



19 85.5 Rb Rubidium 37 132.9	20 87.6 Sr Strontium 38 137.3
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eBulletin

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eitin

Grey Court School | 21 November 2025

"...a school where all pupils flourish" - Ofsted 2024



Cover photo: Mr Gundry, head of chemistry

#KeepInTouch

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Christmas is coming to
THE PALM CENTRE
from 28th November

Mention **GREY COURT SCHOOL** to our team and
25% of the tree sale
will be donated to the school.

Open 7 days a week, until 23rd of December
Mon-Sat from 9 AM until 4:00 PM
Sun from 10 AM until 4:00 PM



The Uniform Shop

Thursdays 3:15-4pm

Contact:
sniss@greycourt.org.uk

Grey Court JustGiving QR Code

Congratulations, Mr Gundry!



#RSCPrizes



Excellence in Secondary and Further Education Prize

Matthew Gundry

Grey Court School

2025 Excellence in Secondary and Further Education Prize: awarded to Mr Gundry for his exceptional leadership, curriculum development and student engagement, which has benefitted teachers and learners across the country.

[Read about Mr Gundry's journey](#)



Uniformity

Over the next week we will have a whole school uniform focus. As an outward facing community school we want to show our best possible "face" in the community. Uniform - and students' adherence to our dress code is the first impression the public have of our school. I take great pride in seeing impeccably dressed columns of Grey Court students act in an ambassadorial way when they leave our school gates. Over the next week I've instructed all of our staff to award achievement points to students who are ambassadorially attired as it is important that their efforts are rewarded. I have also instructed tutors to ensure that all students adhere to the dress code that is outlined in the student planner.

The dress code is printed in each planner detailing these main points:

KS3 and KS4 - Key Uniform Guidance

1. All students are required to wear the Grey Court School blazer with school badge and silver trim daily.
2. School jumpers are optional and may be worn under the blazer.
3. Sensible, black, formal, school shoes are to be worn by all students - boots, trainers, 'Vans', Nike (or similar sporting brands) and coloured laces are not acceptable. There should be no visible logos or a discreet logo only.
4. Socks should be plain black or white. If belts are worn, they should be plain black with a small plain buckle.
5. All students should wear either a white shirt buttoned to the neck with the school tie (logo should be visible) or a white reversed collar (open necked) blouse.
6. Either black school trousers (not denim, cord, combat or cotton chino style) or a Grey Court School grey skirt with the logo on the left hem should be worn.
7. No jewellery can be worn except one pair of stud earrings only.
8. No other piercings or jewellery should be visible or worn.
9. No extreme hairstyles or colours, only natural colours and no tramlines or eyebrow slits.
10. Minimal face makeup can be worn only, no eye make up.
11. Nail varnish, shellac or other alternative nail products including acrylics or false nails are not allowed.
12. Fake eyelashes are not allowed.

13. Hoodies should not be worn including Grey Court hoodies.
14. PE kit should only be worn if students have core PE, the daily 1K, or a practical in GCSE PE or BTEC Sport lessons.
15. Uniform should be worn correctly and appropriately sized: PE shorts and skirts should not be rolled up.
16. Skirts should be around knee length and shorts mid-thigh length.

In order to promote a consistent approach, in addition to this eBulletin reminder our pastoral leads will be conducting uniform inspections, tutors have been asked to re-emphasise the uniform expectations in the planner and members of the Senior leadership team will be casting a keen eye over attire to see if we really do measure up! Items such as the dreaded "double stud," hoodies and fake eyelashes will be confiscated and returned to parents/carers on academic tutoring day when we hope productive conversations praising the moral fibre as well as the fibre of the fabric of the average Grey Court student will occur.

It is important to emphasise at the point that if any parents or carers are experiencing financial hardship in terms of school items they should contact Ms Price or members of the pastoral team so we can endeavour to provide assistance.

- Mr Clements

REMEMBRANCE

KS3 + KS4
News

Exclusive Offers for Grey Court Staff and Parents

Big Yellow Storage

exclusive discount for Grey Court parents and staff

50% off storage with Big Yellow for 8 weeks exclusively for Grey court staff and parents with a further 10% off thereafter. Just visit them via the link above.

Park Gate Estate Agents

Cash back to you and to Grey Court School should you sell through them

Your local independent estate agent serving Richmond, Kingston and everywhere in between (just take a look on Instagram).

They do things differently - including helping us fund our new science lab, currently being built at the front of school. So, if you're thinking of moving, why not give them a call.

The Palm Centre's Big Christmas Give Back

Mention Grey Court when purchasing your tree or Christmas wreath and the Palm Centre will donate 25% of the cost of your tree to Grey Court School.

Wider Seasonal Discounts and Offers

The Waitrose App offers little treats each week or month. These might help spread some cheer among family and friends (or even be something you could consider donating to the OAP Christmas hampers?)

M&S Sparks offers daily festive treats, including:

- £4 off when you spend £35 in the food hall before the end of the month
- preferential rates on travel money
- weekly new offers

London Christmas Activities

If you're worried that Christmas is costly to entertain the family then **Visit London** has some great suggestions, including:

- **Browsing in Southbank** Centre's winter festival
- **A Walking tour of the Christmas lights**, from Regent Street, through Carnaby Street, down to Trafalgar Square
- **Check out the capital's best trees** from Trafalgar Square, to St Pancras, Leadenhall Market to Covent Garden
- **Go Curling** - there are two pop up curling clubs, in Waterloo and at Vinegar Yard (London Bridge). Some venues let children under 12 have a go for free when with an adult but you'll need to pre-book
- **Visit the Museum of Architecture's gingerbread city**. This is at Coal Drops Yard, Islington N1. It needs pre-booking but companions and carers go free and those on universal credit are able to get heavily discounted tickets
- **Visit one of London's many free museums**, such as the Bank of England museum (where else would you get to pick up a gold bar)

Year 7

Last Friday we saw all of our Y7 students take part in our Restorative conferences. It was an opportunity to further their understanding of Restorative Approaches. The students were brilliantly engaged and offered some fantastic answers to some of the issues posed and I am sure the session will have benefited the students and the community as a whole.

With temperatures plummeting this week, this often coincides with students wanting to wear Hoodies underneath blazers or over the top of blazers, so I'd like to remind everyone that hoodies are not allowed in school. Students can wear a base layer underneath their school uniform if they are feeling cold and I would also encourage all students to bring their PE tracksuit top for PE lessons or daily 1K days.

This week's assembly was about bullying, which coincides with national anti-bullying week. This builds on the message from the restorative conferences surrounding empathy and community and encourages students to think about behaviour and language that is used and seen, and how everyone can have a positive influence on our community.

A reminder that next Wednesday is Academic Tutoring Day and all students will be in school for their appointment time only. Please ensure you have booked a slot via SchoolCloud and we look forward to welcoming parents/carers on the 26th. Year 7 Football and Tennis club will not be on next Wednesday.



The co-operative funeralcare

co op

SHOP LOCAL
OFF LICENCE · GROCERY · TAPE

OPEN
TILL 1 AM

REMEMBRANCE

Raynes Park's
Community

30 Years of
Co-operative
Funeralcare

REGENERATE



HUNTER
RESIDENTIAL
020 8744 8999

Club

The
co-operative
funeralcare

REMEMBRANCE



Co-Op Local Community Fund - supporting cricket at Grey Court

Members of our local Co-Op, whether they are shopping at supermarkets, buying insurance or using the services of their local funeral care home, have been supporting Grey Court Education Fund this past year in its drive to improve the cricket at our school.

Funds they have raised will help us boost our cricket facilities now that we have girls teams across multiple year groups alongside our boys teams.

Amber, Erin, Ellie and Sydney gratefully accepted the funding on the school's behalf last week and were great ambassadors for the school, chatting to other local charities also receiving funding. Well done and thank you girls - we hope you got back in time to complete your Spanish test last that afternoon!



Year 9

We had a touch of excitement this week with some unexpectedly heavy snowflakes - nothing unusual for those of us from the north, but certainly a novelty down here. As the temperature continues to drop, please remind students to wrap up warmly. Blazers should be worn under coats and will offer some much-needed extra warmth.

A quick reminder that Academic Tutoring Day will take place next Wednesday (26/11). Please ensure you have booked your appointment so that you can discuss your child's progress and next steps with their tutor.

In PDW, students explored the theme "How do we budget, borrow and save money?" They learnt important financial skills, including understanding credit and debt and the value of effective budgeting - knowledge that will serve them well both now and in the future. This week's assembly focused on Anti-Bullying Week, with the theme "Power for Good." The message highlighted how students can use their positive influence to support others and contribute to a strong, caring school community.

Meanwhile, DofE continues to build momentum, with Mr Allchurch and Ms Mannion leading first aid training this week. Students have already been getting stuck into new skills - here's a little sneak peek, but keep an eye out for their end-of-term round-up.



