



**The Hollyfield School e-bulletin**  
 Surbiton Hill Road, Surbiton, KT6 4TU  
 020 8339 4500

“Pupils’ behaviour is exemplary, and they demonstrate exceptional attitudes to learning” Ofsted 2025

**Head’s Line:**

Dear Hollyfield Community

Please can I remind parents that if a student sustains an injury outside of school, it is important that medical attention is sought outside of school. A number of students are waiting until they arrive in school and then seeking support from our first aid team. Support with this will be gratefully received as it allows our first aider to focus on any accidents that might happen during school time.

**Open evening bookings/Early Close & Late Start**

Our annual open evening takes place on 23 September. This is a very important event in the school calendar. Please pass the information on to any parents who have children in Year 5 or 6 and encourage them to attend. They can also book an open morning tour. The link for these events is on our website.

We will have an **early closure on 23 September** so the school can set up for the event, therefore **students will leave school at 12.00pm, free school meals can be collected at break.** The following day (**24 September**) **school will start later than usual at 12:30pm for students. Students must not be on site before 12.15pm to enable staff to re-organise the site ready for lessons to start. There will not be a standard lunchtime provision on that day, but the school will be open from 12:15pm for students who are eligible for free school meals to collect and eat a lunch.** There will be a registration period followed by period 5 and 6 lessons.

**Harry’s memorial:**

Just a reminder that on Tuesday 30 September we will host the opening of 'Harry's place' this will be a summer house built to house the fingerboard skate park built for Harry before he died. Harry's family have donated this to Hollyfield so that the students can enjoy it on a daily basis. The following day, Wednesday 1 October the whole school will complete our inaugural memory walk. Every tutor group will walk around Berrylands, through Fishponds park and finish at Surbiton Tennis Club, where students will be dismissed. I will write to parents with full details of this event in due course.

Wishing you all a wonderful week.

**Amy Jackson**  
**Headteacher**



**Term Dates**

**Autumn Term 2025**

1 September to 19 December  
 (Inset Day – 1-2 Sept, 6-7 Nov & 5 Dec)

**Half Term**

27 October - 7 November

**Christmas Holiday**

22 December - 2 January 2026

**Spring Term 2026**

5 January – 27 March

(Inset Day – 23 Feb)

**Half Term**

16-20 February (see above)

**Easter Holiday**

30 March – 10 April (Bank Hol 3 & 5 Apr)

**Summer Term 2026**

13 April – 17 July (Bank Hol 4 & 25 May)

**Half Term**

25 - 29 May

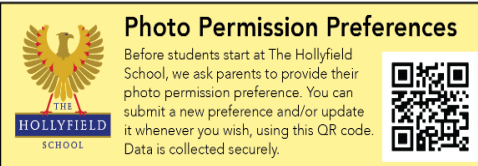
**..... Stop Press.....**

- 23/9 – Early Closure - 12.00pm
- 23/9 – Open Evening – 5.00pm
- 24/9– Late Start – 12.30pm
- 24 & 30/9 – SEN Open Day Tour
- 26/9 – 6/10 – Y6 Tours
- 30/9 – Y11 Group Photo
- 1/10 – Lessons suspended for Harry’s Walk (pm) – possible early finish
- 2/10- Y7 ISSP Maths Day
- 2 & 10/10 – Y10 Jack Petchey Speak out Workshops

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“Pupils achieve very well in their examinations. This is because the school delivers an ambitious and balanced curriculum, underpinned by the highest expectations for all pupils. This includes the popular and successful sixth form.” Ofsted 2025

## **OTHER NOTICES**



**Photo Permission Preferences**

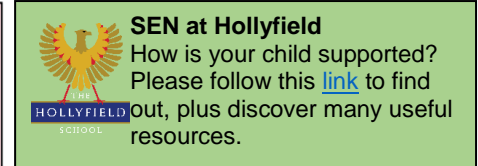
Before students start at The Hollyfield School, we ask parents to provide their photo permission preference. You can submit a new preference and/or update it whenever you wish, using this QR code. Data is collected securely.



**Free School Meals**

**Is your child eligible for Free School Meals?**

A small percentage of eligible students do not claim them. We email parents frequently to let them know. During the term, eligible students can claim a nutritious hot meal, drink or delicious dessert every day. If they are entitled, make sure your child is claiming theirs. If you need further assistance, please contact us.



