchtime 12.40-1.10pm N2.6 Mr Owen (KS3, KS4 &KS5) Scrabble Club Lunchtime 12.40-1.10pm Library Madam Ali (KS3)	Chess Club Lunchtime 12.40-1.10pm N2.6 Mr Owen (KS3, KS4 & KS5)		
E xcellence	Robotics Club Lunchtime 12.30pm - 1.15pm S1.1 Mr Claybo (Years 7-10)	Robotics Club Lunchtime 12.30pm - 1.15pm S1.1 Mr Claybo (Years 7-10) Coding Club After School 3.30pm - 4.30pm S1.5 Mr Rahman (All Years)	Robotics Club Lunchtime 12.30pm - 1.15pm S1.1 Mr Claybo (Years 7-10)		

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.

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.

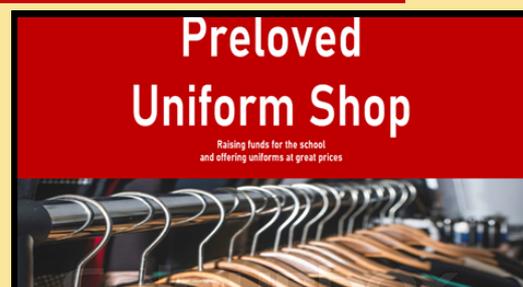


The food bank is centrally organised and operated from the main school office. We understand that these may be challenging times for some, and we want to assure you that help is available. If you feel you could benefit from the Heron Hall's Food Bank, please don't hesitate to contact the school's office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

SUSTAINABLE STYLE: AFFORDABLE UNIFORM OPTIONS FOR EVERY FAMILY

The Pre-Loved Uniform is a PTA initiative designed to provide a convenient and sustainable solution for school uniform needs within our community.

We're delighted to share that the **Online Pre-Loved Uniform Shop** will be launching soon — supporting our ongoing commitment to sustainability, affordability, and resourcefulness at Heron Hall Academy. This initiative also reflects our dedication to helping families by offering practical and budget-friendly options for everyday school essentials.



In the meantime, families can still purchase pre-loved uniform items by emailing the school office at: heron@northstartrust.org.uk.

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

Thank you for supporting this wonderful initiative — together, we're helping to make Heron Hall a more sustainable and caring community.

HEALTH AND WELLBEING



Even more events added to our Black History Month programme

Enfield's celebration of Black History Month continues throughout October, honouring Black culture, creativity and community. The Dugdale Arts Centre's (DAC) programme has been expanded with new events including Baby Gospel: Black History Month Special on 18 October and Black Film Club's screening of Summer of Soul on 24 October. Families can also enjoy a Papertunity recycling arts workshop on 28 October, along with other engaging performances and discussions celebrating heritage and identity. [Visit the DAC website for the updated programme and ticket information.](#)

[News and events](#) | [Enfield Council](#)



Celebrate the progress of Shaping Edmonton

Join us on Thursday 30 October at the Living Room Library, Fore Street, for a community celebration of Shaping Edmonton. This free event is a chance to reflect on the project so far and celebrate recent achievements. Drop-in between 3pm and 7pm for lantern and sign-making workshops, cultural performances, to speak with the team about the projects and for free refreshments. There will also be a pop-up market on Leeds Street. We look forward to celebrating Edmonton and the progress made so far through this programme with you. [Find out more at the Shaping Edmonton project page.](#)



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THE YOUTH PAGE



Celebrate Black History Month in our youth centres

Black History Month is being celebrated in all our Youth Centres in Enfield. In the week commencing 20 October, come and explore the theme of culture and creativity. We will be looking at African and Caribbean arts and pattern making, music and dance, and creating a culture wall. In the week commencing 27 October, we'll be looking at the theme "Unity in Diversity" where young people will present their collages, letters, poems, artwork and performances. There will be lots of Caribbean and African inspired snacks and music for everyone to enjoy. [View the schedule on the Youth Enfield website.](#)



Young people invited to White Ribbon Day activities

Enfield's young people aged 11 to 18 are being invited to activity days at youth centres from 25 November to 10 December for White Ribbon Day (WRD), that aims to promote understanding of its message to end male violence against women and girls. The 'Speak Up' campaign is being led by Young Mayor of Enfield, Omari Green, and Enfield Youth Council. Each day there will be focus on a theme from healthy relationships and respect, to breaking stereotypes and boosting self-esteem. No advance booking is needed, just turn up. [Email us to find out more about WRD.](#)



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

THE YOUTH PAGE



Supporting your move into the working world

Not sure what your next steps are after leaving education? Find out from some of London's top employers at [The London Careers Fair](#) which takes place on 14 November at Tottenham Hotspur Stadium. This exciting event brings together leading employers, training providers and universities, all ready to help you explore a wide range of career paths. Whether you're looking for your first job, an apprenticeship or ideas for further study, you'll find expert advice, networking opportunities and even on-the-spot vacancies.



Make Space for Girls in Broomfield Park

Exciting changes are coming to Broomfield Park. The Friends of Broomfield Park, in partnership with the charity Make Space for Girls, are developing a new area designed with teenage girls in mind. This space will feature seating, planting and playful elements shaped by ideas from local young people. The aim is to make parks more inclusive and welcoming, especially for girls and young women who often feel overlooked in public spaces. This is a chance to help create something meaningful and lasting in one of Enfield's parks. To find out more, [visit the Friends of Broomfield Park website](#).



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