Finally, well done to Darren K, who led the way in achievement points this week - a fantastic effort Darren, keep it up!

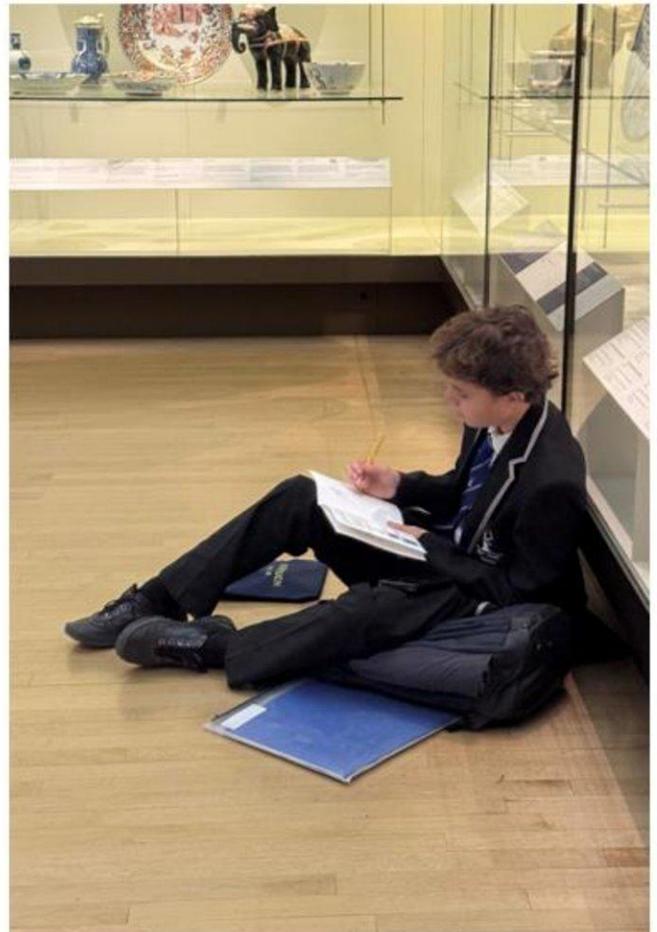
V&A

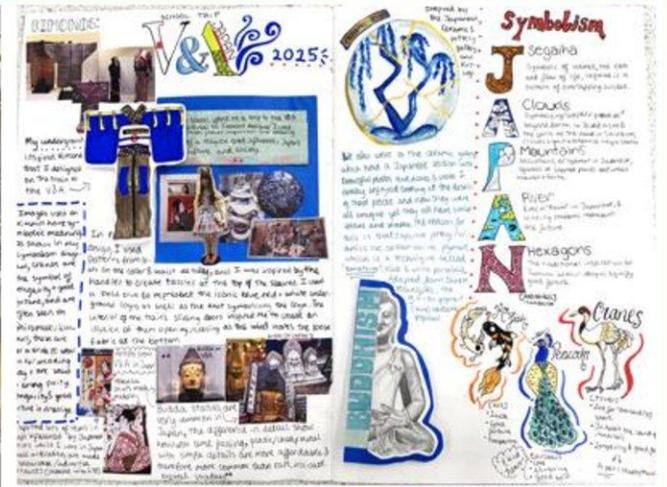
Y10 Art Trip to Victoria and Albert Museum



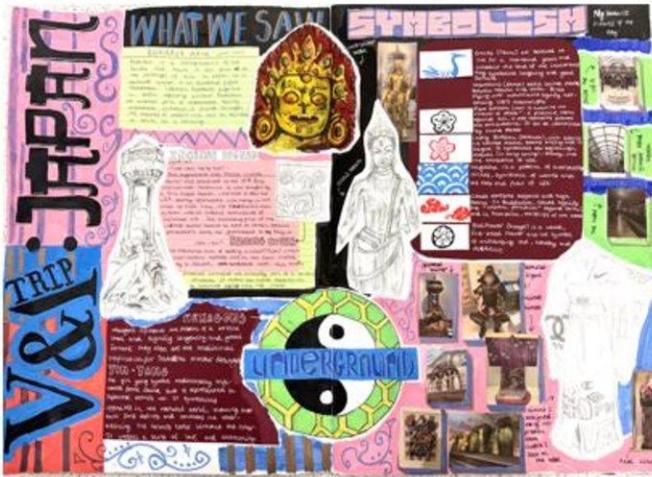
Visual Research for GCSE Art Project #1: “JAPAN”

Before half term, Ms Razvand, Ms Maybey and Mr Millar took our Year 10 GCSE Art students to the Victoria and Albert Museum to carry out first-hand visual research for their first coursework project, “*Japan*.”





Sketchbook work by Amy C. 10R



Sketchbook work by Ida E. 10R

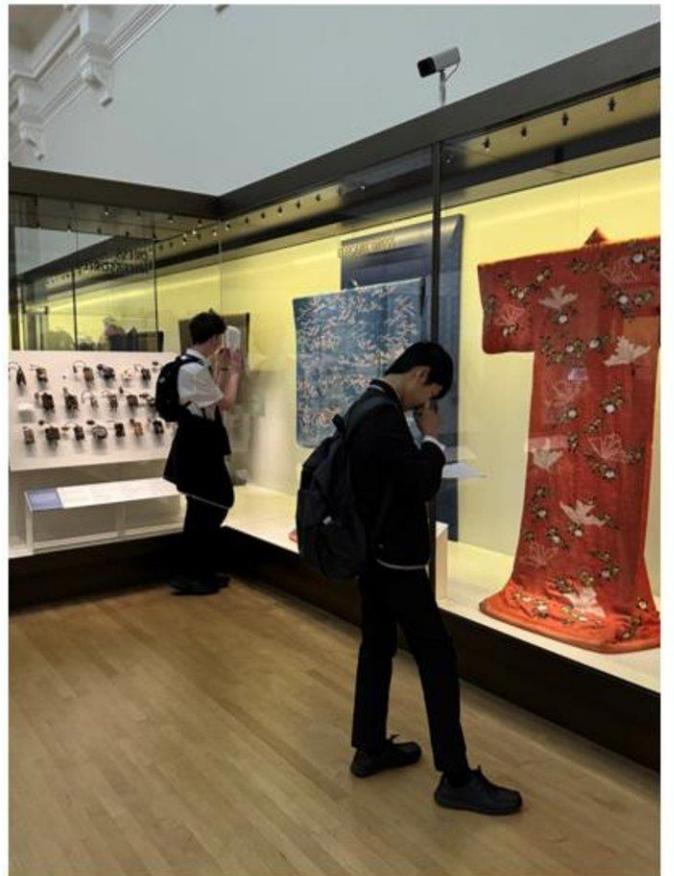


Photograph by Veekshita P. 10W

Students explored the galleries through photography, observational drawing and written research, gathering inspiration to develop in their sketchbooks.

Our Art students worked with tremendous focus and maturity throughout the day, even receiving compliments from members of the public for their exemplary behaviour.

The VPA Department is incredibly proud of their hard work and professionalism, and we can't wait to see how this talented cohort continues to grow and blossom throughout the course!



YEAR 11

This week Year 11 have been working hard to gain as many achievement points as possible before exams start next week! Our top achievers during this time will be entered into a prize draw for the week their exams finish.

The students should be proud of their hard work they have put in so far with record high attendance to intervention sessions - this might be the best the school has seen yet! Please note that these do stop after Tuesday next week and will start up again after parents evening in the New Year.

If you have not done so already, please book an appointment for Academic Tutoring Day on Wednesday next week; all parents/guardians and students will meet with the student's tutor to discuss their report and set targets for this last academic year.

As the trial exams start next Thursday, you can help to support our young people by finding that balance between revision and their wellbeing - please refer back to my information and presentation slides from the beginning of term, as well as the revision booklet for guidance.



