



# Safeguarding and Holiday Support Guide

## Wellbeing

### Concerns

If you have a safeguarding concern about your child or any child who attends Sydenham School, please contact the Multi Agency Safeguarding Hub (MASH) for the borough in which the child resides.

Lewisham MASH can be contacted on 0208 314 6660 or [MASHagency@lewisham.gov.uk](mailto:MASHagency@lewisham.gov.uk).  
If you have an urgent safeguarding concern, please contact the relevant emergency service.

If you are uncertain of the borough the child resides in, please contact the NSPCC: [Report child abuse | NSPCC](#)

### Kooth

We would also like to remind all families that Kooth will be available for your child to use over the summer holiday.

Kooth is a free online mental health and wellbeing service available to all young people in Lewisham aged 10-25. Kooth offers free support with no waiting lists and is a safe and anonymous space for young people to talk about their wellbeing without the fear of judgement. Please do review these [resources](#) and this [video](#) for more information about Kooth's support.

If you are feeling anxious or low in mood or have any other worries about your emotional health just visit [Home - Kooth](#)

### 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 08001111

Childline also has online support. Please visit here for specific support for the summer holidays. [Summer holidays | Childline](#)

### Compass

For guidance around issues that may affect your health and wellbeing visit; [Young People - Compass](#)

### 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; [The Mix](#)

## HAF programmes

If your child has Free School Meals at school, then they are entitled to access their councils Holidays and Activities Food programme (HAF)

### Lewisham

[Lewisham Council - Holiday activities and food programme](#)



### **Southwark**

[Food and Fun holiday programme | Southwark Council](#)

### **Bromley**

[Holiday activities and food programme](#)

### **Croydon**

[Holiday activities and food | Croydon Council](#)

## **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. [I need help now - Refuge](#)

### **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**. [Get emergency food | Trussell](#)

### **Lewisham Council:**

[Lewisham Council - Food bank donation and distribution points](#)

### **Bromley Council:**

[How to get help | Bromley Borough Foodbank](#)

### **Croydon Council:**

[Help for households | Croydon Council](#)

### **Southwark Council:**

[Help with food costs | Southwark Council](#)

### **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.

### **LewCAS Lewisham Churches:**

For refugees and asylum seekers [home | lewcas](#)