

Bessemer Primary School Newsletter



Part of The Gem Federation

www.thegemfederation.co.uk

Executive Headteacher: Sarah Beard

Address: Dylways, London, SE5 8HP

Email: bessemer@gemfed.co.uk

Telephone: 020 7274 2520

Head of School: Elizabeth Whitehead

Dates for your Diary

Friday 4th April 2025

Term Dates 2024-25

September 2024						
Mo	Tu	We	Th	Fr	Sa	Su
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

October 2024						
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21	22	23	24	25	26	27
28	29	30	31			

November 2024						
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25	26	27	28	29	30	

December 2024						
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16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

January 2025						
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13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

February 2025						
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24	25	26	27	28		

March 2025						
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10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

April 2025						
Mo	Tu	We	Th	Fr	Sa	Su
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14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

May 2025						
Mo	Tu	We	Th	Fr	Sa	Su
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12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

June 2025						
Mo	Tu	We	Th	Fr	Sa	Su
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

July 2025						
Mo	Tu	We	Th	Fr	Sa	Su
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

August 2025						
Mo	Tu	We	Th	Fr	Sa	Su
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

School Holidays

INSET Days

Tutorial Day

Bank Holidays

This Year's Class Assembly Dates

Class assemblies take place at 9.15 am on Thursday mornings and last for about 15 minutes. Parents and carers are invited to come along and watch their children present their learning from their half termly topic.

Years 1,2 and 3		Years 4,5 and 6	
Thursday 21 st November	1NS	Thursday 28 th November	5FM
Thursday 30 th January	3/4BW	Thursday 6 th February	6LM
Thursday 13 th February	2SD	Thursday 13 th March	6KL
Thursday 20 th March	2LT	Thursday 27 th March	4BG
Thursday 3 rd April	3LS	Thursday 8 th May	5RS
Thursday 15 th May	3NI	Thursday 22 nd May	4GS
Thursday 5 th June	1ST	Thursday 12 th June	6SB
Thursday 19 th June		Thursday 26 th June	5OF
Thursday 3 rd July	1JM		

Dates for your Diary

Summer Term Diary Dates:

23.04.25 – Children return to school
23.04.25 – Year 6 violin concert at The Barbican after school
24.04.25 – Year 1 Wildlife Centre trip
24.04.25 – Class photos
07.05.25 – Year 1 to JAGS music festival
09.05.25 – Years 1 and 2 athletics afternoon at JAGS
10.06.25 – Year 4 cricket festival
19.06.25 – Year 1 trip to the Science Museum

Please check this page weekly as dates will be added throughout the term.

Summer Term Library Visits

Each term every class has the opportunity to visit Grove Vale library. Children spend some time exploring the library, younger children often have a story session and then all children borrow a book to bring back to school with them. Library visits take place between 10.20 and 11.00 am, if you are able to accompany your child's class on their library visit please speak to their class teacher.

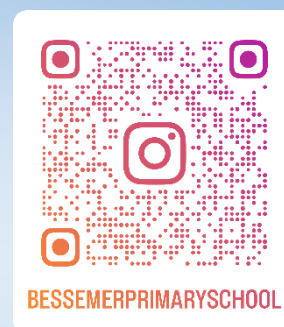
Thurs 24 th April	4GS	Thurs 5 th June	6LM
Fri 25 th April	4BG	Fri 6 th June	6KL
Thurs 1 st May	3/4 BW	Thurs 12 th June	6SB
Fri 2 nd May	5RS	Fri 13 th June	1JM
Thurs 8 th May	5FM	Thursday 19 th June	Moonbeam (reception)
Fri 9 th May	5OF	Friday 20 th June	1ST
Thurs 15 th May	3LS	Thursday 26 th June	1NS
Fri 16 th May	2LT	Friday 27 th June	Sunshine (reception)
Thurs 22 nd May	2SD	Thurs 3 rd July	Ladybird (Nursery)
Fri 23 rd May	3NI	Fri 4 th July	Butterfly (Nursery)

News and Reminders

Instagram

For more updates about what's going on at Bessemer and insights into our creative and practical curriculum, follow us on Instagram!