**SEN at Hollyfield**

How is your child supported? Please follow this [link](#) to find out, plus discover many useful resources.

### **Reporting your child's absence**

When reporting your child's absence from school on the dedicated absence line - 0208 339 4518 preferably before 8.30am on the morning of your child's absence from school. Please leave their name, spelling out any unusual names, year group and the reason for their absence and your details. Alternatively, you can email the school [attendance@hollyfield.kingston.sch.uk](mailto:attendance@hollyfield.kingston.sch.uk).

### **Valuables in school**

The school policy and guidance with regard to pupil possessions is clear that they are brought into school at their own risk. The Hollyfield School does not accept liability for any items that may be lost, damaged or stolen. While theft is taken extremely seriously and thoroughly investigated, the school is not in a position to cover the cost of any item stolen.

Of course, with respect to the last point, steps and measures are put in place to mitigate against such circumstances, especially during PE and Games lessons, where pupils' items are locked in the changing rooms. While this is standard procedure, there may be some extenuating circumstances where this cannot always be guaranteed. Therefore, I would urge your son/daughter not to bring expensive items into school.

### **Medical Condition(s) and Individual Healthcare Plans**

Can we please request that you complete the following medical information collection form if your child has any medical conditions, no matter how small. If your child has a new diagnosis we ask you to also complete this form even if you have already done so for a different medical condition to ensure we have the most up-to-date information. Form: <https://forms.gle/pxTajACe1yUNSKdx9>. Once complete, this will form part of your child's Individual Healthcare Plan which will be sent to you for approval, the communication will come from [noreply@medicaltracker.co.uk](mailto:noreply@medicaltracker.co.uk). Please allow emails from this address.

### **Changed your address/email/phone number????**

If you have changed your contact details, please email the school office on [office@hollyfield.kingston.sch.uk](mailto:office@hollyfield.kingston.sch.uk) stating your child's name and form and the change of details. It is important to keep these details up to date in case of an emergency. Don't forget to update your Parentmail account with your new details.

### **Water Bottles**

Please ensure your child brings a water bottle with them to school every day, it is even more important during hot weather. Our water fountains can be used to refill bottles as necessary during break and lunch, it is not possible to drink from the fountains direct and we do not have bottles or cups to give out to students. Alternatively, bottles of water can be purchased (and refilled) in the cafeteria, please ensure your Parentmail account has enough funds to enable this.

### **Surbiton Hill Road Entrance for cars**

If you drive/collect students to or from school the visitor's car park/Surbiton Hill Road entrance **should not be used to drop off students**. This causes congestion for people entering the site and staff access, cars travelling on Surbiton Hill Road and is potentially dangerous for pedestrians.

### **Dinner Money Top Up**

Please ensure funds are available 24 hours before they are required when topping up your child's dinner money on Parentmail. If you add funds on the day they are to be used we will not be able to see the credit instantly until the system has processed it, therefore creating a delay in your child buying food at the canteen.

### **Contribution to the School Fund**

#### **Standing Order Contributions to School Fund**

If you already donate to the school by standing order, please consider setting up a direct debit donation on our new platform Enthuse and cancelling your current standing order with your bank. This will maximise your donation as gift aid will be claimed automatically, and reduces administration time for the school. Links to the Enthuse donation platform for both Main School and 6<sup>th</sup> form can be found [here](#).

All contributions received are very much appreciated and directly benefit all students within the school. We value each and every pound donated to provide a better education experience for our students.

If you would like to help contribute to the school fund to provide additional facilities to the school and students, please click [here](#) for more information. We acknowledge that not all of our parents can make a commitment on a monthly basis. Having listened to those parents we also understand that some would like to make a contribution whenever they can. A donation payment link is available in your ParentMail account. We are grateful for any contribution you can make, regardless of the amount. Every penny will be spent improving students' experiences. Like the monthly contributions, your donation will go into the school fund. It will be used in accordance with the guidance given to schools regarding parental contributions.

### **Open Door**

Ms Jackson holds Parent Clinics on Thursday afternoon during term time. These are from 3.00pm-4.30pm for parents/carers to speak directly to her regarding any unresolved concerns/ suggestions. Please contact Louise Sutton to arrange an appointment on 0208 339 4500 or email [lsutton@hollyfield.kingston.sch.uk](mailto:lsutton@hollyfield.kingston.sch.uk).

