



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

“There is a distinct sense of community in the school” Ofsted 2020

Head’s Line:

Welcome back, Hollyfield students and parents,

We return with exams in full swing. Our Year 11 students have one and a half weeks of exams left until they complete their education with us. They are working extremely hard, and we are very proud of them. Year 13 is also in exam mode, with the 6th form team working tirelessly to ensure all students are fully prepared for their exams.



Record of Achievement

On the last day of the previous half term, we had our Year 11 Record of Achievement event, which celebrates the end of school for our Year 11 students. As part of this, there were speeches from their form tutors, awards, special guests, and the famous BBQ and shirt signing. This was an AMAZING event, organised by Mr Buckman and the premises team. A big thank you to everyone who attended and helped.

Year 11 Passport

Year 11 has entered the next phase of their passport timetable with a mixture of home study and in-school passport sessions. This is a change to our approach last year after feedback from parents and students. We hope this will support students who need more home study but also ensure key students get as much teacher input as possible.

Year 10 Exams

Next week, our Year 10 trial exams start. This is a really important time for Year 10 students as they undertake exams in the majority of their subjects over a condensed period of time. This is part of their preparation for Year 11 and the trial exams in November. All students have been provided with revision material via Google Classroom to prepare for these assessments.

Surbiton Tennis Ball Crew

This week, some of our Key Stage 3 students have been ball crew at the Surbiton tennis tournament, where they have seen some of the top 100 tennis players in the world compete. Thank you to Mr Miller for organising this. We hope the students have enjoyed the week.

Yondr

We have our new mobile phone initiative launching on 17 June. If you have not purchased a pouch for your child please do so as soon as possible. If they are purchased before the 12 June then the cost will be £15, after that it goes up to £25.

- 14/6 - PGL trip leaves
- 17-28/6 Year 12 end of year exams
- 21/6 - Year 13 Prom
- 21/6 – Year 8 HPV vaccinations
- 28/6- Year 11 Prom

Wishing you all a lovely weekend.

Amy Jackson
Headteacher

Term Dates

Autumn Term 2023
 5 September to 21 December
 (Inset Day – 4-5 Sept & 1-3 Nov
 - except Y11 & Y13)

Half Term
 23 October - 3 November (see above)

Christmas Holiday
 22 December - 5 January 2024

Spring Term 2024
 8 January – 28 March
 (Inset Day – 19 Feb)

Half Term
 12-19 February (see above)

Easter Holiday
 29 March – 12 April (Bank Hol
 29 Mar & 1 Apr)

Summer Term 2024
 15 April – 19 July (Bank Hol 6
 & 27 May)

Half Term
 27 - 31 May

..... Stop Press.....

- 10-28/6 – Y10 Trial Exams
- 17-28/6– Y12 End of Year Exams
- 21/6 – Y13 Prom
- 24/6 – Y7, 8, 9 Report emailed to parents
- 28/6 – Public exams end
- 28/6 – Y11 Prom
- 2/7 – Y10 Sussex University Trip
- 3/7 – New Y7 Induction Day
- 4-6/7 – Ilex Juniors Perf – 7.00pm

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OTHER NOTICES

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 office@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 Health Care 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>.

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

If you have changed your contact details, please email the school office on 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

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.

IN SAFE HANDS

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

School! Get in touch with the Designated Safeguarding Team

Mrs McGeoch: smcgeoch@hollyfield.kingston.sch.uk

Ms Patel: spatel@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.....





HOLLYFIELD PTA NEWS



TO RUN THIS AMAZING EVENT WE NEED VOLUNTEERS PLEASE!

You can sign up here: <https://www.pta-events.co.uk/hollyfield/index.cfm?event=volunteers>

If everyone does one slot, no one has to do many!

Also: if your young person is performing, there will be opportunity to swap/arrange cover.

Top 10 Hollyfest 2024 Tips and Tricks!

<https://hollyfieldpta.org/top-10-hollyfest-2024-tips-tricks/>

You can book your tickets here! <https://www.pta-events.co.uk/hollyfield/>

At the same time: sign up to an **estate agent board** (donation to the school for each board) and buy your **raffle tickets and buy tokens in advance for this CASH FREE EVENT!**

Next PTA/Hollyfest Meeting Monday 17 June

Everyone is welcome! Join us, find out how you can get involved and have fun whilst helping with events and raising funds for the school!