@[bessemerprimaryschool](https://www.instagram.com/bessemerprimaryschool)



News and Reminders

Saying Goodbye

We are very sorry to be saying goodbye to Najma Ibrahim this term. The decision to leave Bessemer is one that Najma has had to make at the last minute and one that she has not made easily. She is very sorry to be leaving her class before the end of the year and she will miss the children as much as they will miss her. We are grateful to Najma for everything she has done for Bessemer during her time with us, we will miss her and we wish her all the best for the future.

New SENCo



We are very happy to welcome Joanne Fielding to our Gem Federation Inclusion team. Joanne is taking up the post of part time SENCo and will be based at Bessemer. Please come and say hello if you see her around school after the holidays!

Gem Winners

Rubies were our house winners this term and they all headed off for a fun trip to Ruskin Park where they played games and ate ice lollies in the sun. Well done Rubies!



Football

Jack's League Report

Following on from the Girls' success, Bessemer Boys have also won their league! As the boys' teams compete over two separate leagues, a series of knock out games was played to decide the overall winners. In their first game, the boys came from 4-1 down to win 5-4 in a thrilling comeback. Confidence running high, the boys thrashed their next opponents 5-0. Then came the decider against arch rivals Grange. The boys started well and had one hand on the trophy with two early goals. Nerves began to show as Grange responded by scoring two goals in return. However, it was to be Bessemer's day yet again with the boys prevailing 4-2, sealing the trophy for a second consecutive year. Once again, we would like special mention to go to our amazing coach Joe as well as our supportive parents.



Sharing Children's Learning

Demonstrating our core values of being *Academically Ambitious, Creative and Practical* and *Connected to the Community*

Children in Years 3 and 4 enjoyed a trip to The British Museum to learn more about their *Egyptians* topic:



Children in Year 1 went to Crystal Palace Park to learn more about the history of our local area as part of their topic *London Now and Past*:



Sharing Children's Learning

Demonstrating our core value of being *Creative and Practical*

Children in Nursery went to the theatre to watch a performance of *Beegu*. They enjoyed exploring the sights of London on the way and made the most of the weather with a picnic by the river:



Children in Art Club have been busy making Easter crafts:



Word of the Week

Word of the Week is all about developing children's vocabularies by increasing the number of words they know and use. Making these challenging words part of their vocabulary improves children's speaking and listening, reading and writing skills. The words of the week this term have been:

Bellow	steep	momentum	scour	ooze	quarrel
tactic	robust	delegate	assertive	evasive	

Try to use these words as much as possible over the holiday. You could challenge your child to make up their own word searches or crosswords using the words, or come up with some games of your own to really embed the words in your child's vocabulary.

F@B Update

Thank you everyone for your amazing support this term!

Next term we'll be starting off with a F@B uniform stall ♻️ on Friday 25 April.

Find all your summer uniform needs: shorts, dresses, T-shirts and more! Donations of uniform are very welcome - please bring them to the school office or the stall on the day.

Bring cash and coins if you can - we will have the card reader ready too 😊

Can't wait to see you there! Pop by and help us to save clothing from landfill! ♻️

Online Safety Tip of the Week

Safe games websites for children

Children (and adults!) enjoy playing computer games – they are fun and entertaining, but we can also practise skills and develop problem solving abilities while we are playing.

It can be difficult, as parents, knowing what websites are appropriate and safe for children.

Some games websites, such as Poki and Friv, can include content that some children may get upset by, or parent might think is inappropriate.

If your child enjoys playing games online, then Poki do have a site created specifically for younger users, called 'Poki Kids'.

<https://kids.poki.com/>

CBBC games also has a wide variety of fun games.

<https://www.bbc.co.uk/cbbc/games>





Celebrations!