## Nurture Programme for Parents Coming This October!

We're excited to announce that our school will be launching **The Nurture Programme specifically for parents**, starting this **October!**

Being a parent is an incredible journey, and sometimes, a little extra support and connection can make all the difference. This programme is designed to provide a supportive and understanding space for parents to share experiences, gain practical strategies, and connect with other parents facing similar joys and challenges.

Throughout the programme, we'll explore various topics relevant to parenting, focusing on building strong family relationships, understanding children's emotional needs, and developing effective communication skills. It's a fantastic opportunity to enhance your parenting toolkit in a warm, non-judgmental environment.

### How to Register Your Interest

If you're interested in joining our Nurture Programme for Parents, please register your interest by **26.09.25**.

You can do this by emailing **pridgers@hollyfield.kingston.sch.uk** with the subject line "**Parent Nurture Programme Interest.**"

Please note that expressing interest does not guarantee a place, as spaces are limited to ensure a supportive group size. We will review all registrations and be in touch after the deadline with more details about the programme and how to confirm your place.

We're really looking forward to offering this valuable programme and creating a supportive community for our school parents.

## SAFE HANDS

Once again, for your information, the key contacts are:

School - Get in touch with the Designated Safeguarding Team

Ms Patel: [spatel@hollyfield.kingston.sch.uk](mailto:spatel@hollyfield.kingston.sch.uk)

Mr Buckman: [nbuckman@hollyfield.kingston.sch.uk](mailto:nbuckman@hollyfield.kingston.sch.uk)

Single Point of Access 020 8547 5008.

### SCHOOL HEALTH DROP-IN

**WHEN:** Tuesday Lunch time 11.40 -1.10PM

**WHERE:** Room A12 (Top floor of ALBURY)

Come along for a **CONFIDENTIAL** chat with your School Health Practitioner about anything that is worrying you....



## The Mental Health Support Team (MHST)

Parent Webinars on:

- Worries and anxiety
- Screen time and social media
- Understanding changes in the adolescent brain
- Sleep Difficulties
- Friendship difficulties and bullying
- Self-harm and suicidal thoughts
- Low mood and depressive feelings

[Click here to book](#)

[Click here to view workshops and book](#)



## HOLLYFIELD PTA NEWS

### Save the date: PTA Annual General Meeting (AGM)

Come along to our AGM and find out what we've been up to, how much we've raised, and what exciting plans we have for the year ahead!

 **Date:** Tue 7th October 2025

 **Time:** 7.30pm

 **Location:** TBC

Whether you're a regular volunteer or just curious about how the PTA works, **everyone is welcome**. It's a great opportunity to meet other parents & carers, hear about how the money we raise is used, and discover if you might like to get involved — even in a small way.

We'll also be electing our trustee roles for the coming year. Interested in joining the team? We'd love to chat!

#### Thinking of getting more involved in school life but not sure where to start?

We're looking for curious, community-minded parents and carers to **step into a trustee role with the PTA** — no experience required! Our PTA is a registered charity, and we have a friendly group of trustees who help steer our activities and fundraising efforts. And we'd love to welcome more of you on board.





#### What does it involve?

There are four key roles on the trustee team:

- **Chair** – helps lead the team and keeps us moving forward
- **Treasurer** – keeps an eye on our finances
- **Secretary** – makes sure our meetings and records run smoothly
- **SEN** - ensuring our events are considerate for our SEN families

**We encourage co-roles**, meaning you don't do it alone — you can share the responsibility and support one another.

#### Why get involved?

-  **Learn how to be a trustee** – we have lots of experience to share and love helping people build confidence in these roles
-  **Low commitment** – sign up for just 1 year (max 2 years in the same role)
-  **Try something new** – develop skills in leadership, finance, or organising
-  **Make a difference** – your time directly benefits the school and our children

#### Not sure what role is right for you?

That's fine! We're always happy to chat and help you find the right fit. Even if you're just curious, get in touch — we'd love to talk.