Stars of the Week

Year	Name	Subject	Reason
10W	Mae Cornwall	Health & Social Care	Excellent engagement in class
11C	Kamsi Ogbu	Health & Social Care	Excellent engagement in class
12C	Anna Wild	Health & Social Care	Excellent engagement in class
13D	Lucy-Jo Nicholas	Health & Social Care	Excellent progress in the subject
10E	George Phillips	Creative Media	Excellent progress in the subject
11E	Emir Yahsi	Creative Media	Excellent progress in the subject
12G	Kaela Clark	Creative Media	Excellent contributions
13A	Gabby Geoghegan	Creative Media	Excellent progress in the subject
10O	Aiden Savornin-Cornish	Music Tech	Excellent engagement in class
11A	Farhan Abbas	Music Tech	Excellent progress in the subject
12B	Keira Johnson	Sociology	Excellent progress in the subject
13A	Lucy Williams	Sociology	Excellent progress in the subject
12G	Julia Prestigiacomio	Psychology	Excellent engagement in class
12F	Ben Clark	Economics	Excellent progress in the subject
13G	Linus Orsinger	Economics	Excellent engagement in class
12C	Max Johnson	Criminology	Excellent engagement in class
13A	Julia Ciasnocha	Criminology	Excellent classwork



Attendance Matters

Tutor Group	Attendance %
7 Willow	100%
8 Willow	98.1%
9 Willow	99.4%
10 Cedar	99.7%
11 Beech	98.7%

Year Group	Attendance %
Year 7	98.3%
Year 8	96.5%
Year 9	97.1%
Year 10	97.8%
Year 11	94.1%

10 November to 14 November



This week in
Science

Digging Deeper

Practical work in school science



For many parents, I can imagine the image of school science is still Bunsen burners, bubbling liquids, and the smell of a just-extinguished splint. You may be aware that there is a national conversation at the moment about how practical work should be assessed at GCSE (if at all), and in my own research at University I also looked into what it really gives our students, schools, universities and the wider public. Is it just a bit of fun to break up the theory, or something more serious about how young people learn to think and act in the world? Should it be assessed, and if it should, what specifically are we going to look at?

Realistically, there's no one reason we do practical work - we do practical work for many reasons at once. It lets students see chemical and physical changes with their own eyes rather than only in a diagram. It gives them the chance to test an idea, not just accept one. Measuring, timing and recording are not only "exam skills"; they are the same habits you want in someone checking a dose of medicine, testing the water in a swimming pool, or deciding if the brakes on a bike are working properly. Safety routines, risk assessments and reading instructions carefully are part of learning to look after yourself and others, not just part of passing a required practical.

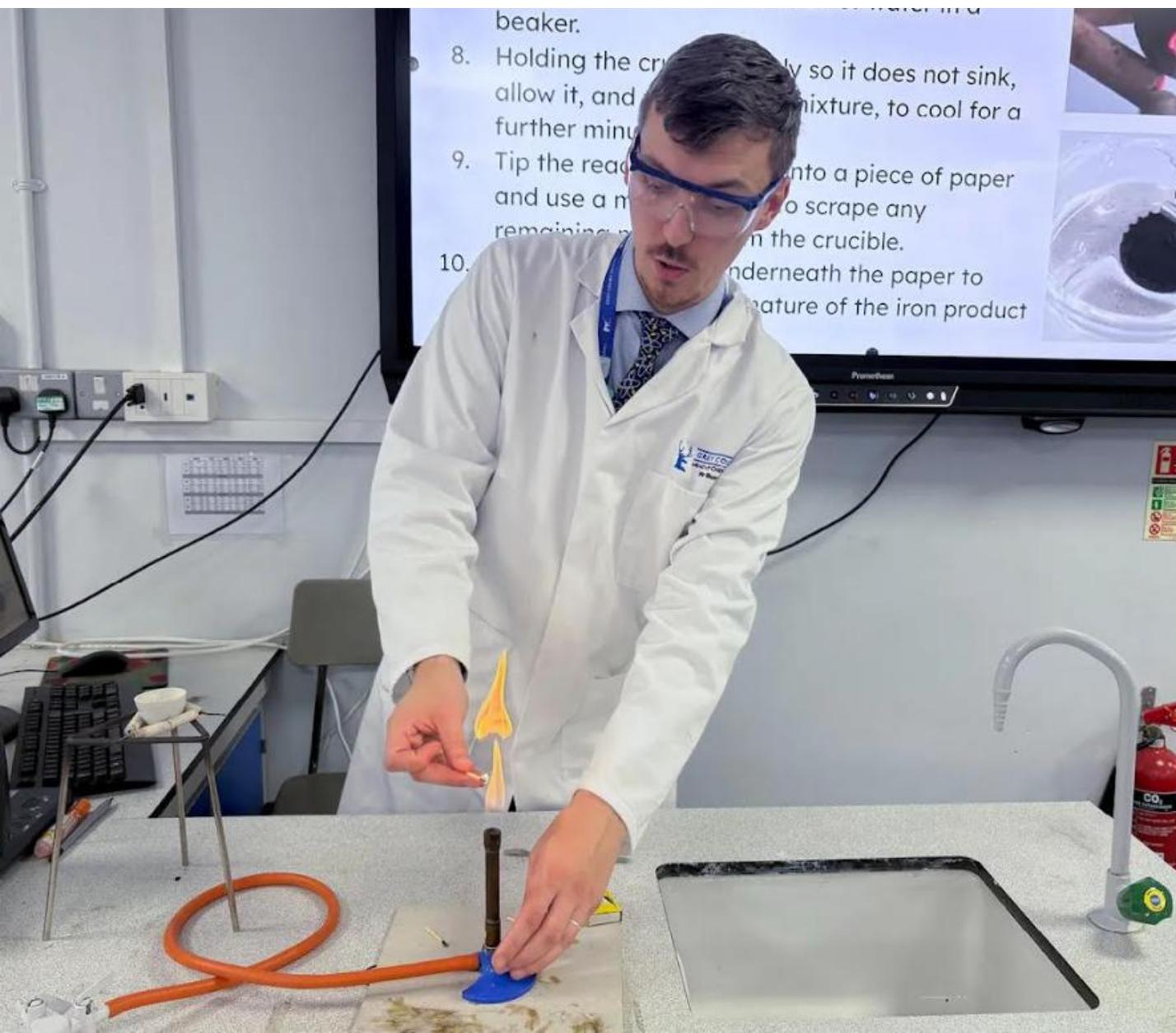
Good practical work also builds less visible qualities. Planning an experiment with a partner, sharing equipment in a crowded lab, and coping when the first attempt fails all demand resilience, teamwork and dexterity. Learning to estimate, to spot an odd result, and to ask "is this good enough to base a conclusion on" is the beginning of critical thinking. These are the same habits used by lab technicians and doctors, but also by plumbers testing for leaks, chefs adjusting a recipe, or engineers troubleshooting a fault.

If you want to know what your child is really getting from practical work, the most helpful questions go beyond "did you enjoy it". You might ask: what were you trying to find out; what did you observe; how did you decide whether your results were reliable; what would you change if you did it again; where might anyone use this in real life. The answers will tell you whether the lesson was just a set of instructions, or a chance for them to think, question and understand.

Many schools have reduced the quantity of practical work they offer students, due to many reasons (cost, time in curriculum, student behaviour, etc.). We are proud at Grey Court to be able to offer many opportunities for students to engage in practical work, but I will be honest that I do believe as a nation we are doing significantly less practical work now than we used to be. Hopefully we will see policy change with the new education department's plans that lead to a respected part of our subject's learning toolset returning with strength and importance across the UK. However, one of the biggest barriers we often face is time to be able to cover all things needed in the course, and when we do get a chance to do purposeful practical work - student engagement and behaviour during these activities.

Not every valuable experience in school can or should be reduced to a mark on a page. Assessing for the sake of assessing is just pointless data collection, however without assessment the curriculum can often loom as 'more important' due to the fact that this will be what is reported. This loses sight of what good practical science should be. At its best, practical science helps young people learn how to investigate the world with care, curiosity and responsibility. That is something worth making space for.

- Mr Gundry



Salter's Chemistry Online Club: Phones and Devices

Our 11 to 14 year olds have made a brilliant start to this month's Salter's Chemistry Online Club. This month is all about Phones and Devices, with weekly activities exploring the chemistry of semiconductors, batteries, display screens and mobile phones, and how the elements in the periodic table make modern technology possible.

Thank you and well done to everyone who is taking part regularly. Your efforts are paying off. Our school currently sits sixth in the national leaderboard for this month, with students here completing slightly more activities on average than the national figure.

There is still time to join in. Any student in Years 7 to 9 can take part. Please find out more here (sign up with your school email address): <https://www.salterchemistryclub.co.uk/>

PHONES & DEVICES

Week 1: Semiconductors

1 PNP Transistor
+ - +
p-type silicon n-type silicon

2

3

4

5

Week 2: Batteries

1

2

3

4

5

Week 3: Display Screens

1

2

3

4

5

transparent conducting oxide layer
In
Mo Sn Ga Zn

Transparent conducting oxides (TCOs)

Transparent Conducting	✓
Glass	✓
Transparent Conducting	✗
Metal	✗
Transparent Conducting	✓

Brand New Roll-up TVs
Made from flexible plastic film coated in TCOs

Week 4: Mobile Phones

1

2

3

4

5

Y Cu Al Co K Ta Nd Au Pb La
Gd Eu Pr Li Si As P Ga C
Dy Tb Mg Br



Wellbeing
+ PDW

P D W

This week

- Year 7** How does media sensationalism impact Democracy?
- Year 8** Who is to blame for an 'epidemic of negative body image' in the UK?
- Year 9** How do we budget, borrow and save money?
- Year 10** Why do we celebrate International Men's Day?
- Year 11** How does porn encourage unrealistic expectations and experiences?