Certificates

	Star	Writer	Mathematician	Presenter	Scientist
Sunshine	Leonardo	Gabriel	Amelia		
Moonbeam	Teddy	K'Mara	Catalina		
1JM	Angus	Roman	Felix	Luna	
1NS	Goodwill	Ernie	Henry	Tobi	T'mari
1ST	Sienna	Nasir	Alaia	Hilal	
2SD	Jolyon	Rufus	Johnny	Arthur	
2LT	Kiyoko	Sam	Dora	Mason	Arthur
3LS	Aidan	Harris	Keyan	Johnny	Margot
3NI	Callum	Lucas	Georgie	Ava	
3/4BW	Ruby	Jerome	Casper	Ben	
4BG	Ismay	Beau	Sophie	Wolfe	
4GS	Whole class	Stiven	Grace	Salome	
5RS	Lacey	Fran	Matthew	Aubrey	Malachi
5OF	Luciano	Adam	Sammy	Runaah	
5FM	Holly	Amelia	Ramadan	Mariatu	
6LM	Tayo	Owen	Gloria	Andrea	
6SB	Hannah	Valentina	Max M	Florence	
6KL	Ruby	Writer	Owen	Paul	

Individual Timestable Rockstars

Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Leonardo	Jasper	Nyeela	Micah	Nicolas	Kitty

Timestable Rockstars Winning Classes

Key Stage 1	Lower Key Stage 2	Upper Key Stage 2
1ST	4BG	6KL



Have a great holiday!

Elizabeth



London Wildlife Trust
**Centre for
Wildlife Gardening**

Easter Family Workshops



Birds, Nests & Eggs -

Monday 7th and Tuesday 8th April 10am-3pm

Teeny Tiny Animals -

Monday 14th & Tuesday 15th April

Free fun one- or two-day workshops for families living in Southwark suitable for all ages. Get to know garden birds, have fun making nests and eggs, bird watching, stories and games. Or encounter our mini friends living in the garden under logs, in the trees and in the pond. Mini beast sorting, racing, bush beating, pond dipping, log hunt, games.

You can choose Monday or Tuesday or both days. Workshops for all the family funded by Southwark Council. Booking essential. Free, booking fee £3 but let us know if that is too much for you (email dwallace@wildlondon.org.uk)

To book visit our website: www.wildlondon.org.uk/events

Funded by



To book please
scan the QR code
or visit
wildlondon.org.uk
/families





**EASTER
HOLIDAYS
WK2 2025**

**HAF
MULTI-SPORTS
CAMPS**

**LEWISHAM LIONS
CENTRE**

**10AM - 2PM EACH
DAY**

**FREE FOR FSM
KIDS BUT MUST
SIGN UP VIA
HOLIDAY
ACTIVITIES
VOUCHERS**



**EASTER 2025
HALF TERM**

**MULTI-SPORTS
CAMP WEEK**

**LEWISHAM LIONS
CENTRE**

10AM - 3PM

**£12 PER DAY OR
£50 FOR THE
WHOLE WEEK**

BOOK NOW



EASTER FOOTBALL CAMPS



**IMPROVE YOUR
SKILLS ON AND OFF
THE PITCH IN A FUN
AND SUPPORTIVE
ENVIRONMENT.**

**DULWICH SPORTS
GROUND**
Turney Road
SE21 7JH

**10TH & 11TH
APRIL
0900 - 1500**

**SIGN UP
& PLAY!**



girlsunitedfa.org/londoncamps



GIRLS UNITED

**EASTER
FOOTBALL CAMPS**

**INDIVIDUAL
TECHNIQUE
FOOTBALL CLINICS
WORKSHOPS
GAME-RELATED
PRACTICE**

**AGES 5 TO 14
ALL LEVELS
OF FOOTBALL
EXPERIENCE
WELCOME**



**Free & discounted
memberships
available**

girlsunitedfa.org/communitypricing



SPORTS FOCUS COACHING

Easter Camp



Football, Floor is Lava, Arts & Crafts, Tennis, Nerf Battles

Location: Bessemer Grange Primary School, Dylways

Ages: Reception - Year 6

Dates: Monday, 7th April - Friday, 11th April

Monday, 14th April - Thursday, 17th April

Times & Prices:

9:00 - 12:00 £25

12:00 - 15:00 £25

9:00 - 15:00 £35

Early drop off 8:30 additional £3.50 Late pick up 17:00 additional £5



Dodge Ball, Yoga, Dance, Cricket, Athletics, Cooking & More!