@hollyfieldpta



@hollyfield\_pta



@TheHollyfieldSchoolPTA



ptahollyfield@gmail.com



[www.hollyfieldpta.org](http://www.hollyfieldpta.org)

**Interested? Email [ptahollyfield@gmail.com](mailto:ptahollyfield@gmail.com) — we'd love to hear from you.** You can also find out about the PTA and what we are up to via - our website, Facebook, Instagram and Whatsapp. See the links at the foot of each page.

[The PTA typically meet on the 3rd Tuesday of every month during the school year]

### Easy Fundraising

**Please support The Hollyfield School PTA - Surbiton on #easyfundraising, you'll raise FREE donations for us with your everyday shopping.**

This is a really simple way to help raise funds for the PTA in order to support the school and students. Easyfundraising partners with over 7,000 brands who will donate part of what you spend to a cause of your choice. It won't cost you any extra. The cost is covered by the brand.

Follow this link to register and start raising some much needed funding : Select The Hollyfield School PTA, Surbiton: <https://www.easyfundraising.org.uk/causes/hollyfieldpta/>



@hollyfieldpta



@hollyfield\_pta



@TheHollyfieldSchoolPTA



ptahollyfield@gmail.com



[www.hollyfieldpta.org](http://www.hollyfieldpta.org)

## THIS WEEK.....




### TOP ATTENDERS

The year group with the highest overall attendance so far this year is Year 7 with a total of 97.66%. The top form group within each year this week is:

7EBE = 98.52%  
 8LGR = 98.33%  
 9CNE = 99.35%  
 10DMI = 98.18%  
 11AOP = 96.45%

Well done to all these students, keep up the excellent work.

### HOUSE POINTS

	 Eagle	 Falcon	 Osprey
Year 7	To be confirmed		
Year 8	1299	1408	866
Year 9	1107	1187	1207
Year 10	799	879	1025
Year 11	357	486	483
<b>Total</b>	<b>3562</b>	<b>3960</b>	<b>3581</b>

### NEXT WEEK

<b>Monday 22 September</b>	Year 12 Assembly - Common Room Year 11 Assembly (Kingston College) – Dining Hall Year 13 A Level Geography Field Trip (Juniper Hall) Year 11 Interventions (to 10 October)
<b>Tuesday 23 September</b>	Year 13 Assembly - Common Room Year 8 Assembly (Healthy Relationships) – Dining Hall Year 13 A Level Geography Field Trip (Juniper Hall) Open Evening Early Closure – 12.00pm
<b>Wednesday 24 September</b>	Whole School Assembly (Harry's Walk) – online Year 13 A Level Geography Field Trip (Juniper Hall) Late Start - 12.30pm Parent/Carer SEN Panel Presentation & Tour - 4.15-5.15pm
<b>Thursday 25 September</b>	Year 9 Assembly (Social Media) – Dining Hall Year 7 Assembly (Social Media) – Exam Centre Year 11 Revision Workshop
<b>Friday 26 September</b>	Year 6 Tour 9.15am & 11.15am Year 10 Workshop (Challenging Negative Attitudes Towards Women) -9.45-10.35am

### FORTHCOMING DATES

22-24 September – Year 13 A Level Geography Field Trip (Juniper Hall)

**23 September – Early Closure from 12.00pm**

23 September – Open Evening – 5.00pm

**24 September – Late Start – 12.30pm**

24 &amp; 30 September – SEN Open Day Tour

26 September – 6 October – Year 6 Tours

30 September – Year 11 Group Photo

**1 October – Lessons suspended for Harry's Walk (pm) – possible early finish**

2 October- Year 7 ISSP Maths Day

2 &amp; 10 October – Year 10 Jack Petchey Speak out Workshops

8 October – Year 10, 11, 12, 13 Careers Fair

9 October – Year 7 CATs Test

9 October – Year 11, 12, 13 Senior Maths Challenge

13 October – 15 November – Y11 Trial Exams including practicals and orals

15 October - Year 13 A Level Biology Trip (Kew Gardens)

**27 October- 5 November 2024 – Half Term****6-7 November - Inset day – School Closed**

## ACHIEVEMENT POINTS

Achievement and behaviour points are awarded every day at Hollyfield in line with our school policy and are a fundamental part of school life. We want students to be the best versions of themselves and we explicitly teach the behaviour we want our young people to develop through our GO BIG character virtues (Good Communication / Organisation / Bouncebackability/Initiative/Gratitude). Students are therefore rewarded for when they demonstrate these character virtues either in class, around our school environment and even outside of school. The school also gives out termly prizes for great progress, engagement in learning, attendance and also contribution to school life. We also continually try to celebrate the successes of our students outside of school life and encourage all students to be proud of their successes in whatever area they come from.

