



# Sydenham School Summer Support Guide

## Health

If you or any members of your family have any concerns regarding physical or emotional health please do contact your GP or call 111. In an emergency you can call 999 or present to your local A&E department. All of these services are running as usual. Despite the Covid-19 pandemic, please do not delay seeking out medical advice if appropriate.

## Wellbeing

### Kooth

Kooth continue to provide free online counselling and support for young people. If you are feeling anxious or low in mood or have any other worries about your emotional health just visit [Kooth.com](https://www.kooth.com)



## Childline

If you feel like you need to talk about how you are feeling or about anything that is affecting your wellbeing you can call ChildLine for free on the number below:



## Compass

For guidance around issues that may affect your health and wellbeing visit;

<https://www.compass-uk.org/services/lewisham-compassthehub/>

## Youth First

If you would like to talk to a youth worker, whether you want a friendly conversation, some advice, someone to share thoughts with or just someone to listen to you visit;

<https://www.youthfirst.org.uk/talk-youth-worker>

## The Mix

For free information and support for under 25s in the UK. Get advice about sex, relationships, drugs, mental health, money & jobs. The Mix: 0808 808 4994

<https://www.themix.org.uk/>

## Family Issues

### Refuge

If you are worried about how one adult in your family treats another Refuge supports women and children who experience all forms of violence and abuse, including domestic violence, sexual violence, forced marriage and so-called 'honour'-based violence.

<https://www.refuge.org.uk/get-help-now/>

## Food Banks

*There is a **new national foodbank referral line** run by Citizens Advice in partnership with Trussell Trust. As well as making foodbank referrals, the staff on the line will also be able to discuss the caller's financial situation and signpost them to any agencies that could help with issues such as benefits and managing debt. **The number is 0808 208 2138.***

<https://www.trusselltrust.org/get-help/emergency-food/>

### Covid Hardship Fund

Parents who are struggling to afford food and fuel because of the Covid crisis to apply for a new Lewisham Council [Covid Hardship Fund](#)

<https://lewisham.gov.uk/myservices/benefits/get-financial-help-if-you-are-struggling-due-to-covid19>

### Lewisham Food Bank

Food distributed by delivery only. All referrals are made through [Lewisham Local's online form](#) or by phone on 03330 150 378.

### **Living Water Christian Food Service**

**Delivery service to SE4 area only.** Anyone making a request will need to provide their: name, telephone, family size, allergies and dietary requirements.  
Delivery will be weekly on a Wednesday only. Requests need to be made by 3pm on Tuesdays.  
To make a request email [Lwccfoodservice@gmail.com](mailto:Lwccfoodservice@gmail.com) or text 07783441973.

### **LewCAS Food Bank**

For refugees and asylum seekers.

Food distributions on Tuesday mornings at St John's Church SE8 4EA, 11am–1pm.

Contact Peter on [peter.stjohnsdeptford@gmail.com](mailto:peter.stjohnsdeptford@gmail.com) or 07786160993.

### **Whitefoot & Downham Community Food Project**

Hope Church Downham (formerly Christian Centre), Downham BR1 5SF

Contact: [info@wdcfplus.org.uk](mailto:info@wdcfplus.org.uk) or 020 8698 7945

Criteria: anyone in hardship – proof of address or benefit required.

**Food distribution:** Thursdays from 7pm to 8.30pm.

Food donations: Thursdays, 2–5pm. Or at Brook Lane Community Church, BR1 4PX, Monday–Friday 10am–12 noon. Please call beforehand: 02086987945.

Hope Church, Downham BR1 4PX

Wednesday 10am to 12 noon.

### **Eliot Bank and Kelvin Grove Children's Centre Food Bank**

Provide food and basic essentials for people in need in the local community. You can self-refer but you will need to register with the centre when you arrive.

Grove Children's Centre, Kirkdale, Sydenham SE26 6BB.

Wednesdays, 11am to 12.30pm.

Contact: 02086130172.

### **Salvation Army (Deptford Church and Community Centre)**

Provide food for anyone experiencing financial hardship in the SE8 area. Delivery only.

Accept referral from agencies or self-referral. Contact [deptford@salvationarmy.org.uk](mailto:deptford@salvationarmy.org.uk).

St Peter's Church Brockley Food Bank

Deliver food parcels and frozen meals in the SE4 area on Wednesdays.

You can [request support from St Peter's Church Brockley on their website](#).

### **The Helping Hands Food Bank**

Run by Action for Refugees. This food bank supports, refugee, asylum-seekers and vulnerable migrant families.

To make a referral or request support email [foodbank@afrii.org.uk](mailto:foodbank@afrii.org.uk).

We Care Food Bank

Based in Deptford but provide London-wide support.

Provides free food box deliveries. Can also give guidance on other essential support services.

Referrals only.

**Call Ray Woolford on 07871187162 for more information.**

### **Southwark Council:**

If you or someone you know is struggling to access food as they can't leave the house due to COVID-19 (coronavirus), and friends, family or neighbours are unable to help.

If urgent help is required to access food for yourself or a vulnerable resident, please contact

Southwark Council's Community Hub on 0207 525 5000 and choose option 3, or

email [covidsupport@southwark.gov.uk](mailto:covidsupport@southwark.gov.uk).

If you are self-isolating due to COVID-19 (coronavirus) and are in need of food delivery options, please visit our [self-isolation and delivery services](#) page.

If your income and your ability to buy food has been affected due to COVID-19 (coronavirus) Southwark Council's Emergency Hardship fund has extended eligibility to those who experience a sudden loss or interruption to income as a consequence of the impacts of COVID-19 and who lack other resources to meet their household's basic needs for short periods. You can access the scheme by applying online or by calling Southwark Emergency Support on 020 7525 2434. This includes help as you wait for your first Universal Credit or other benefit payments.

Bromley Council:

<https://bromleyborough.foodbank.org.uk/get-help/how-to-get-help/>