Spaces are limited

To book

www.sportsfocusuk.co.uk

For further info

Email: bookings@sportsfocusuk.co.uk

or Call: 07946 007937



[Sportsfocuscoaching_](https://www.instagram.com/sportsfocuscoaching_)



Sports Focus Coaching Limited





Dog Kennel Hill Adventure Playground

EASTER Holidays

DKHAP is a free, supervised playground for 8 – 12 year olds
Under 8s are welcome if accompanied by a grown-up.

We are open 11am – 6pm Monday - Friday

7th – 17th April

Join us!



Easter crafting
Bag making
DJ Sessions
Gardening
Knitting for beginners



Archery
Football
Roller-skating



**plus all the usual free
style adventurous play!**



Get in touch: info@dkhap.org.uk

Find Us: Dog Kennel Hill, SE22 8AA, next to Sainsburys

Southwark
Council



Southwark's
EASTER
OF FOOD AND FUN

Activity programme for children and young people aged 4-16 years who get benefits-related free school meals

7 April to 17 April 2025
www.southwark.gov.uk/foodandfun

Funded by

Department
for Education

Southwark
Council

Contact our providers to sign up

North East Southwark

AUTISM VOICE
Ages: 5 to 15
Neckinger Tenants and Residents Association (TRA) Hall, 87 Spa Road, SE16 3SG
07460 399 290
autismvoice1@gmail.com
www.autismvoice.org.uk

BALLERS ACADEMY - TEENS ONLY
Ages: 13 to 15
Peter Hills Primary School, Salter Road entrance, SE16 5ED
07400 543 210
info@ballersacademy.co.uk
www.ballersacademy.co.uk

CITY HOPE CHURCH
Ages: 12 to 16
City Hope Church, 121 Drummond Road, SE16 2JY
07305 163 038
kwame@cityhope.london
www.cityhope.london

MILLWALL COMMUNITY TRUST
Ages: 6 to 13
St Pauls Sports Ground, Salter Road, SE16 5EF
07903 245 058
tsells@millwallcommunity.org.uk
www.millwallcommunity.org.uk

PARENT SKILLS2GO
Ages: 4 to 10
Lewington Community Centre, 9 Eugenia Road, SE16 2RU
07725 818 283
07394 662 602
admin@parentskills2go.com
www.parentskills2go.com

ZENOCH COMMUNITY HUB
Ages: 5 to 16
City of London Academy (COLA), 240 Lynton Road, SE16 5LA
zenochservices@gmail.com
www.zenoch.co.uk

North West Southwark

FAST 58
Ages: 5 to 15
Roundhouse Hall, 2 Cardinal Bourne Street, SE1 4EJ
07973 311 684
dwalsh1503@gmail.com
www.fast58.org.uk

JUNIOR ADVENTURE GROUP - ELEPHANT & CASTLE
Ages: 5 to 11
The Castle Centre, 2 St Gabriel Walk, SE1 6FG
0800 640 9516
hello@junioradventuresgroup.co.uk
www.junioradventuresgroup.co.uk

East Central Southwark

ANGELS BREAKFAST AND AFTERSCHOOL CLUB
Ages: 8 to 16
Parish Church of St Luke's, Chandler Way, SE15 6DT
07957 472 504
angelsbreakfastafterschoolclub@gmail.com