Behaviour points are given to students in line with our behaviour policy. At the heart of our behaviour policy is restorative approaches which is a strategy the school uses to allow students to discuss their behaviours with one another and also key staff and to move past incidents in a non-judgemental way.

Both of the school's rewards and behaviour policies can be found on the school website and if you have any questions about them please don't hesitate to contact Miss Patel (Assistant Headteacher).

The year group weekly totals are below:

**Year 7** 1213 **Year 8** 1172 **Year 9** 967 **Year 10** 716 **Year 11** 311

The top performing forms per year group in terms of overall achievements were:

**7SNE** 337 **8LGR** 308 **9MCO** 284 **10DMI** 218 **11HBL** 81

The top performing students from each year were:

**Year 7** Martha M

**Year 9** Stuart S

**Year 11** Bilal K

**Year 8** Toby W

**Year 10** Harley BB

## TEACHING & LEARNING

### Music



Musical Instrument Lessons at Hollyfield  
With Kingston Music Service



About instrument lessons at Hollyfield...

At Hollyfield we recognise the importance of Music and know that students who learn musical instruments are shown to do better across their subjects (it has been proven that learning to play an instrument stimulates the

brain, improving functions like memory and abstract reasoning skills). It is also a great way for students to make new friends at school by being able to participate in our Rock School, Swing Band and Orchestra. If students would like to have individual music lessons on an instrument during the school day we offer a range of different instruments with our fabulous team of peripatetic teaching staff. The instrument lessons are 25 minutes each and organised on a rotation timetable.

#### INSTRUMENTS and teachers...

**All instruments can be applied for** (even if not currently taught here). Currently we have the following brilliant team of tutors:

**Onna Benson:** Piano

**Tom Early:** Drum kit/Percussion

**Andy Brown:** Guitar

**Theodora Stamoulaki:** Piano

**Sharon Taylor:** Piano

**Tino Rainone:** Guitar

**Tom Marshall:** Guitar

**Matthew Cooper:** Brass & Piano

**Linley Weir:** Voice

**Deborah Chalmers:** Violin

**We would love more woodwind and brass players** and there are schemes that Kingston Music Service can offer to support these lessons. In some instances we can also offer funded lessons to support talented students where finance is a barrier.

#### Applying for instrument lessons...

<https://www.kingston.gov.uk/music-service-1/music-lessons/2>

Please follow the link to apply and to see prices.



## CAREERS

### CAREERS

#### Careers Briefing 19 September 2025 Mr Poole & Miss Corrighan (Careers team)



**Date for the diary: On Wednesday 8 October 6.30-8.30pm we are holding our annual Future Careers Fair for our Year 11 and sixth form students.**

We invite our year 11 and sixth form students and parents/carers to come along and speak to people from a range of careers as well as colleges, university and apprenticeship providers. Please see the photos from last year to see what it's like at the event and

students will be briefed about the event in school:



**Can you help?** We are looking for volunteers from the parental body to give a couple of hours of their time to talk informally to our students about their career path and industry. We are particularly keen to make contact with people working in:

- **Construction**
- **Catering**
- **Child Care**
- **Motor Mechanics**
- **Music and Creative industries**
- **Sports and fitness sector**

If you think you are in a job which would inspire and motivate young people please get in touch with Mr Poole, the Career Coordinator: [ipool@hollyfield.kingston.sch.uk](mailto:ipool@hollyfield.kingston.sch.uk). The event takes place in school between 6.30-8.30pm and it is always a great evening not only for our students but for our volunteers. We know many of our Hollyfield community have varied and interesting jobs so we hope you can support this event.

## Year 11

### **Unifrog Careers Platform**

Unifrog is an online careers platform that helps students aged 11-18 to explore their interests, find and compare post 16 and 18+ options e.g. courses in Sixths Forms and Colleges, apprenticeships and universities as well as information about careers and occupations.