Announcing a NEW workshop event specifically for young people themselves

Post diagnosis workshop for young people lead by Sapah Jama (Community and Outreach Manager) with Jemma Davis (Operations Administrator)

When is it? Saturday 29 November, 11-4:30pm*

*3 age-appropriate groups will take place with different start times:

-Group 1 (6-10 years old): 11:00 AM - 12:30 PM

-Group 2 (11-14 years old): 1:00 PM - 2:30 PM

-Group 3 (15-18 years old): 3:00 PM - 4:30 PM

Where is it?

ETNA Community Centre

13 Rosslyn Road

Twickenham, TW1 2ARW1 2AR

Why has ADHD Embrace organised this event?

Many young people tell us that after being diagnosed with ADHD, they're left wondering, "What now?" They often find it hard to make sense of what ADHD means for them and how it affects their everyday life. At ADHD Embrace, we already run a very popular Post Diagnosis Workshop for parents and carers, which has helped families feel more confident and supported. We are now delighted to continue the young people's version, specially designed for young people, a safe, friendly, and fun space where they can learn about ADHD, meet others with similar experiences, and gain tools to thrive.

Our Aim

To help young people understand their ADHD in a positive, interactive, and age-appropriate way, while boosting confidence and emotional well-being.

[Find out more about the workshop and sign up](#)



express is an independent user-led organisation based in the borough of Kingston upon Thames. Our aim is to support autistic people and their families, and promote awareness and acceptance in the community. We are a CIC, which is a community interest company meaning that we operate as a not for profit organisation.

<https://www.expresscic.org.uk/about-us>

Helping Teens Webinars



Achieving for Children's mental health support teams are delivering a series of webinars for parents of secondary aged children and young people.

The 'Helping teens' series of webinars cover a range of common difficulties experienced by young people and will aim to share evidence-based strategies to help parents and carers support their children with these difficulties.

The webinars are being run online at different times, morning and evenings, throughout the year:

Worries and Anxiety: 21 January

Understanding Changes in the Adolescent Brain: 4 February

Digital Wellbeing: 14 January

Friendship Difficulties and Bullying: 21 November & 28 January

Self Esteem: 28 November & 11 February

Low mood and depressive feelings: 5 December & 4 March

Exam Anxiety: 25 March & 27 March

Please find the link to book:

https://afcsself.achieveservice.com/service/MHST_Helping_Teens_Webinars_Secondary

We would also recommend that you obtain a copy of [this](#) book: *Blame my Brain: The Amazing Teenage Brain Revealed* by Nicola Morgan.

Barnardo's Coffee Morning

Barnardo's is running a series of free parent and career coffee meet ups across Richmond. These sessions are all about supporting children's social and emotional learning, sharing practical tips and giving parents a relaxed, friendly space to chat and connect.

They're completely free to join, parents can just pop in and they're welcome to come to one, two, or all three sessions.

I've attached a poster for easy reference. Parents can drop in, grab a cosy drink, and join a supportive session led by me an experienced primary school teacher, SEL coach, and SEMH lead

Why join?

- Learn simple, calming strategies for children
- Get support with big feelings, friendships, and expressing emotions
- Hear from a dedicated PATHS Social Emotional Learning coach
- Chat with me and other parents, ask questions, and get advice
- Leave with a booklet full of tips and ideas to take home

Dates & Locations:

Friday Nov 14 – Boutique Café, Sheen Lane | 9:30–10:30am

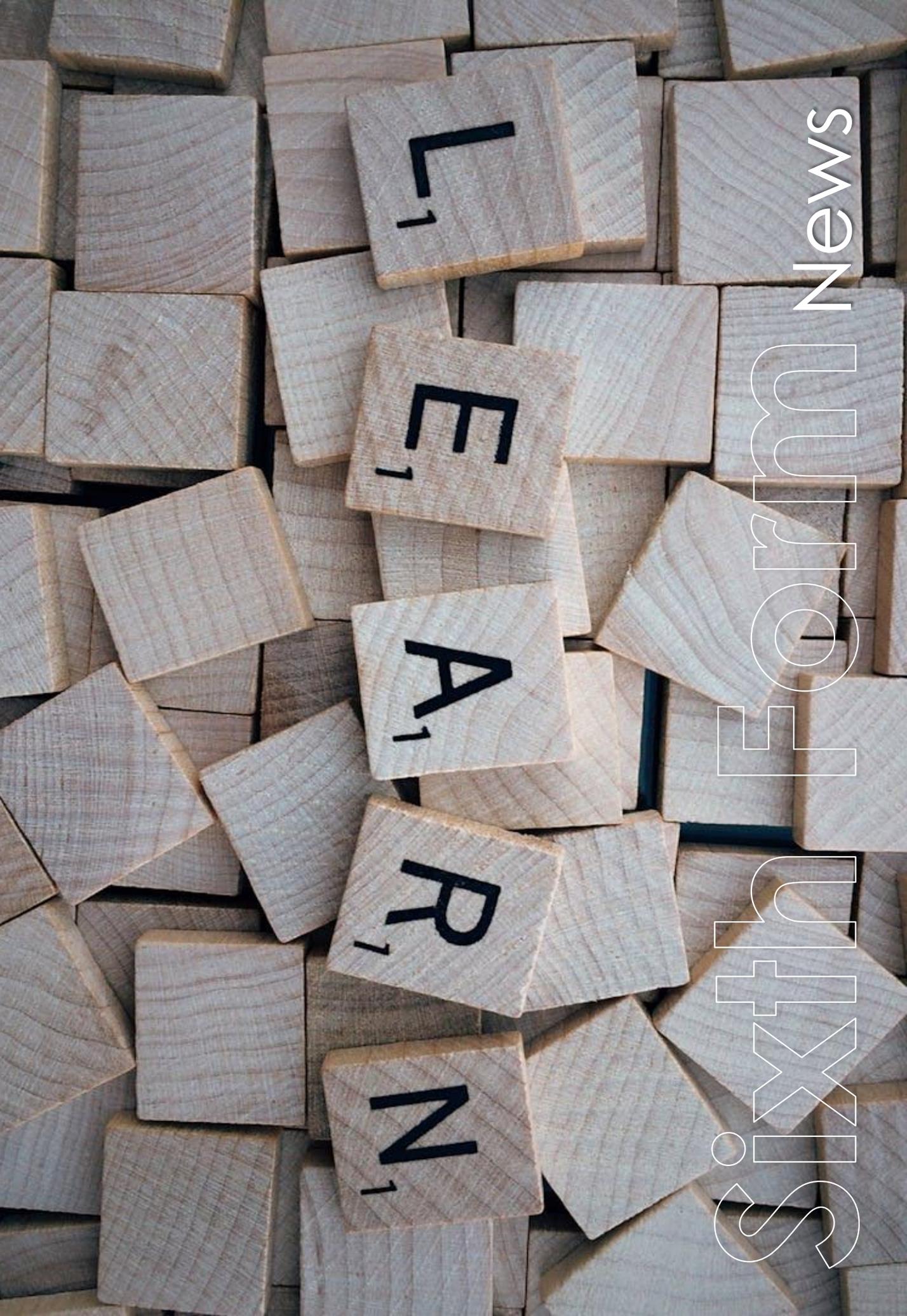
Friday Nov 21 – Butterbeans Café, Richmond Station | 9:30–10:30am

Thursday Nov 27 – Press Rooms, Twickenham | 9:30–10:30am

Caitlin Curry (She/Her)

Programme Coordinator for the *PATHS® Programme for Schools (UK Version)**

E: caitlin.curry@barnardos.org.uk
barnardos.org.uk



News

WORLD

ATTIXIS

Academic Tutoring Day

In preparation for Academic Tutoring Day on 26 November, students have been asked to fill out a reflection form in which they need to include SMART targets for each subject. Students have been given time during tutor time to make a start on these, and they will form the basis of the conversation with the tutors on Academic Tutoring Day.

[SMART targets booklet](#)

[Y12 SMART targets Google form](#)

[Y13 SMART targets Google form](#)

Y12 Trial Exams

commencing week of 5 January 2026

Year 12s will have their first set of trial exams in lessons starting on 5 January. Further information will be provided to students in December.

Wednesday 7th January	Year 12 F090 H&S: Principles in Health and Social Care 1 hour 30
	Year 13 31525H Sport: Fitness Training and Programming <u>Part B</u> 2 hours 30

Work Experience + Careers Support

Work experience was launched last week in assembly for year 12. A letter was sent to all parents/carers this week about the arrangements and it's important to be aware of: [WEX 2026 Parent & Carer Letter.docx](#)

Grey Court Friends and Founders Evening

Thursday 4 December 2025 from 6.15pm – 8.15pm

We will be running our annual careers event for year 12 students. ALL students are expected to attend the evening in school and meet with people from a range of different career backgrounds. You will bring your CV that you will be working on over the next couple of weeks and there will be a briefing before the event to prepare all students. If you have any questions please contact Miss Corrighan (Careers)

bcorrighan@greycourt.org.uk

Dress to impress!