Join us at the Hollyfield, Exam building, next to the Dome, 7:30pm

[What three words location: holds.bravo.drives] Entering from the top gate off Lamberts Road.

We are looking forward to seeing you there!

Pre-loved Uniform Store Next session: 29 June 2024

At the old Music Building, Next to the Dome, Close to the Lamberts Road Gate

[What three words location: begin.tigers.atom]

Anyone is welcome to pop in and take what items they need.

If your child has lost or outgrown their uniform or PE kit please drop in and see if we can help. We have a large stock of items of uniform (particularly trousers) and PE kit including some shoes, football boots and trainers. **Availability varies.**

We operate a donation system for those that can afford to contribute.



@hollyfieldpta



@hollyfield_pta



@TheHollyfieldSchoolPTA



ptahollyfield@gmail.com



www.hollyfieldpta.org

Everyone Welcome - it is best the items get used, rather than sit in a store or be thrown away!

Any donations of uniform too small for your child would also be appreciated! These can be dropped at the collection point at the entrance to Albury

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/support-a-good-cause/step-1>

There are lots of ways of finding out about the PTA and what we are up to - website, Facebook, Instagram, Twitter and two email addresses.... they are all linked at the foot of each page....



@hollyfieldpta



@hollyfield_pta



@TheHollyfieldSchoolPTA



ptahollyfield@gmail.com



www.hollyfieldpta.org

THIS WEEK.....




TOP ATTENDERS

The year group with the highest overall attendance so far this year is Year 8 with a total of 95.31%. The top form group within each year this week is:

7SCM = 96.55%
 8AOP = 98.59%
 9HBL = 95.88%
 10EWE = 97.79%
 11JTU = 88.89%

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

HOUSE POINTS

	 Eagle	 Falcon	 Osprey
Year 7	12704	13122	13175
Year 8	10940	10672	10152
Year 9	9008	9609	8627
Year 10	8085	5982	6012
Year 11	1635	4634	2130
Total	42372	44019	40096

NEXT WEEK

Monday 10 June	Year 10 Trial Exams to 28/6
	Year 12 Assembly – Common Room
	Whole School Online Assembly – Outside Gym Launch
	Year 12 Health Care Summit (Kingston University)
Tuesday 11 June	Year 13 Assembly – Common Room
	Year 7 Assembly (Celebrating Difference)
	Year 7-8 Junior Kangaroo (Maths)
	Year 10 Devising - Assessed Performances
Wednesday 12 June	Year 8 Assembly (Celebrating Difference) – Dining Hall
	Year 8 & 9 Reach Out - (Exam Centre) (6.00-8.00pm)
Thursday 13 June	Year 9 Assembly (Celebrating Difference) – Dining Hall
Friday 14 June	Year 10 Assembly (Celebrating Difference) – Dining Hall

FORTHCOMING DATES

10-28 June – Year 10 Trial Exams
 10 June – Year 12 Health Care Summit (Kingston University)
 17-28 June – Year 12 End of Year Exams
 21 June – Year 13 Prom
 24 June – Year 7, 8, 9 Report emailed to parents
 28 June – Public exams end
 28 June – Year 11 Prom

2 July – Year 10 Sussex University Trip
 3 July – New Year 7 Induction Day
 4-6 July – Ilex Theatre Performances – 7.00pm
 5 July – Pride in Learning
 9 July - Sports Day
 10-11 July – Activities Day
 10-11 July – Year 10 Geography Field Trip, Seaford
 11 July – Art & Design Exhibition – 4.00-7.00pm
 13 July - Hollyfest
 15 July – Year 10,12 Report emailed to parents
 15-19 July – Year 12 Work Experience Week
 19 July - End of Term – students dismissed from 12.00pm

15 August – A2/AS Results Day

22 August– GCSE Results Day

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 7 533 **Year 8** 508 **Year 9** 241 **Year 10** 385 **Year 11** 5

