Mental Health Support Team Summer 2025 Newsletter

Hello from the Mental Health Support Team – Southwark!

As the end of the school year comes closere and the summer holidays are about to begin, we're excited to share our latest round-up of services, events, and activities designed to support young people and families during the break.
This edition is full of opportunities to unwind, try something new, and make the most of the summer together. Whether you're looking for wellbeing support, fun ways to spend the day, or just a bit of inspiration, we hope you'll find something helpful here.

Wishing you a restful, joyful, and well-deserved summer!

Warm regards,

Mental Health Support Team - Southwark

Activities for Children and Young People

Please click on the below headings for further information about each event.

Southwark Presents

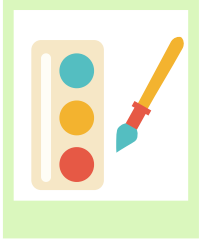
Find out what's happening in Southwark for children and families. From big arts organisations to local community groups - you can find a variety of listings here!

Bold Tendencies

Over 5 weeks, Bold Tendencies, in collaboration with Groundwork and The Nest, will run weekly workshops with up to 20 young people between the ages of 11 – 16 years. The programme is free and gives local young people a space to imagine, create, appreciate the arts, end exercise the right to joy.

Move Games - Kids Activities

Jump into awesome adventures this summer with fun activities at Move Southwark leisure centres including swimming, football, badminton, BMX, fun and games sessions, kayaking, sailing, tennis, table tennis and more! Activities start mid July. Bookings open 1 July. Spaces are limited.



Tate Kids (Online)

Free

Tate Kids offers a free, fun art hub for children: games, quizzes, drawing and painting activities, art history insights, homework help—and opportunities to share their own creations.

Food and Fun Holiday Programme

Free

For children aged 4 to 16 on benefits-related free school meals.
The next programme runs from 28 July to 29 August, providing free, nutritious and tasty food and fun physical activity sessions.

Greenwich and Docklands International Festival (GDIF)

Free

GDIF is a free outdoor theatre and performing arts festival. It brings the streets of Greenwich and East London to life with acrobatics, dance, street theatre, and big installations. It's perfect for a family day out and in the evening, you can check out their spectacular night-time shows!

Science Owl Workshops for kids ages 6-12

Free

Science Owl are running free workshops where kids can get creative, learn about the environment, and turn old toys into something new. Worskhops taking place late June.

Little Fish Theatre Summer Programme

Free

This FREE Southwark project is designed to empower children aged 9-11 and assist them in developing crucial life skills, such as personal, social, and health education, to ensure a smooth and successful transition to secondary school.

Southwark SEND Short Breaks

Targeted Short Breaks are clubs and activities for children and young people with Special Educational Needs and Disabilities (SEND), funded by Southwark Council. They include school holiday and weekend activities and after-school activities that have higher staff ratios and additional resources to support children with a range of additional needs.

The Southbank Centre's Riverside Terrace

You and your family can enjoy free events on the Riverside Terrace, with a variety of outdoor performances, workshops, and exhibitions. Throughout the summer, there are lots of family-friendly workshops where kids can try crafts, music, and dance: all with beautiful views of the Thames!

National Gallery's Summer on the Square: Storytelling

The National Gallery hosts a variety of storytelling sessions over the summer. These sessions are interactive and perfect for young minds. This summer, they will be exploring an original story written and illustrated by a local primary school.

Bermondsey Carnival

Free Entry

This free fun family day out includes a multitude of activities for all to enjoy, including dance workshops and performances, storytelling, hula-hooping, arts and crafts, face painting and a performances

London Parks

In summer, there's nowhere better to head than to one of London's green spaces. Some popular local parks include **Dulwich Park** and **Centre for Wildlife Gardening** in East Dulwich, **Ruskin Park** in Denmark Hill or **Burgess Park** that stretches from Walworth to Peckham.