In March 2025, half of Year 11 (when they were in Year 10) had the opportunity to log on to Unifrog and use the CV builder. However, some students were out on school trips so Year 11s will be sent an invite email next week so they can access this site (students will use their Hollyfield email address). Any students struggling to get on to Unifrog should see Mr Poole who would be happy to help.

## Year 11 decisions and choices about next year

In the careers interviews students are encouraged to consider two or three options for next year. Even if you are certain you want to stay at Hollyfield it is advisable to look at other Sixth forms or Colleges so you can make an informed choice. Esher College had its open evening back in July and their application will close on 30 September but Kingston, NESCOL and Richmond's open events are coming up soon. These colleges will be at the Careers Fair on the 8th October but it is important to go and see the colleges.

College/Sixth form	Open events - Date & time
Hollyfield Sixth Form	Thursday 13 Nov 2025 6-8pm <a href="#">Sixth Form Prospectus</a>
Hollyfield Careers Fair	Wednesday 8 October 2025 6.00-8.00pm (in the main hall and Albury)
Kingston College	Sat 4 October 2025 10am-1pm & Weds 19th Nov 4.30-7pm <a href="#">Events &amp; Open Days - Kingston College</a>
Richmond upon Thames College (Twickenham)	Sat 11 October 10am-2pm & Tues 18th Nov 5-8pm Register via: <a href="#">Open Events</a>
Esher Sixth Form College	Open day was in July. Applications close on Midday on 30 September for 2026 entry.

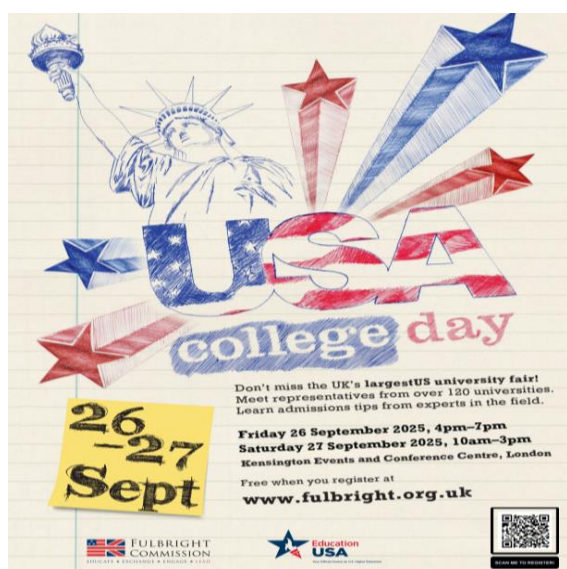
Nescot College	Sat 11 October 10am-1pm & Weds 19 Nov 4.30-7.30pm <a href="#">Nescot Open Events</a> They offer animal care, construction & many more courses!
BRIT School (Croydon)	Tuesday 23 Sept - you must book a time between 1.30-6.30pm <a href="https://www.brit.school/openevents25">https://www.brit.school/openevents25</a> Offering performing and visual arts courses

### Careers Opportunities bulletin

Please see our weekly opportunity for a round up of the careers opportunities available to students, this is something sixth form students should be checking weekly to build up their knowledge and experience. **This includes; work experience, careers talks, university events, apprenticeships and more.**

Students and parents/carers can access this: [Careers opportunities bulletin 19/09](#)

### See some highlights below.....



## AUTUMN-SPRING YOUTH VOLUNTEERING PROGRAMME

**FOR 16-21 YEAR OLDS SEEKING AN OPPORTUNITY TO MAKE A DIFFERENCE**

Are you a young person looking for something meaningful to do during your half terms? Gain valuable volunteering experience and make a real difference at Kingston Hospital!

**October-May**

**WHAT YOU'LL GAIN:**

- ✓ Hands-on volunteering experience in a healthcare environment
- ✓ An insight into NHS careers
- ✓ Confidence and communication skills
- ✓ A certificate of achievement
- ✓ A reference for future applications on completion of the programme

SCAN HERE FOR MORE INFORMATION AND TO APPLY:

**Volunteering**  
Kingston and Richmond NHS Foundation Trust

### Interested in studying in the USA?

Date: **Friday 26 September OR Saturday 27 September** (the event is the same on both days)

Location: Kensington Town Hall, London. Price: free, but you must register for a ticket! **How to register:** Click [here](#) to register for tickets!