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

7MFA 114 **8FKE** 94 **9MCO** 54 **10EONEWE** 59 **11RLO/DMI** 2

The top performing students from each year were:

Year 7 Wojciech P **Year 9** Emily P **Year 11** Pippa W
Year 8 Lucia MA/Marcin P **Year 10** Beau B

TEACHING AND LEARNING

On Thursday Year10 GCSE Art students had a great day in London today walking along the Southbank to Tate Modern, sketching at various points along the way. They really enjoyed visiting the Tate Modern and seeing such a wide range of modern Art. Students created some amazing drawings as part of their Essence of the City project! Well done Year 10 artists!



CAREERS

CAREERS

Careers Briefing - 7 June 2024
Mr Poole & Miss Corrighan (Careers team)



Year 12 Work experience 15 July -19 July - Can you help?

As part of our Year 12 programme, we are seeking opportunities for our students to gain valuable work experience from 15th to 19th July. We can be flexible with these dates.

We are asking parents or your employer who might be able to offer a placement for one of our students during this period. The placement can be in any field and does not necessarily have to be directly related to the students' current studies. The key objective is for them to gain exposure to a working environment and develop a range of transferable skills.

If you have the capacity to support a student, or if you need more information about the programme, please do not hesitate to contact me at R.hall@hollyfield.kingston.sch.uk Your assistance in providing our students with these opportunities would be greatly appreciated.



Career Opportunities bulletin for sixth formers

Please see the weekly bulletin below with details of **work experience, university tasters, summer schools, apprenticeships, careers talks and more**. This is collated each week for YOU! [6th June 2024 Sixth Form Careers opportunities](#)

Year 11 - College and apprenticeship events

All Year 11s should by now have a plan about where they want to study next year or whether they are going into an apprenticeship. There are still opportunities to explore your ideas so see the college and apprenticeship details below. If students do not have any applications for college and need some support they should see Mr Poole in the LRC who can help them apply for colleges and apprenticeships.



Kingston College and the linked colleges are offering some more open events. The events include Principal's Talks, the opportunity to talk to tutors and students, tours of the College by our fantastic student ambassadors, 'have a go' activities and the option to chat to a Careers Advisor.

South Thames College Kingston College Carshalton College Merton College	Wednesday 19 June, 4.30pm-7pm	Register here
	Friday 21 June, 11am-2pm	Register here
	Wednesday 26 June, 5pm-7pm	Register here
	Thursday 27 June, 5pm-7pm	Register here



Richmond upon Thames College

Open Event Tuesday 18 June 5-8pm [Book here](#)- For any Year 11s who are undecided for next year, Richmond are holding their last open event of the year. It might also be a good opportunity for some Year 10s to start thinking about their 16+ options.

Way2Work Open Day Event 2024

You are invited to attend Way2Work's apprenticeship open day

Thursday 18 June
 Afternoon session: 2pm to 5pm
 • Heatham House in Twickenham

Friday 21 June
 Morning session: 9am to 12pm
 • Guildhall in Kingston

What is covered on the day

- Types of apprenticeships
- Experiences of past apprentices
- Benefits of an apprenticeship
- Skills you will develop
- How to sign up
- Employers you can work for

100% pass rate

93% of apprentices progressing into a higher apprenticeship, employment or further training

Way2Work Apprenticeships

Please reserve your ticket for the event on Eventbrite as spaces are limited! Scan the QR code.

Way2 Work is a local apprenticeship provider in the Kingston area who offer a range of apprenticeships including: childcare, teaching assistant, business, customer service and others.

They are having open events in June for year 11s and parents/carers to attend in Twickenham and Kingston. See the flyer for more details.

Year 10

Post 16 options - students can stay in education at a sixth form such as [Hollyfield Sixth form](#) & colleges or you can do an apprenticeship at 16 or 18. Mr. Poole and Miss Corrigan are now interviewing students in Year 10 as students need to begin to think about their future destinations. Summer term is a great opportunity to explore these options on the college websites and attend open days and more open events, including Hollyfield Sixth Form will be in the Autumn Term. See below the events this term:

- [Richmond College](#) - Open Event Tuesday 18th June 5-8pm [Book here](#)
- [Esher College](#) - Open Evening on Monday 1 July 2024 4.30 – 8.00pm - This is the only open event for students starting in 2025. There are also tours that take place but look on their website for more information.