Y13

Assessment week

commencing 27 November

During assessment fortnight, students will be on exam leave. These exams will take place in the main hall with external invigilators. While we are aware that this may cause stress and anxiety for students, it is important that they experience formal exam conditions, as this allows them to familiarise themselves with the set up and also provides teachers and students with vital data regarding their progress.

[Year 13 exams booklet and timetable](#)

UCAS Update

The majority of Year 13s have submitted their UCAS forms and are now receiving offers. Twenty nine students have now heard from all five choices of university. Students who have not submitted their form should meet with Ms Duncan, Ms McNicol or Ms Higham to complete their forms. The mock exams are fast approaching and students find having their UCAS forms done and dusted frees them up to concentrate on revision.

UCAS Stars of the week:

- Anna Marcus and Thomas Lowe who have both made their firm and insurance course choices.
- Toby Lyons for receiving all five offers in less than a week.
- Ollie Gowe who had three offers within three days of submitting his form
- Gabby Geoghegan for receiving all five offers in eight days

Oxbridge Update

Calls for interviews have started to come in and more will arrive in the next week. Interviews will often clash with the mock timetable. Students have been reassured that the exam schedule will be adjusted to fit round their interviews. Details of interview dates will be shared with the exams office so that papers can be rescheduled on a student by student basis to allow them to prepare for both effectively. Students need to act on feedback they received from the private tutor and follow up the additional links for interview prep that have been provided. Further interview support can be arranged as and when interviews are confirmed by the university.

EPQ Update

This week, students should be working on their drafts based on their improved essay or artefact plans. Once their exams have been completed, students should then turn their focus to getting a full draft of their essay or artefact completed. This should be ready to hand in to their supervisor at the beginning of January.

O-Bulletin

Students & Parents/Carers - Please see the **weekly careers opportunities bulletin** to develop your skills and experience through **work experience** or **university tasters** and find out about all the latest **apprenticeship** vacancies: [GC Careers opportunities bulletin 19/11](#)

NATIONAL PORTRAIT GALLERY

Herbert Smith Freehills Kramer Portrait Award

2024

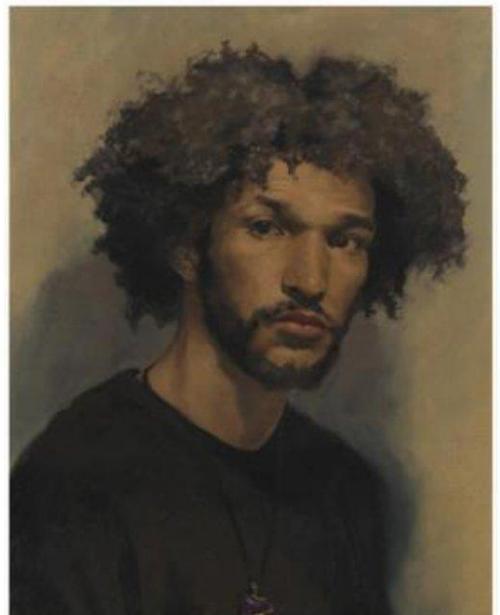
In October, our A-Level Art students attended a portraiture activity day at the National Portrait Gallery with a winner of the Herbert Smith Freehills Kramer Portrait Award.



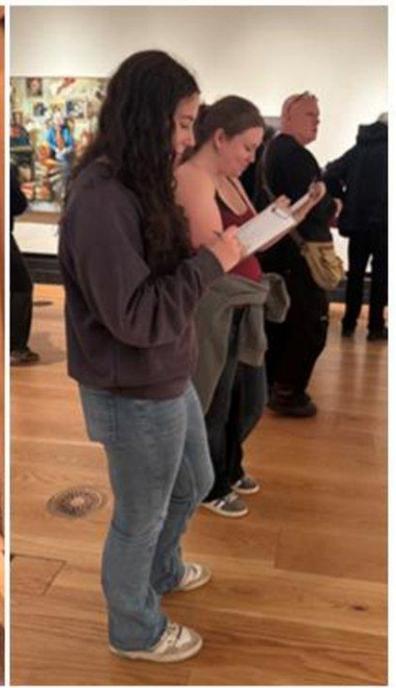
Students spent the day exploring the competition exhibition and taking part in a series of focused drawing tasks, before moving on to a formal portrait-painting masterclass with a live model present.



Young Artist Award Winner, Michelle Liu, speaking with our Artists.



Kofi, 2024 by Michelle Liu © Michelle Liu



The group immersed themselves fully in this valuable opportunity, demonstrating enthusiasm, curiosity and real commitment to developing their skills. Ms Razvand was proud of all the students, particularly Y12, as this was their first “live” portraiture experience. They represented the school beautifully, making the most of the expert guidance on offer, and a wonderful time was had by all.





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TOLO

SPORTS NEWS





Friday 14 November: our U14/15 enjoyed a lovely afternoon of excellent netball at the Highgate Tournament. Great experience for them!





Friday 14 November: our U16 girls hockey at Tiffin for their indoor comp this morning



Saturday 15 November: our U16 boys rugby team won the Bowl at this week's Middlesex competition. Despite some tough group matches, the boys showed real commitment throughout the day

NATIONAL CHAMPIONS

PATRON: HRH THE PRINCE OF WALES



Saturday 15 November: our Inter swimming team at the National Finals



Tuesday 18 November: well done to our U13 and U19 teams who placed first! Our U16s came 2nd so... All 3 teams make it through to National Finals in March





Congrats!

Zara Potterill



Congratulations to Zara Potterill who was selected for U12 Surrey cricket team.

Congrats!

Kaitlyn Glass



Congratulations to Kaitlyn Glass who has signed for Brentford ETC Football.

Congrats!

Theo Povey



Congratulations to former student Theo Povey for making his first team debut for Harlequins on Sunday. Listen to Theo on [Instagram](#)



Player of the Month

Bobby Scoble-Jenkins



Congratulations to Bobby, who has been in fantastic form this month! He stepped up to play for the U16s in the first round of the ESFA, putting in a brilliant performance against older players, and then followed it up with an MVP display in the U16 Borough League win last week.

Bobby is a powerful old-school defender who loves to win his headers and make big tackles, but he also has the composure and quality to play forward passes and start attacks from the back.

As captain of the U15 team, Bobby leads by example every game with his effort, communication, and determination. His attitude and performances have been top class, and we can't wait to see what he achieves next! Well done, Bobby, a brilliant month and a well-deserved award!

Player of the Month

Clio Saville



Clio has had an outstanding start to the sporting year and is a very deserving recipient of our Player of the Month award. She showed fantastic determination and endurance by finishing 3rd at the English Schools Cross Country Round 1, helping her team secure 2nd place overall and qualify for the regional round in November.

Alongside her running success, Clio is a talented member of the Elite Gymnastics team, where she continues to impress with her skill and dedication — we can't wait to see her shine in her upcoming competitions. On top of this, Clio has joined the netball club and earned a place in the B team, showing her versatility and enthusiasm for sport. We look forward to seeing how the rest of the sporting year unfolds for Clio — an athlete with huge potential and a brilliant attitude! Keep up the good work!

Toren Griggs

Scholar of the Month



Toren has made an excellent start at Grey Court, quickly establishing himself as a key member of the Year 7 football team, where he has impressed with his composure and commitment as goalkeeper. He has also represented the school in rugby, showing great determination and teamwork on the pitch.

Beyond this, Toren has played an important role in the Year 7 cross country team, helping them to victory at the Lee Valley event and qualifying at the Middlesex competition for the regional finals.

In scholarship lessons, Toren continues to show enthusiasm, focus, and a positive attitude, making him a valued member of the group.

Congratulations, Toren, on being named Scholar of the Month! Keep up the great work – we're excited to see what you achieve next.

Anna

Scholar of the Month



Anna truly embodies what our Sports Scholarship programme represents: she is hardworking, determined, and an outstanding team player. Her talent and commitment have been evident across multiple sports — she has represented the school in cross country and impressively played not only for the Year 7 football team but also up an age group for Year 8.

On the pitch and in PE lessons, Anna consistently demonstrates great skill, teamwork, and a fantastic attitude. She always gives her best effort and leads by example in every session.

Beyond her sporting ability, Anna's positive mindset, enthusiasm for learning, and willingness to support others make her a valued member of our school community.

Well done, Anna!

U14/16 Girls Rugby Team

Team of the Month



We are incredibly proud of our **U14/16 Girls Rugby Team** for their fantastic start to the season. The girls have shown brilliant dedication, passion, and talent both on and off the pitch.