Groundwork London - Project Highlights

Groundwork London leads a variety of impactful projects, which we regularly showcase in our newsletters. This month, we're shining a spotlight on Strengthening Fathers and Million Hours.

Strengthening Fathers

Workshops, peer-support, advocacy and mentoring, and tailored events, days out and retreats for fathers.

A project for fathers, by fathers. Strengthening Fathers blends advocacy and mentoring, parenting workshops, life-skills training and interactive events and retreats to help fathers develop the skills to improve their children's and their own life outcomes.
The project is open to all fathers in the eligible boroughs of Southwark, Lewisham and Lambeth.

Workshops and events take place weekly at one of our locations:

- 3Space International House, 6 Canterbury Crescent, SW9 7QD
- Appleby Blue Almshouse, 94-116 Southwark Park Rd., London SE16 3RD
- Kingswood House, Seeley Drive, West Dulwich, London, SE21 8QR

Engaging with us:

- Engagement can be in person or online/phone.
- Wraparound support is available and there's no limit to the number of support sessions offered.
- Parent to parent mediation and parent to child mediation is available.
- 1:1 Therapeutic sessions available.
- Father/guardian and child activities available (football, games nights, lunch, hiking, cooking classes and more.

Get in touch:
If you would like to know more about the project or have any questions, you can get in touch at strengtheningfathers@groundwork.org.uk

Or complete a referral via our website: https://thenestsouthwark.org.uk/parents-carers/strengthening-fathers/

Thank you for connecting with Strengthening Fathers.

Strengthening Fathers.

The Nest and **Bridge The Gap Studios** have teamed up to support fathers in Southwark, Lewisham and Lambeth in need of advocacy, guidance, and peer-support.

Support and Guidance we offer

With **one-on-one guidance and mentoring,** we're here to support fathers in every step of their journey.

Enjoy quality time and **memorable** moments with your child at our special events and retreats for fathers.

Learn **effective strategies** for co-parenting, mediation, and communication, plus discover local services that support fathers in our workshops.

Our workshops provide **practical tools** and guidance on co-parenting, **effective strategies** for mediation and communication, and help you connect with local services to support fathers.

Scan here for our Referral Form.

Get in touch

+44 020 8138 1805

@thenestsouthwark
@bridgethegapstudios

strengtheningfathers@groundwork.org.uk

BRIDGE THE GAP STUDIOS

THE NEST

GROUNDWORK

Groundwork London - Project Highlights

Million Hours

What is Million Hours?

Millions Hours is aimed at young people between the ages of 11-18 (up to 25 with SEND) at risk of anti-social behaviors in specific wards of Southwark. The project offers:

- Workshops on education and employment
- Bespoke 1:1 training and support
- Volunteering opportunities and placements
- Peer support
- Skills development
- Workshops including yoga, debate, songwriting and music studio sessions, crafts and more

Get in touch:
Email: youthwork@groundwork.org.uk

Or complete a referral via our website: **Million Hours Referral Form**

Accessing support during the holidays

We know that while the holidays can be a time for relaxation and family fun, they can also bring unique challenges. If you're feeling overwhelmed or in need of support, please remember that help is available. Below, you'll find links to services that offer guidance, resources, and a listening ear during this period.

You're not alone—there's always someone ready to help.

Emergency Support

If people are injured or if there is a threat to life you should call 999.

> **Southwark Emergency Support Scheme (SESS):**
If you're a Southwark resident facing a crisis, emergency or disaster and you need help, Southwark Emergency Support Scheme (SESS) can help.
We normally provide goods or services rather than cash. For example, you might qualify for a food gift card or help with your energy bills.
Telephone: 020 7525 2434

> **The London Victim and Witness Service (LVWS)**
If you've been affected by crime in South London, call the London Victim and Witness Service (LVWS) on 0808 168 9291. Lines are open 8am-8pm, Monday to Friday.
If you need telephone support outside of your local team's opening hours, you can call our Supportline, for free, on 08 08 16 89 111. Supportline is open 24 hours a day, seven days a week.