Applications - you will automatically be offered a place at Hollyfield sixth form. If you want to apply to Esher College applications open on July 2nd otherwise most college applications should be made from late September and October onwards. Our advice for applications for next year is to make 2 or 3 applications. Your first choice destination but then always have at least one back up plan.



Sussex University trip - sign up now!

We are organising an aspirational visit to **Sussex University on 2 July for year 10 students**. This visit is an opportunity to visit a campus based university and gain an insight into higher education. Even if students do not want to go to university it is recommended that they attend to find out more about future options so they can make informed choices.

Please complete the coach payment and medical form by Wednesday 12th June as spaces are limited. See the letter about the trip: [Sussex University trip](#). Please note that a student's place is only confirmed when the payment has been made and you can contact Mr Poole ipoole@hollyfield.kingston.sch.uk if you have any questions.

Careers in Focus - Architecture



Did you know that there's a building in Prague that can dance? Well, kind of. The "Dancing House" actually looks like two people swaying to music. It's an incredible example of super-creative architecture.

But while architecture can make bricks and glass look like a couple hitting the dance floor, architects also design some of our most practical and necessary buildings – like schools, hospitals and offices. If you've got [excellent maths](#) and drawing skills, an analytical approach, and an interest in the environment around you – becoming an architect could be a great fit for you. The role requires seven years of study and hard work, but it's a really rewarding career that gives you the exciting chance to literally shape our surroundings.

What skills do I need to become an architect?

Wondering whether architecture is right for you? Have a look at the skills and qualities needed for architecture jobs:

- Drawing skills.
- Very strong maths skills.
- An ability to think analytically.
- A methodical and logical way of working.
- Good [communication skills](#).
- Ability to negotiate.
- Digital and IT know-how.
- Ability to think creatively and [outside the box](#).
- Good [problem-solving skills](#).
- Able to think about the big picture as well as having great attention to detail.



What's an architect?

We like to start with the basics: essentially an architect is a designer who works with buildings. They design the “built environment”, which means [everything in our surroundings that is man-made](#), for example buildings, roads and parks.

Architects mix their creative ideas with technical know-how to design and plan the built environment. They think about how buildings will be used and maintained. They have to consider how future generations might use the buildings as well.

Architects explore new technology and materials to make things that are environmentally sustainable.

What does an architect do?

Architects usually work for architecture firms, where different clients (that could be a company, a local council, the government) request buildings and structures. Local councils also employ their own architects to work on "urban planning", the task of designing our towns and cities. Architects create the designs then oversee the project from start to finish. Their tasks could include:

- Talking to clients about what they want, what the building project requires and how much money they want to spend – then using that information to create a “design brief”.
- Coming up with ideas for the project using sketches and models.
- Making accurate and very detailed technical plans using digital software.
- Sticking to building laws and safety rules.
- Keeping the client’s budget in mind and not spending too much.
- Choosing what materials to use.
- Overseeing the actual construction of the building and checking on the progress.
- After construction, check that the client is happy and sort out any problems.

Sounds exciting. Tell me how to become an architect.

This is where the hard work (and a little patience) comes in! Here is the most common route to qualifying as an architect in the UK: What GCSEs do I need to be an architect?

1. A five-year undergraduate degree in architecture that is recognised by the Royal Institute of British Architects (RIBA).
2. After the first three years of your degree, you will do one year of practical experience, usually with an architecture firm. You will be [guided by mentors](#) at your university and employer. Some students use this year to work in the [wider construction industry](#), or even [travel](#) or [volunteer](#).
3. Then it’s back to university to finish the last two years of your degree.
4. After your degree, you’ll be required to do another year of practical experience. At this stage you’ll be given more responsibility on projects.

5. Take RIBA's final exam to qualify as an architect.
6. Register with the Architects Registration Board. This tells the world that you're a fully qualified architect. Success!

RIBA has more details on the stages here.

What GCSEs do I need to be an architect?