They had the exciting opportunity to take part in filming for Sky Sports and the National Lottery as part of the build-up campaign to the Women's Rugby World Cup. They even had the privilege of meeting **Lucy Bronze** and **Maggie Alphonsi**. Their involvement was a brilliant reflection of their commitment to the sport and the bright future of girls' rugby.

They represented the school brilliantly.

On the field, they impressed us all by securing second place in the RWC T1 Tournament, where they demonstrated outstanding skill and teamwork.

As we look ahead to the rest of the season, we're thrilled to see our girls' rugby programme growing from strength to strength. With such a talented and enthusiastic group leading the way, the future is looking very bright for our school rugby community.

Well done girls, we can't wait to see what you achieve next!

U16 Boys Indoor Athletics Team

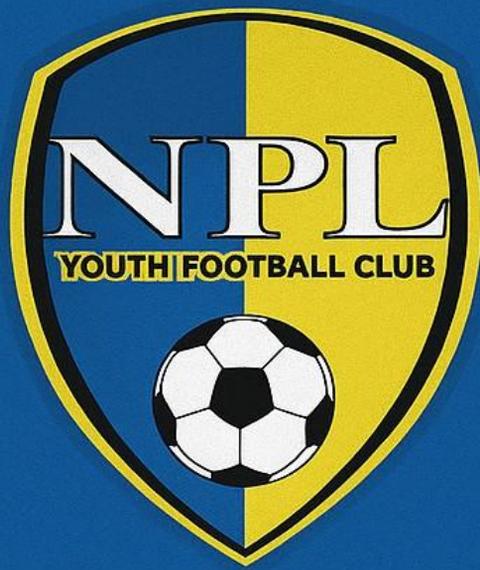
Team of the Month



Congratulations to the Grey Court U16 Boys Indoor Athletics Team for being crowned champions at the Lee Valley Cup Final. The squad delivered exceptional performances against strong competition, with every athlete contributing to the team's success. They also broke the 4 x 200m record.

There were also brilliant individual highlights, including Mack, who cleared an impressive 1.85m in the high jump and narrowly missed setting a new record at 1.91m. His performance, alongside the consistent efforts of his teammates, showcased the depth of talent within the squad.

The boys demonstrated outstanding teamwork, resilience, and spirit throughout the competition, pushing one another to achieve their very best. It was an exceptional achievement and a well-deserved recognition as team of the month.



NPL TRIALS U13 NEWTONS

**EXPERIENCED PLAYERS
NEEDED**

**TOP U13 SYL SUNDAY TEAM
HAS OPENINGS**

TRIAL DATES TBC

**CONTACT james.mcintosh28@gmail.com
FOR MORE DETAILS**



Clubs

Extracurricular
timetable



What's happening ...

YOUTH FESTIVAL

ON CHRIST THE KING FEAST

22.11.2025

**AT ST. THOMAS AQUINAS
CATHOLIC CHURCH, HAM**

**SPECIAL MASS
AT 6 PM**

**TABLE TENNIS
TOURNAMENT
AT 7 PM**

**PIZZA
POPCORN**

ALL ARE MOST WELCOME





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**COACHING
SESSIONS**

**MULTI-SPORTS
RUGBY**

EVENTS

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FOR PRICES**

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OR USE THE QR CODE

RISE

Richmond upon Thames
Inclusive Sport and Exercise

 LONDON BOROUGH OF
RICHMOND UPON THAMES

SPORTS DEVELOPMENT

FOOTBALL

Day: Saturdays

Time: players age 11 to 16 - 11.15am-12.15pm
players age 5 to 11 - 12.15pm-1.15pm
Adult players - 11.15am-12.15pm

Dates: 13 September to 13 December (not 1 Nov)

Venue: Whitton Sports & Fitness Centre

Cost: £4.50 per person per session

Coached by coaches from Kew Park Rangers (KPR), a local England Football 3 Star Accredited Community Club, footballers practice a variety of techniques and skills to develop their agility, balance and coordination. KPR encourage players to join in competitively and socially.

These sessions take place indoors in a sports hall.

FUSION ADULT DANCE

Day: Mondays **Time:** 6.00-7.00pm

Dates: 8 September to 15 December (not 27 Oct)

Venue: Teddington Sports Centre

Cost: £52 per person for the term

Fun, energetic and social dance sessions with Combination Dance which will increase fitness, mobility, self-confidence and teamwork. Performers will learn choreographed dance routines to a variety of music genre.

RISE TO SHINE SWIMMING

Day: Tuesdays **Time:** 6-6.45pm

Dates: 9 September to 16 December (not 28 Oct)

Venue: Teddington Pools & Fitness Centre

Cost: £65 per person for the term

Part of our RISE to Shine project, training athletes aged 8-18 years who live or go to school in the borough to compete for Richmond in the London Youth Games. It is a very welcoming group focusing on stroke improvement. Swimmers need to be able to swim a 25m length of the pool unaided.

MULTI-SPORTS

Day: Saturdays **Time:** 12.15-1.15pm

Dates: 13 September to 13 December (not 1 Nov)

Venue: Whitton Sports & Fitness Centre

Cost: £4.50 per person per session

Activities for children 8+, young people and adults Delivered by Brentford Community Sports Trust. Come along and join in with a variety of different sports and exercise activities. These sessions are fun and engaging with the opportunity to try lots of different activities.

FUSION JUNIOR AND TEEN DANCE

Day: Saturdays

Time: 11:30am-12.15pm (Yr7 +)
12.30-1.00 pm (YrR to Yr6)*

*expression of interest as not currently running

Dates: 13 September – 13 December
(not 25 Oct or 1 November)

Venue: Up and Running, Teddington

Cost: £54 per person for the term

These weekly, fun and lively dance classes are led by Combination Dance Company and are ideal for developing gross motor skills, flexibility, self expression and confidence.



To book any of our activities please visit - <https://bookwhen.com/lbrut-rise>

If you would like to attend any of these activities or for more details, please contact the Sports Development Team on 020 8831 6134
email: rise@richmond.gov.uk www.richmond.gov.uk/RISE

Junior and Teen Football

Sessions for children and young people, 5 to 16 years old who have neurodiverse needs or disabilities and would like to play in an inclusive environment.

Time: 11.15am-12.15pm players 11 to 16 years in secondary school
12.15pm-1.15pm players 5 to 11 years in primary school

Day: Saturdays **Dates:** 13th September to 13th December (term time)

Venue: Whitton Sports Centre, Twickenham School, Percy Road, Whitton, TW2 6JW.

Cost: £4.50 per person per session. There is no charge for parents, carers or support staff.



Coached by coaches from Kew Park Rangers (KPR), a local England Football 3 Star Accredited Community Club, footballers practice a variety of techniques and skills to develop their agility, balance and coordination.

KPR encourage players to join in competitively and socially.
These sessions take place indoors in a sports hall.

We would ask that you please sign up and pay in for the sessions in advance by using the following booking link –

<https://bookwhen.com/lbrut-rise>



If you would like to attend any of these activities or for more details, please contact the Sports Development Team on 020 8831 6134
email: rise@richmond.gov.uk www.richmond.gov.uk/RISE

NO STRAIGHT ANSWER



@ Hampton Youth Zone

Thursdays
4pm to 6pm
Years 7 to 13

A session for lesbian, gay, bisexual, transgender or questioning young people to have a safe, supportive space to explore their identities with like minded people. Activities include cooking, arts, sports, music and many more.

Contact

Ash Lewis: ash.lewis@achievingforchildren.org.uk

Alex Quennell: alex.quennell@achievingforchildren.org.uk

Address: The White House Family Hub, 45 The Avenue, TW12
3RN

8 TO 18 YEARS



CLASSIC MUSIC TUITION

Ham Youth Centre has started an exciting new music project under the tutelage of three highly qualified music teachers. Young people will receive individual tuition and the opportunity to play in ensembles.

We offer instruction in piano, violin, cello, clarinet and flute. For this wonderful opportunity we are asking for £100 per term which also includes a wide range of classical instruments available for young people to take home to practice. Young people's progress will be recognised through AQA accreditation.

We are looking for dedicated and passionate young musicians of any level of experience. We aim to improve young people's musical proficiency and enable them to take part in performances in the future.

EVERY SATURDAY, 12PM TO 2PM

Ham Youth Centre, Ham Close, TW10 7PL

Contact **Ben Skelton** for more information:

M: 07903 349719 **E:** ben.skelton@achievingforchildren.org.uk



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for children**

HAM YOUTH CENTRE

11-19



TERM TIME
2025/6

DROP IN YOUTH CLUBS

Sports, arts and crafts, gaming, cooking, relaxing and loads more!