**Kingston Hospital volunteering programme** targeted at individuals aged 16 to 21 during their half terms between Autumn & Spring. Please see the poster above containing all relevant details. Kindly note that the **application deadline is 1 October**. For more information: [Vacancies :: Kingston and Richmond NHS Foundation Trust](#)

## GENERAL INFORMATION

### Links to Useful Information

[Term Dates 2025-2026](#)

[Uniform List](#)

[Extra-Curricular Activities](#)

[Severe Weather Procedure](#)

[Form Tutor List](#)

[The School Day Times](#)

[Student well-being and safety](#)

[Donation to School Fund](#)

[Key Dates](#)

[Menus](#)

[Staff List and Structure](#)

#### Important reminders for PE clubs:

- students receive 1 achievement point for attending
- clubs are free and no pre sign is required
- clubs at the school field will have a coach to drop them off and pick them up or students can make their own way home using public transport
- PE kit is not required for clubs during lunchtime
- For after school clubs, students should bring PE kit to get changed after 3.05pm unless they are already wearing their PE kit for their PE lesson that day
- If a student has a repair, they need to attend the repair as the priority

#### Resilience in Children

If you are interested in further reading around building resilience in children this article is worth a read.

<https://cmom.org/press/the-british-psychological-society-five-ways-to-boost-resilience-in-children/>

## LOCAL INFORMATION

#### Kooth

Kooth is an online crisis messenger service that Children and young people can access for free online mental health support with a professional counsellor - [www.Kooth.com](http://www.Kooth.com).

#### Mental Health Resource sites

- Mind in Kingston: run daily activities on zoom.  
Email [RachelDykins@mindinkingston.org.uk](mailto:RachelDykins@mindinkingston.org.uk) for details.
- Childline: [information and advice](#) on a range of topics including feelings, relationships, family and schools. Childline is there to help anyone under 19 in the UK with any issue they're going through. Call: [0800 1111](tel:08001111).
- Anna Freud Centre: 90 resources and strategies <https://www.annafreud.org/selfcare/>.
- Samaritans: Samaritans a safe place for you to talk any time you like, in your own way, about whatever's getting to you. Call: [116 123](tel:116123).
- Shout - Shout is the UK's first free 24/7 text service for anyone in crisis anytime, anywhere. Text Shout to [85258](tel:85258).
- National Domestic Abuse Helpline: We are a team of highly-trained, female advisers. We won't judge you or tell you what to do; we are here to listen. Call: [0808 2000 247](tel:08082000247)/online chat.

#### Information for adults

Young Minds - Parents Helpline - Worried about a child or young person's behaviour or mental health? Call the free helpline for confidential, expert advice. For more information visit: [www.youngminds.org.uk/find-help/for-parents/](http://www.youngminds.org.uk/find-help/for-parents/). Call 0808 802 5544.



Counselling and Therapy

**Morag Shrafeddin** is a qualified Counsellor with a Masters from Roehampton University in Integrative Counselling and Psychotherapy specialising in work with Children, Adolescents and Families. She also works in Fulham as a School Project Manager with the school counselling service Place2Be.

Morag is dedicated to supporting children and adolescents with their emotional well-being and personal growth. With a compassionate and client-centred approach, she aims to empower children and young people to overcome challenges and thrive in their lives.

**Morag Shrafeddin**  
Specialist in Children and Adolescent Therapy  
(MA Roehampton University)

(M) 079 5639 2216  
(E) [morag@shrafeddins-therapy.co.uk](mailto:morag@shrafeddins-therapy.co.uk)  
(W) [shrafeddins-therapy.co.uk](http://shrafeddins-therapy.co.uk)



## UNDERSTANDING TEENS

A Free Parent's Guide to Supporting Mental Health by Joe's Buddy Line

7pm, Tuesday 4 November

Book now at [westhorsleyplace.org](http://westhorsleyplace.org)

**WEST HORSLEY PLACE**

### Understanding Teens

#### A Parent's Guide to Supporting Mental Health by Joe's Buddy Line

Tuesday 4<sup>th</sup> November at 7pm, West Horsley Place, Epsom Road, KT24 6AN

This free evening conference for parents of secondary school students will give you clear, practical tools to better understand your teenager and support their mental health. Delivered by Joe's Buddy Line, funded by National Lottery Heritage Fund. Book your free place: <https://westhorsleyplace.org/whats-on/understanding-teens>



**FREE VOLUNTEER COURSE**

## JOIN HOME-START'S VOLUNTEER NETWORK

Do you have parenting experience and a few hours spare each week? Local charity Home-Start is offering a free volunteer training course to provide emotional and practical support to parents with pre-school children facing challenging times.