BIRD IN BUSH CHAMPS
Ages: 5 to 11
Bird in Bush Primary School, Bird in Bush Road, SE15 1QP
07512 514 833
iali@birdinbush.southwark.sch.uk
https://birdinbushprimary.co.uk

DAMILOLA TAYLOR CENTRE
Ages: 11 to 16
Damilola Taylor Centre, 1 East Surrey Grove, SE15 6DR
youthservicesinfo@southwark.gov.uk

JUNIOR ADVENTURE GROUP - PECKHAM
Ages: 5 to 11
Peckham Pulse Leisure Centre, 10 Melon Road, SE15 5QN
0800 640 9516
hello@junioradventuresgroup.co.uk
www.junioradventuresgroup.co.uk

West Central Southwark

BURGESS SPORTS
Ages: 5 to 12
Surrey Square Primary School, Surrey Square, SE17 2JY
07384 336 925
afuja@burgesssports.org
www.burgesssports.org

South Southwark

DYNAMIC COACHING
Ages: 4 to 16
Dulwich Hamlet Football Club, Champion Hill, Edgar Way, SE22 8BD
07756 826 105
admin@dynamicmail.co.uk
www.dynamiccoachinguk.com

EXCEL BEYOND BARRIERS
Ages: 4 to 16
Ketra Community Hall, Telfer House, Seeley Drive, Kingswood Estate, SE21 8QW
07958 064 597
020 8079 7290
info@excelbeyondbarriers.com
www.excelbeyondbarriers.com

JUNIOR ADVENTURE GROUP - CAMBERWELL
Ages: 5 to 11
Camberwell Leisure Centre, Artichoke Place, Camberwell Church Street, SE5 8TS
0800 640 9516
hello@junioradventuresgroup.co.uk
www.junioradventuresgroup.co.uk

Southwark
Council

See the listings to choose the best club for your child. Please book a place with your chosen provider as soon as possible to avoid disappointment. If you have any queries, please contact the Holiday Activities and Food Team at haf@southwark.gov.uk.



EASTER CAMPS

**GAMER
EASTER CAMPS**
Get Off The Screen & Unleash Your Creativity
Bring Your Favourite Games To Life.

AGES 7 - 14

**POP ICONS
EASTER CAMPS**
Sing The Songs Learn The Routines
Concert At The End Of Each Day

Ages 7 - 14

**ANIMATION POP
EASTER CAMPS**
Sing The Songs Learn The Routines
Concert At The End Of Each Day

AGES 3 - 7

DAILY CAMPS

10% off for siblings

Discounts for multiple Days!

RUNNING ALL EASTER

Childcare Vouchers
Accepted

CATERHAM CR3 & DULWICH SE21

CAMP TIMETABLE	MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
POP ICONS CAMP	Wiley Cyrus & Benson Boone	Ariana Grande & Bruno Mars	Ed Sheeran & Michael Jackson	Sabrina Corpenor & Olivia Rodrigo	Taylor Swift & Harry Styles
GAMER CAMP	Extreme Hide & Seek, Among Us and more	Minecraft Build Day	Dress To Impress Create & Fashion Show	Obby Creation Day	Extreme Hide & Seek, Among Us and more
ANIMATION POP CAMP	Veevo	Sing	Trolls	Shrek	Tangled



Book Now

www.freedomacademy.co.uk/camps



Mental Health Support Team Spring Newsletter 2025

Mental Health Support Team Southwark Newsletter, Spring 2025.

As the Easter break approaches, we're excited to share some fantastic services and activities available for young people and families in the community. In this edition, you'll find helpful resources and opportunities to connect with support services, as well as fun events and activities to enjoy over the holidays.

Whether you're looking for a bit of extra support, a chance to get involved in something new, or simply ideas to make the most of the break, we hope you find this newsletter useful.

Wishing you a happy and restful Easter!