- **After School:** Tuesdays, Wednesdays, Fridays 3 to 5pm
- **Saturdays:** 3 to 5.30pm



AGE RELATED GROUPS



Seniors Session: 15 to 19 years olds. Wednesdays 5 to 7pm
Including dungeons and dragons, gym and music studio.

Juniors Session: 10 to 14 years old. Tuesdays 5 to 7pm.
Including arts, sports, cooking, gaming. Year 6s welcome!

FOOTBALL SESSIONS

- **Football training:** Wednesdays 3 to 5pm at youth centre
- **Football training:** Saturdays 12.30 to 2.30pm at Richmond and Kew Football club



MUSIC

Tuition, recording, production, guitar, drumming

- **Music studio open:** Each day 3 to 7pm. Please book.
- **Orchestra:** Saturdays 12 to 2pm



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for children

PARKOUR

Thursdays 3 to 5pm - Tuition in free running using our state of the art equipment with our expert coach. Learn to cat leap and precision jump!



GIRLS GROUP

Mondays 3 to 6pm - When young women rule!
An open minded safe space. Including art, street dance, sports, trips, games, discussions, eating...



GYM AND FITNESS

Weights, cardio, boxing, fitness workouts with our experienced personal trainer.

Wednesdays 3 to 5pm, Saturdays 3 to 5.15pm



INFORMATION

We offer a safe and relaxing space where young people can spend their leisure time trying out different activities, making new friends and chat to friendly youth workers.

More info:

hamyouthcentre@achievingforchildren.org.uk

www.afcinfo.org



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Sunday 7th December 2025 at 6pm
St Peter's Church
Church Lane, Petersham, Surrey TW10 7AB

HANDEL MESSIAH

Selected highlights



**THE ELYSIAN SINGERS
AND PLAYERS**
Sam Laughton conductor

In aid of St Peter's music and

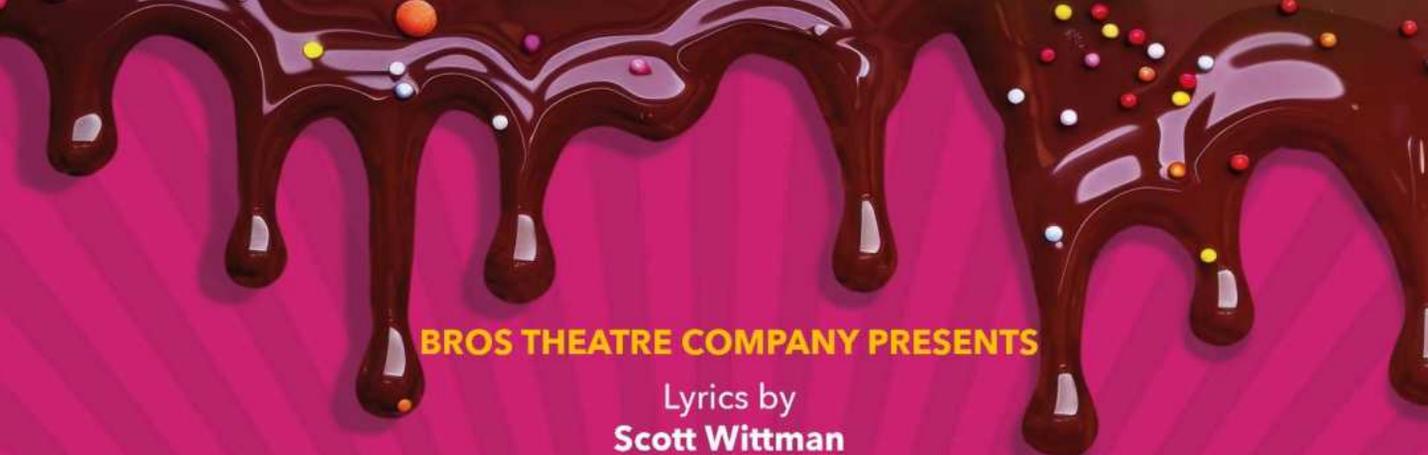
The Vineyard Community
& Richmond Foodbank

Tickets £15

tinyurl.com/PetershamMessiah

Events.stpeterspetersham@gmail.com





BROS THEATRE COMPANY PRESENTS

Lyrics by
Scott Wittman
Marc Shaiman

Book by
David Greig

Music by
Marc Shaiman

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Based on the novel by **ROALD DAHL**

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BSL translated performance Thurs 19th, 7.30pm

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ATG
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Parents: MHST Information at a Glance

General MHST information

[MHST leaflet explaining who and what we offer](#)

[Self-referral for primary aged pupils](#)

[Self-referral for secondary school pupils](#)

[Leaflets on our universal groups](#)

[MHST website](#)

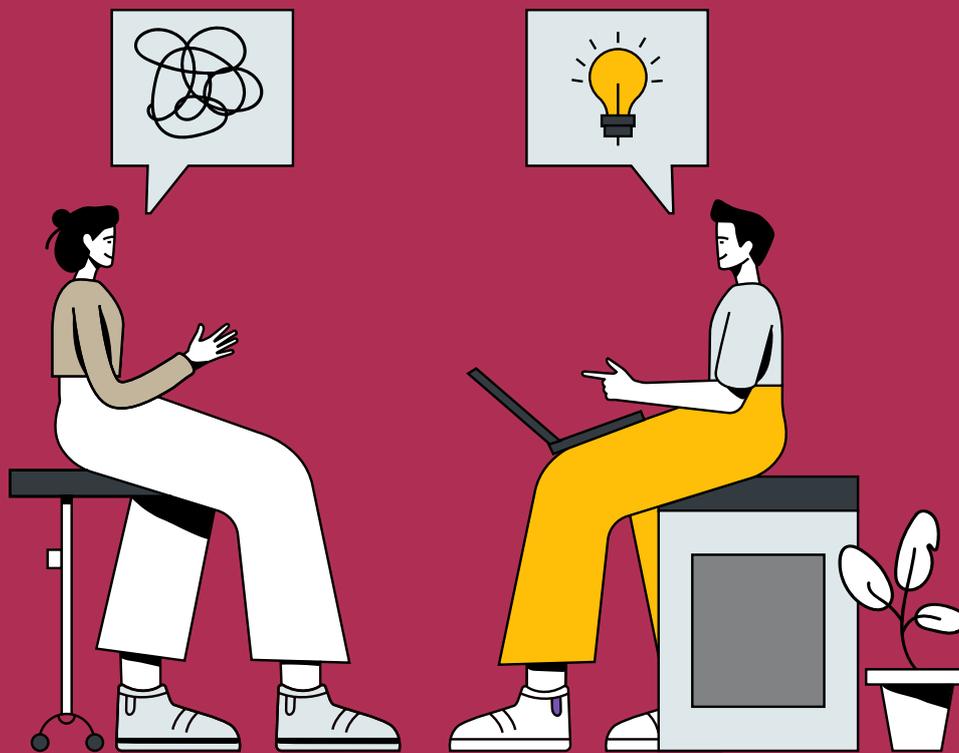
[MHST video library](#)

Helping with.... Parent webinars (topics chosen by parents)

[Webinars: Helping Children with Series 25/26](#)

[Webinars: Helping Teens with Series 25/26](#)





Welcome to the Emotional Health Service (EHS) resource pack

We acknowledge that the waiting times for mental health services, appointments and assessments can be long, which can be worrying and frustrating for young people and families.

Included in this pack is a variety of resources, including websites, apps, books and services for a range of mental health concerns. The idea is for you to have access to all of these so you can use them if and when necessary, for example if a new difficulty arises.

To explore further support and advice, please visit our [EHS Resource Hub](#) where you will find our online workshop library, leaflets and resources, counselling services, youth clubs, as well as parenting and family support.

Contents

SECTION	
	<u>Anxiety</u>
	<u>Low mood</u>
	<u>Self-harm</u>
	<u>Obsessive compulsive disorders (OCD)</u>
	<u>Autism (ASC)</u>
	<u>ADHD</u>
	<u>Emotionally-related school avoidance (ERSA)</u>
	<u>Sleep</u>
	<u>General resources</u>
	<u>Helplines and crisis support</u>

All links to documents and resources are underlined in the sections

Anxiety

1. Books

[The Anxiety Workbook for Teens \(2005\) - Lisa MSchab](#)

This workbook gives anxious teens insight into their problems and offers practical guidance for overcoming them.

[Helping Your Child with Fears and Worries: A self-help guide for parents \(2005\) - Cathy Creswell & Lucy Willetts](#)

This clinically proven guide uses CBT techniques to enable parents to understand what is causing their child's worries and to carry out step by step practical strategies to help them overcome them.

2. Charities and services

[No More Panic](#) provides valuable information, support and advice for sufferers and carers of people with panic and anxiety related disorders.