**Interested?** Contact Erin Laybourne [erin@homestart-rkh.org.uk](mailto:erin@homestart-rkh.org.uk) or 07884 536161.

Registered charity no: 1108975.

**Vestry House, Paradise Road, Richmond, TW9 1SA**

**THURSDAYS: 25th September, 2nd, 9th, 16th, 23rd October & 6th November 2025**

**9:45AM - 2:30PM**

## AUTUMN-SPRING YOUTH VOLUNTEERING PROGRAMME

FOR 16-21 YEAR OLDS SEEKING AN OPPORTUNITY TO MAKE A DIFFERENCE

Are you a young person looking for something meaningful to do during your half terms? Gain valuable volunteering experience and make a real difference at Kingston Hospital!



**October-May**

### WHAT YOU'LL GAIN:

- ✓ Hands-on volunteering experience in a healthcare environment
- ✓ An insight into NHS careers
- ✓ Confidence and communication skills
- ✓ A certificate of achievement
- ✓ A reference for future applications on completion of the programme

SCAN HERE FOR MORE INFORMATION AND TO APPLY:



**Volunteering**  
Kingston and Richmond  
NHS Foundation Trust

**Five Rivers Fostering**

## Five reasons to change a child's life through fostering

- 1 To give children the chance to have a brighter and happier future.
- 2 To offer children a positive experience of family life.
- 3 To become part of a highly experienced, ethical and professionally committed team.
- 4 To receive professional support, 24/7, 365 days a year.
- 5 To access regular training and development opportunities.

To learn more about fostering with a Social Enterprise, call us now on 0333 0603 982 [carer.enquiries@five-rivers.org](mailto:carer.enquiries@five-rivers.org)



Got a **NON-BEHAVIOURAL** question?!

This year with the help of Vets, Groomers and Nutritionists Graeme will be answering your non-behaviour related questions!

From the everyday to the more unusual, some examples would be:

What's the best way to wash my dog?

Is there such things as doggy superfoods?

How can I get my dog to take their medication?



Email your questions to [questions@avalonuk.com](mailto:questions@avalonuk.com)

Any information which you give us will be processed in accordance with our Privacy Notice, a copy of which can be found at <https://avalonuk.com/privacy-policy> or you can email us!



**NHS**  
Kingston and Richmond  
NHS Foundation Trust

## Become a member of your local NHS trust

- ✓ Are you interested in **working in healthcare?**
- ✓ Do you have **experience of health services** in Kingston and Richmond?
- ✓ Are you interested in **giving back** to your local community?

If you are **aged 14+** and any of these apply, why not become a member of Kingston and Richmond NHS Foundation Trust.

**Benefits include:**

- Volunteering opportunities
- Opportunities to access health talks and hear from experts
- Ability to attend Council of Governors meetings and stand for election to the Council of Governors, if you want to!



**TRAIN LIKE A PRO**

**Currently holding open trials for 2025/26 season**

**U13s (Sep Y8) PLAYERS WANTED**

- UEFA B Coach & Manager
- All Year Training, 3 hrs per week
- Saturday Matches

Long Ditton Rec  
Surbiton, KT6 5JT

[trials@keysports.org](mailto:trials@keysports.org)

**KEYSPORTS.ORG**



Get the latest updates from the Met straight to your inbox.

**Met Engage** is a free messaging service that keeps you connected to what's happening in your area. Whether its crime updates, safety advice, or news from your local policing team, you'll get the information that matters to you — when it matters most.

**Met Engage** is launching first in SW London, including Kingston.

How to sign up

Signing up takes just a few minutes and you can update your preferences at any time. Your information is secure, and we'll only use it to send you relevant updates.

By signing via the QR above, you'll join thousands of others who are already receiving trusted updates from their local police.

[www.metengage.co.uk](http://www.metengage.co.uk)