A lot of people ask the question "What GCSEs do I need to be an architect?" The truth is, entry requirements are different for each degree course. You usually need a portfolio of your drawings and photographs. Universities are not too prescriptive about what A-levels you need, but often look for a mixture of arts/humanities and maths/science subjects. A-levels in maths and subjects like art or and design will help or a BTEC in Construction and the Built Environment or Engineering. Maths and English at grade 4 or above are essential GCSEs to get onto an architecture course, but beyond this you may wish to choose GCSEs which set you up well for the A-levels or BTECs you need to get onto a degree course.



How much does an architect earn?

As a newly qualified architect you could expect to earn up to £35,000. This rises to £44,000 for a senior architect, and up to £90,000 for highly experienced professionals.

***This information was taken from the Success at school careers website which provides a**

range of information on careers and options*



FREE EVENT

For parents, students
& teachers



Preparing for Success this Summer

REGISTER HERE

As the summer approaches, it is a great time for students to start thinking about how to use that time wisely. To get a head start on their futures, students can use this time to upskill and gain valuable experiences that will boost future applications. Parents and teachers can also play a vital role in sharing ideas to inspire and motivate students.

We will be covering...

1

» The impact of the changing job market on the future of careers

2

» A deep dive into desirable skills students can build over the summer and key practical takeaways to implement this

3

» How InvestIN can support students on their career journey



Wednesday 19th June, 7:00-8:00pm (UK time)

Sign Up Here

GENERAL INFORMATION

Links to Useful Information

[Term Dates 2023-2024](#)

[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](#)

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.

My name is Cassim and I'm the South West London engagement lead for Kooth, covering **Wandsworth, Croydon, Sutton, Merton, Kingston and Richmond**. Kooth is commissioned by NHS. I will be running a number of Parent and Carer's virtual sessions in June and we'd love to invite as many parents as possible to find out how the school and Kooth are working together to support your young person. The session/s will be on how we work with schools to support your young people's mental health and wellbeing.

As you may already know, At Kooth, we offer free support with no waiting lists. Kooth is a safe and anonymous space for young people to talk about their wellbeing without the fear of judgement. We have clinical practitioners on hand to offer one-to-one support through text-based counselling, operating after school hours, on weekends, and during school holidays. Your child or young person can access the immediate help they need without a formal referral.

Which virtual session would you like to attend?

10:00-10:40 Sunday 2 June 2024

16: 30-17:10 Sunday 2 June 2024

18:30-19:10 Tuesday 4 June 2024

18:30-19:10 Thursday 6 June 2024

If you'd like to secure your Parents & Carers Kooth info session - London spot, please complete this form.

I understand the limits that parents/carers have in attending work day sessions, so I have organised the sessions to be in the evening and on a Sunday too. I have tried to make these times as accessible for parents and carers as much as I can, so you know how schools and Kooth are working to support your young person/s.

Mental Health Resource sites

- Mind in Kingston: run daily activities on zoom.
Email 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.
- Shout - Shout is the UK's first free 24/7 text service for anyone in crisis anytime, anywhere. Text Shout to 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/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/. 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

(W) shrafeddins-therapy.co.uk

Volunteering
Kingston Hospital
NHS Foundation Trust

MAKE THE DIFFERENCE

Volunteer at Kingston Hospital

You can make the difference

Contact us now on 020 8934 3620 or email khft.volunteering@nhs.net to find out how you can help your local hospital.

SCAN TO LEARN MORE

EnhanceAble
AFTER-SCHOOL CLUBS

RIBBONS: MONDAYS
FLYERS: TUESDAYS
KITES: ALTERNATE TUESDAYS

RIBBONS: 4PM - 6PM
FLYERS: 4PM - 6PM
KITES: 6.15PM - 8.15PM

13 GENEVA ROAD, KINGSTON UPON THAMES, KT1 2TW

ENHANCEABLE AFTER-SCHOOL CLUBS AIM TO SUPPORT YOUNG PEOPLE LIVING IN THE ROYAL BOROUGH OF KINGSTON, BY HELPING DEVELOP THEIR SOCIAL AND LIFE SKILLS. CREATE NEW FRIENDSHIPS AND MEET OTHERS WITH A SIMILAR DIAGNOSIS... AND, ABOVE ALL, HAVE FUN!