> **Southwark Domestic Abuse Service (SDAS) delivered by Refuge**

- 0118 214 7150
- sdas@refuge.org.uk

> **Safe Spaces**
A Safe Space is a confidential, private and safe room for people who are experiencing domestic abuse, where they can access resources for support and make a phone call to get help.

Find your nearest location by visiting Mental Health Support

Wellbeing Support

> **Kooth:** Free, anonymous support for young people. Sign up by live chat or message on their website.

> **Childline:** Listening service for anyone under 19. Tel. 0800 1111

> **Young Minds:** Helpline for parents concerned about their child's mental health. Tel. 0808 802 5544 (Mon-Fri: 9.30am-4pm)

> **Shout:** 24/7 Textline for anyone in a crisis anytime, anywhere. Text SHOUT to 85258

> **Hopeline:** Support for Young People under the age of 35 experiencing thoughts of suicide. Tel. 0800 068 41 41, Text: 07860 039967 (Mon-Fri: 10am10pm; Sat-Sun: 2pm-10pm). Email: pat@papyrus-uk.org

> **Maytree Respite Centre:** A safe place for people in suicidal crisis to stay for up to four days. Open 24/7. Tel. 020 7263 7070 Email: maytree@maytree.org.uk

> **Winston's Wish**: Bereavement support for children. Phone: 01242 515157

> **Cruse Bereavement Care:** Support and advice to children, young people and adults when someone dies. Tel. 0808 808 1677 (Mon-Fri: 9.30-5pm; Tue-Thurs: 9.30-5pm)

> **Right Lines:** Supporting young people aged 13 - 35 who feel the need to self-harm. Access help via webchat on their website.

> **CALM (Campaign Against Living Miserably):** Helpline for men who are feeling down, who need to talk or find support and information. Tel. 0800 58 58 58 (5pm-12am, 365 days a year). Webchat: www.thecalmzone.net/help/webchat/

Further Resources

> Shelter: Housing advice helpline. Tel. 0808 800 4444 (Mon-Fri: 8am-8pm; Sat-Sun: 8am-5pm)

> CentrePoint: Provides housing and support to young people aged 16-25 who are homeless or at risk of homelessness. Website: https://centrepoint.org.uk/youth-homelessness/. Tel: 0808 800 0661

> Help with Food: You can find a collection of resources available to Southwark residents on the Southwark Council website. This includes lists food banks, food pantries and other kinds of food help available in Southwark.

> Benefits & Support: The council now has dedicated webpages which outline the support available to households and businesses struggling with the rising cost of living. Visit www.southwark.gov.uk/here-to-help for the most up-to-date information about entitlements, emergency funding, food and fuel schemes, mental health support and more.

> **Southwark Advice Centres:** General help is available for issues such as welfare benefits, housing, employment, consumer rights, money and debt. Telephone helpline 0344 499 4134. Further contact information available at https://www.citizensadvicesouthwark.org.uk/

> **Galop - National LGBT+ Domestic Abuse Helpline**: For LGBT+ people who have or are experiencing domestic abuse. They are also there for people supporting a survivor of domestic abuse; friends, families and those working with a survivor. Tel. 0800 999 5428. Email: help@galop.org.uk. https://galop.org.uk/get-help/helplines/

> **FRANK**: Honest information about drugs. Tel. 0300 123 6600 (24/7, 365 days a year). Text: 82111. Confidential email and live chat: www.talktofrank.com/contact-frank

> **Turning Point**: Whether you come to them with drug or alcohol issues, a mental health concern, or a learning disability, they'll give you the individual support you need. You can find more information on their website: www.turning-point.co.uk

> **Alcoholics Anonymous (AA)**: National helpline and local meetings. Tel. 0800 9177 650. Email: help@aamail.org