Warm Regards,
Mental Health Support Team - Southwark



Free activities for children and young people



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

[Easter Egg Hunt - Nunhead Library](#)

Saturday, 5 April: Children will love this activity, while they try and work out where the Easter Eggs are hiding. 2pm-4pm. Suitable for all the family.

[Coding and Robotics Workshop - Camberwell Library](#)

Monday, April 7: Learn to program and build a robot. Suitable for children 8 to 17 years at Camberwell Library.

[The Old Vic present, Hundred Feet Tall - Una Marson Library](#)

Tuesday, April 8: A free 30-minute musical play designed for 4–7-year-olds exploring how you're never too small to make a big difference

[Coding and Robotics Workshop - Peckham Library](#)

Tuesday, April 8: Learn how to program and build a robot. Suitable for children 4 to 8 years at Peckham Library.

[Easter Egg Hunt - Una Marson Library](#)

Monday, 14 April: A free family friendly event where children look for Easter eggs in the library and win prizes.

[Easter Egg Hunt - Southwark Heritage Centre and Walworth Library](#)

Wednesday, 16 April: Children will love this eggcellent activity, while they try and work out where the Easter Eggs are hiding. Suitable for all the family.

[Storytelling through Art and Play - Dulwich Picture Gallery](#)

Wednesday, 16 April: In these free creative workshops you'll experiment with materials and techniques to create drama and atmosphere while being the master of your own story. Free, but you will need to book a space online.

[Southwark Libraries Online Reading Group: Gulliver's Travels](#)

Thursday, 17 April 2025, 6:45pm

[Tie-dye Batik Workshop](#)

Saturday, 19 April: In this hands-on workshop, participants explore the art of tie-dyeing with plant-based and natural materials. They learn to create vibrant, eco-friendly dyes from ingredients like, avocado pits, and indigo dye. Free for children under 14, Adults £10.



Food and Fun Holiday Programme

Southwark Council runs a school holiday activity and food programme for children aged 4 to 16 on benefits-related free school meals. It runs during the Easter, summer and winter school holidays.

The next programme runs from 7 April 2025 to 17 April 2025.

Each programme will provide:

- free, nutritious and tasty food
- fun physical activity sessions
- a wide range of other exciting activities to suit different ages and personalities
- opportunities to learn more about food and nutrition for children and their families

Find more information via [southwark.gov.uk](https://www.southwark.gov.uk)



Ideas for days out together

London Parks

Easter usually brings the first hint of springtime sunshine, so if that's the case, 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, or **Burgess Park** that stretches from Walworth to Peckham. If you feel like venturing outside of your local parks, then **Kew Gardens** is running [Supertato family activities](#) over the Easter break!

Explore London's museums and galleries

If the weather takes a turn, why not retreat to one of London's vast museums? They're bound to spark your child's imagination. There's a treasure trove for every interest: visit Brunel Museum for an exciting journey into the world of gardening with their "Wild Things" club for children (8th April, tickets available online), delve into medicine and space at the Science Museum, uncover fossils and dinosaurs at the Natural History Museum, or explore the history of London's public transport at the London Transport Museum, with interactive exhibits and a play area for younger children.

Go and meet some animals

There are a handful of really great city farms in London that are family-friendly and Easter is a wonderful time to visit, with most offering the chance to meet some freshly hatched chicks or bottle feed some lambs. In the south, there's [Vauxhall City Farm](#), which is notable for its alpacas, [Surrey Docks Farm](#) in Rotherhithe, who also offer activities during the school holidays for those aged 8-13 which can be booked online for a fee, and the [Horniman Museum Animal Walk](#), home to goats, sheep, guinea pigs, rabbits, chickens and alpacas.



Accessing support during the holidays

We know that while the Easter 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](#)

Mental Health Support

- > **Kooth:** Free, anonymous support for young people. Sign up by live chat or message on their website: <https://www.kooth.com/>.
- > **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: 10am-10pm; 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
- > **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)
- > **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

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

> **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://centrepoin.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.citizensadvice.org.uk/southwark/>

> **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