KITES - FOR OLDER CHILDREN (AGED 11-17) OFFERING GROUP SUPPORT FOR A WIDE VARIETY OF DISABILITIES/NEEDS.

RIBBONS - FOR YOUNGER CHILDREN (AGED 4-11) OFFERING GROUP SUPPORT FOR A WIDE VARIETY OF DISABILITIES/NEEDS.

FLYERS - FOR CHILDREN (AGED 4-17) WITH MORE COMPLEX HEALTH AND/OR PHYSICAL DISABILITIES, OFFERING 1 TO 1 SUPPORT.

For More Info:
 Leanne.Johns@Enhanceable.org
<https://www.enhanceable.org/services/after-school/>

KINGSTON ADULT EDUCATION
Learn Achieve Progress

Take advantage of the long summer days and learn something new!

Kingston Adult Education has a packed summer programme full of creative, wellbeing, maths, English and vocational courses.

Classes take place throughout the week at various times, both online and at centres across the Royal Borough of Kingston - and some of our courses are free!

SCAN HERE FOR COURSE GUIDE:

For further information, visit <https://bit.ly/KAE-Summer2024>

THIS IS YOUR CHANCE TO PLAY SQUASH AT THE LONDON YOUTH GAMES

SURREY SQUASH

ARE YOU UNDER 17?
DO YOU PLAY A RACKET SPORT?

Why not try out for your place on **Kingston's** squash team at the London Youth Games?

INTERESTED? SCAN THE QR CODE:
OR EMAIL: rebecca.middleton@kingston.gov.uk

KINGSTONIAN CRICKET CLUB

CALLING FUTURE CRICKET STARS

Join our junior cricket team and unleash your potential! Whether you're a seasoned player or new to the sport, all aspiring cricket boys and girls are welcome.

Please Email : Kingstonianc@gmail.com

Wed & Thu
17 April - 18 July

6:30pm - 8:00pm

KCL Sports Ground, Windsor Avenue, New Malden, KT3 5HA

[@Kingstonian_Cricket](https://www.instagram.com/Kingstonian_Cricket) [Kingstonian Cricket Club](https://www.facebook.com/KingstonianCricketClub)

HAMPTON WICK ROYAL CRICKET CLUB

HWRCC has been established for over 160 years in the stunning surroundings of Bushy Park. We take real pride in being part of the local community and welcoming all players, spectators and guests to our inclusive club, where 70% of our juniors are state-educated.

We offer junior cricket to girls and boys from age 5 upwards, with our super-friendly, ECB qualified coaches. All experience and abilities very welcome! Please see our website for how to get involved.

[TheWick1963](https://www.instagram.com/TheWick1963) [Hampton Wick Royal Cricket Club](https://www.facebook.com/HamptonWickRoyalCricketClub) cricket@hwcc.co.uk
juniocricket@hwcc.co.uk

HOME START
Richmond, Kingston & Hounslow

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 or 07884 536161.
Registered charity no: 1108975.

HAMPTON WICK
THURSDAYS, 9TH MAY - 20TH JUNE
(NOT HALF TERM 30TH MAY)
9:45AM - 2:30PM

If you have some free time, and you are a parent or grandparent (or have similar experience), you could help other families with pre-school children. Local charity Home-Start is offering a free course to train you to be a home-visiting volunteer, supporting families with difficulties such as post-natal illness, bereavement or disability. The course will run in Hampton Wick from 9.45am-2.30pm, on Thursdays from 9th May to 20th June (not half-term 30th May). After the course, volunteers visit and support a family for 2-3 hours a week. For more information, please contact Erin on erin@homestart-rkh.org.uk or volunteer@homestart-rkh.org.uk or 07884 536161.

