



Mental Health Support Team May Half-Term Newsletter 2025

Hello from the Mental Health Support Team – Southwark!

As the May half-term approaches, we're pleased to bring you a new round-up of services, events, and activities to help you make the most of the holiday. This edition is packed with opportunities for young people and families to access support, try something different, and enjoy the time off together.

Whether you're seeking advice, a fun way to spend the day, or simply some inspiration for the week ahead, we hope there's something here for you.

Wishing you a joyful and refreshing break!

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.

Moomin 80: Open House - Tue 27 May – Sun 1 Jun 2025

Free

Journey into the marvellous world of the Moomins and discover the famous sights of Moominvalley brought to life by the Woodland Tribe and their little helpers.

Summer of Sustainability - Daily between Sun 25 May to Sun 1 June

Adult £8.50, Family £13.00, Disabled person (includes 1 free carer) £5.00, Over 65s £5.00, Student £5.00, Child (5+) £5.00

Dive into history as you listen for trains in the tunnel, spot a spiky monkey puzzle tree, and help our green spaces bloom! Discover how we care for the planet, meet buzzing bees, and create your own bee-friendly garden with wildflower seeds to take home.

Spring Arts and crafts @ Brandon Library - Sunday 25th May

Let your imagination bloom as you create a beautiful handmade paper plate butterfly. All materials provided— bring your creativity!

Coding Club for SEND young people 16 and over - Monday 26th May

Ticket - 1 £5 per session · Ticket - 3 £2.50 per session

Step into the world of technology with CAPA's welcoming and inclusive Coding Club designed specifically for SEND young people aged 16 and over. Whether you're completely new to coding or have tried it before, this club offers a supportive and relaxed space to explore digital skills at your own pace.

John Harvard Library Half Term Event Bracelet Making Tuesday 27th May

Join us for a bracelet-making workshop where children can design and create their very own unique bracelets using colourful beads, threads, and charms.

What to Bring: Just bring yourself – we'll provide all the supplies!

Ages: 4 – 11 years

Sensory Storytelling and Play @ Southwark Heritage Centre and Walworth Library - Tuesday 27th May

Free

These library sessions are for families with neurodivergent children and those who enjoy a calm and supportive environment. Suitable for children 3 to 11 years.

Lucy Sparkles Family Music @ Carnegie Library Hub

£9 per ticket

A 45 min music class for early years and pre-schoolers (0-6 years old)

Lucy Sparkles & Friends music classes develop musical, physical, emotional and intellectual skills through engaging and fun sessions.

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, **Ruskin Park** in Denmark Hill or **Burgess Park** that stretches from Walworth to Peckham.

On the Rye Festival - Monday 26th May

Free entry

Community festival with creative workshops, arts & crafts, steel drums, face painting, street food, pop-up market and much more. This is a family friendly event. All ages allowed.

Plonk Horniman Museum and Gardens @ Forest Hill

If you are considering a picnic with your kids, you really should check out the crazy golf in Forest Hill. This is a Plonk venue that is equally fun and exciting just like all their popular courses. It is a 9-hole family friendly course for you and your kids to challenge. The course is perfectly located in the grounds of the Horniman Museum and Gardens, so you can imagine all the fun that you could have in addition to crazy golfing at Plonk Forest Hill this May Half-Term.

Meet a Victorian Mudlark @ London Museum Docklands.

Free

Join our Victorian mudlark as they comb the foreshore of the Thames, finding both treasures and trash.

What have been their best discoveries and what will they uncover with you? With every tide, there are treasures to be found.

This activity is suitable for children aged five and over. All children must be accompanied by an adult.

Animal Robotics Workshop at Horniman Museum

Tickets cost £15 per child. Recommended for ages 5+.

Design and build your own battery powered robot in an interactive workshop at Horniman Museum. Consider making it a full day out, the majority of the Horniman is free to enter!

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 our Youth Forum and Youth Residentials.

The Nest Youth Forum

What is the Youth Forum?

The Youth Forum is a platform driven by a collective of young people from different backgrounds who are motivated by the same initiative – amplifying young people’s voices in the mental health and wellbeing field. We were formed in January 2024 and are open to those aged 16-25 who share our passion for advocating for the youth in our community leading to positive change. By bringing together diverse perspectives, the Youth Forum encourages meaningful discussions and prompts action to empower children and young adults.



The Youth Forum empowers young people by fostering a safe, inclusive space where they can openly discuss mental health, develop skills, and drive meaningful change. Through youth-led initiatives, decision-making opportunities, and community-driven projects, we aim to reduce stigma, enhance well-being, and amplify youth voices in shaping mental health services.

Why should I join?



Make an impact

Share your ideas, raise awareness and help create positive change for young people.



Exclusive Opportunities

Gain access to training, certification or volunteer experience to boost your CV.



Meet like-minded people

Connect with others who care about the same issues and build lasting friendships.

Sign up today

Click on the title above to complete a short questionnaire to express your interest in joining the Youth Forum. If your application is successful, we will contact you to arrange an interview.

Groundwork London - Project Highlights

Youth Residentials



Health & Well Being Programme Summer 2025
Monday 28th July to Friday 1st August 2025
North Devon: Yenworthy Lodge

Our Youth Leadership Project is running a new **Health & Wellbeing Programme** for young people between the ages 13-15, where they will participate in a 5-Day Residential. This experience will allow young people to engage in a variety of adventurous activities. Typically, these include a mini-hike, surfing or canoeing, low ropes course, zip lining, and climbing. Evening sessions focus on communication skills, leadership, health and wellbeing. It is designed for young people to have a great time, increase their independence, and acquire valuable skills.

All our residential programmes are facilitated by our experienced and qualified team, who know how to engage and relate to young people. We offer programs grounded in fundamental values. The skills acquired during their residential experience are relatable to real-life situations and will aid in building resilience and confidence.

Through their Reflection Diaries, we engage participants in assessing and reflecting on their progress. We appreciate their thoughts and feedback and consistently work to provide the best experience possible.



COST: £25

To sign up [**CLICK HERE**](#) or contact peter.fleet@groundwork.org.uk

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](#)

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