NEW JUNIOR ZUMBA STUDIO CLASS

TO BOOK, VISIT SURBITON.ORG

FOR 11 - 15 YEAR OLDS
SATURDAYS 11:45-12:30

CHILD FRIENDLY ROUTINES BASED ON ORIGINAL ZUMBA CHOREOGRAPHY



Patient Experience Volunteer - Patient Partner; Patient Experience Committee (PEC)

ABOUT THIS ROLE:

Kingston Hospital is committed to working in partnership with patients, families, and carers in a transparent and open way. We are looking to recruit new Patient Partners to our Patient Experience Committee. This is a voluntary role. Our Patient Partners have expenses reimbursed and this can cover cover costs if needed.

The Patient Experience Committee is made up of people with a shared interest in ensuring that patient experience insight is at the centre of work to design, deliver and improve services. PEC members include:

- Senior doctors, junior doctors, nurses and allied health professionals from the hospital as well as representatives of teams such as patient experience, quality improvement and volunteering.
- Nursing leads from the hospital.
- Our local Healthwatch partners, Kingston Hospital governors and Patient Partners.

The meeting is chaired by Nichola Kane, Chief Nurse for Kingston Hospital and HRCII and attended by KHFT / HRCII chairman and other non-executive KHFT board members.

WHAT WILL I BE DOING:

As a PEC Patient Partner you will attend quarterly committee meetings. These last two hours and are currently virtual meetings on MS Teams. Your role will be to:

- Consider the evidence on the quality of patient experience and examples of experience initiatives brought to PEC. Ask questions about how the hospital is responding to these and ensuring they are impactful.
- Be prepared to share your thoughts in a challenging yet constructive way in a meeting that involves people from a range of professional backgrounds.
- Read papers that have been circulated in advance of meetings and take part in a short pre-meeting briefing with a member of the patient experience team.
- Be prepared to put forward your ideas of how patient experience can be improved across the hospital.
- Support other patient experience related initiatives led by the patient experience team if you would like to do this.
- Participate in reflective sessions with other Patient Partners to discuss common themes and priorities that you have identified.

Other essential tasks

- Commit to being available for mandatory training and meetings.
- Follow hospital policies and procedures as covered in your training.
- Maintain the confidentiality of the PEC meeting, its members and content always (and any pre and post meetings you take part in).



- Tell us if something concerns you or if you need further support and information to carry out your role.

As the role develops there may be opportunities to get involved in other activities to support patient experience, for example being involved in improvement projects as a patient partner.

WHAT WE ARE LOOKING FOR:

- A curiosity and interest in how patient, carer and service user voices are heard and responded to at Kingston Hospital.
- We are looking for people who are able to listen to complex information and make rational and objective comments and challenges by asking good questions.
- You will need to have an awareness of the range of experiences and perspectives that different people within our community might have and a preparedness to think about issues from different perspectives. For example, the perspective of people that find it difficult to access health services because of socio-economic issues, existing health conditions or accessibility needs amongst other things.

- Meeting dates for 2023:-

- 22nd October
- 30th December

WHAT SKILLS, KNOWLEDGE AND EXPERIENCE ARE HELPFUL IN THIS ROLE?

- Understanding of and a broad interest in Kingston Hospital and the experience of care and treatment of patients and service users.
- Confidence to communicate well verbally with people at all levels of the organisation about strategic issues, as an advocate for patients.
- Able to understand and evaluate a range of written information and evidence.
- Empathy skills - the ability to see things from patient perspectives as well as that of the Trust.
- An ability to remain objective.
- Ability to plan time to prepare for meetings and attend them.

WHAT SUPPORT IS PROVIDED?

- You will be part of a committed, multi-professional committee who seek to improve patient experience.
- Learn new and develop existing skills.
- Support your personal development and confidence.
- You will be making an important contribution to your local community throughout your volunteering journey at the hospital.

ESSENTIAL REQUIREMENTS / COMMITMENT:

- Over 18 years of age
- DBS check
- Have attended/completed all mandatory training including:
 - The volunteer induction
 - Patient Experience Induction Session
- To live our values through your volunteering role at Kingston Hospital:

IF YOU HAVE ANY ENQUIRIES PLEASE DO GET IN TOUCH.

EMAIL: KHFT.VOLUNTEERING@NHS.NET TELEPHONE: 0203 934 2549 / 0203 934 3620





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AVAILABLE!**

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and tax-free childcare.



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