[No Panic's Youth Hub](#) supports young people struggling with anxiety-related issues and their parents/carers. They have a wellness kit, breathing animation, one-to-one mentoring and much more. Visit their website and explore more.

They also have a [Youth Helpline: 0330 606 1174](#) available everyday 10am to 10pm, which is run by trained volunteers. During night hours, a recorded breathing exercise is played which can help you through a panic attack using diaphragmatic breathing.

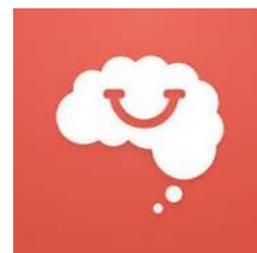
[Kooth](#) is an online mental wellbeing community for children and young people, providing access to counselling via live chat, community support and self-help resources. [Click to join.](#)

3. Relaxation

[Childline Calm Zone](#) contains breathing exercises, activities, games and videos to help let go of stress.

[Therapist Aid](#) has developed a list of relaxation techniques to help prevent and manage anxiety

[Smiling Mind](#) is a free meditation and mindfulness app for young people developed by a team of psychologists. [Click to download.](#)



4. Psychoeducation and self-help

[EHS Anxiety Workshop](#) is designed for young people, parents and carers to explain what anxiety is, what causes it and how to manage it. [Click to watch.](#)

[GetSelfHelp](#) has self-help guides, videos and downloadable resources for anxiety, which use CBT strategies to help young people make sense of the problem and then learn how to make positive changes. To find out more please visit their website.

[MindShift - Anxiety Relief](#) is a free self-help app that uses CBT tools to challenge negativity, learn more about anxiety, develop more effective ways of thinking, be mindful, and relax.

[YoungMinds](#) have lots of useful tips for managing panic attacks on their website.

Low mood

1. Websites

YoungMinds has guides for young people and parents which provide information and support for low mood and depression.

GetSelfHelp has self-help guides, videos and downloadable resources for low mood and depression, using CBT strategies to help young people make sense of the problem and then learn how to make positive changes.

EHS Low Mood Workshop is designed for young people, parents and carers to explain what low mood is, what causes it and how to manage it. [Click to watch](#) (jump to 25:12).

Kooth is an online mental wellbeing community for children and young people, providing access to counselling via live chat, community support and self-help resources.

2. Books

Am I Depressed And What Can I Do About It? (2015) - Shirley Reynolds & Monika Parkinson

An accessible, engaging and age-appropriate self-help guide for young people aged 13 to 17 who experience low mood and depression, incorporating case studies and including some interactive exercises.

Teenage Depression A CBT Guide for Parents (2015) - Shirley Reynolds & Monika Parkinson

Companion guide which looks at the issues from the parents' point of view, and incorporates additional strategies for parents. From 'what to look out for', through what the evidence says about different forms of treatment, to family communication and relapse prevention.

3. Helplines

Shout 85258 provides 24/7 text support for young people experiencing a mental health crisis, simply text 'SHOUT' to **85258**.

CAMHS Mental Health Crisis Line is available on **020 3228 5980**, Monday to Friday and Saturday, Sunday, and bank holidays 9am to 11pm if you are concerned about your own or somebody else's mental health.

The 24/7 South West London and St George's Mental Health Support Line offers emotional support and advice to both children and adults who need mental health support or are in a crisis at any time of the day or night on **0800 028 8000**.

[Please click here to find more helplines and Crisis Support.](#)

4. Apps

What's Up? is a [free app](#) using cognitive behavioural therapy (CBT) and acceptance commitment therapy (ACT) methods to help you cope with low mood, anxiety, anger, stress and more. Available from the App Store.

ThinkNinja is an app for children and young people (10 to 18 years old) that helps educate about mental health and emotional wellbeing, as well as helping them to learn and develop a range of skills for when they are experiencing daily life stresses or feeling low. Available from the App Store.



Self-harm

1. Websites

[Self-Harm UK](#) offers free, online self-harm support for 11-19 year olds.

[E-wellbeing](#) have lots of self-harm resources and articles for both young people and parents, which you can find here.

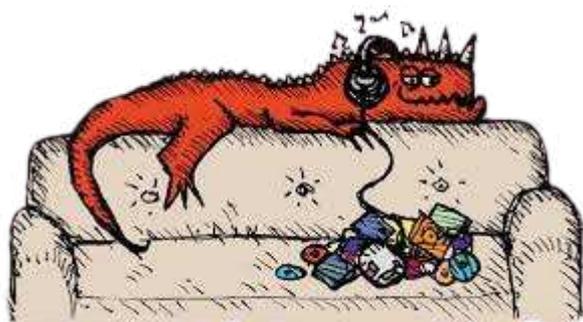
[YoungMinds](#) have a guide for parents, containing information about what self-harm is, what the signs of self-harm are in a young person, and where to get support.

2. Videos and downloads

[Noharmdone video series](#) can be accessed through the YoungMinds or this link.

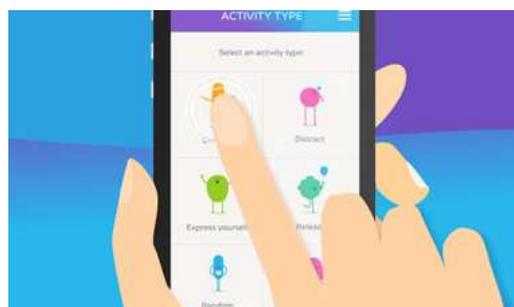
[Coping with self-harm - A guide for parents and carers](#) is a guide developed by the University of Oxford based on in-depth research aimed to help parents and carers who are trying to cope with this difficult situation.

[National self-harm network distractions guide](#) is a list of distractions you can use as a way of diverting feelings of self harm or finding other ways to express thoughts and feelings.



3. Apps

[Calm Harm](#) (13+) is a free, award-winning and anonymous app which provides immediate activities and techniques to help break the cycle of self-harm behaviour and explore underlying triggers. It was developed by clinical psychologist, Dr. Nihara Krause together with young people, and includes activities to help with: comfort, distraction, breathing, expressing yourself, as well as signposting to additional help and support.



4. Crisis Support

CAMHS Mental Health Crisis Line is available on **020 3228 5980**, Monday to Friday and Saturday, Sunday, and bank holidays, 9am to 11pm if you are concerned about your own or somebody else's mental health.

The [24/7 South West London & St George's Mental Health Support Line](#) is available for urgent, crisis and out of hours mental health support on **0800 028 8000**.

For urgent out of hours medical support, please call NHS 111 or contact your local 'out of hours' GP. **In a medical emergency only**, dial **999** or attend your nearest A&E to keep your child or young person safe.

[Please click here to find more helplines and Crisis Support.](#)

Obsessive compulsive disorders (OCD)

1. Charities and services

[OCD Action](#) offers support and information to anybody affected by obsessive compulsive disorder (OCD).

They also have a support line available from 9.30am to 8pm, Monday to Friday on **0300 636 5478**. To see the support available, please visit their website.

[OCD Youth](#) aims to increase awareness and access to support for anyone under 25 affected by OCD. OCD Youth is run by young people with OCD, for young people with OCD.

They organise trips and outings, run online meet-ups, take part in campaigning activities, manage a youth website and social media channels, write articles and awareness resources, produce videos and media, and much more. Visit the website to find out more.

2. Books and guides

[OCD UK](#) has an OCD guide for young people which explains OCD and the different types, as well as the various treatments available for it. Visit their website to download the guide for free or order a copy for 99p.

[OCD Action](#) have made a list of useful books for young people and their families, which you can download by clicking this link.

[YoungMinds](#) has an online guide for young people to learn more about OCD and explore ways to get help, which you can access on the website.

[AfC website EHS resources](#)

3. Workshops and self-help

[GetSelfHelp](#) has self-help guides, videos and downloadable resources for OCD, which use effective CBT strategies to help young people make sense of the problem and then learn how to make positive changes. To find out more, please visit their website.

Autism (ASC)

1. Charities

[The National Autistic Society \(NAS\)](#)

is the UK's leading charity for people on the autism spectrum and their families. They provide support, guidance and advice, as well as having hundreds of branches across the UK and an education rights helpline.

[Express CIC](#) is a charity that supports young people on the autism spectrum and their families (including those in the pre-diagnosis stage). There is a community cafe and hub with an autism-friendly environment to include fully accessible quiet areas and sensory areas. Various services are offered including counselling and support groups for parents and carers, creative therapy, drama club, sibling groups and much more that can be explored on their website.



2. Parenting advice and support

The [AfC website](#) contains information about services and support for parents with a child or young person on the autism spectrum, including local information regarding neurodevelopmental assessments, our pre and post diagnosis support service, support groups and education services.

[AfC parenting courses](#) currently include the National Autistic Society (NAS) EarlyBird and EarlyBird Plus programmes, designed to support parents of children under 10 who either already have or are 'on the road to' a diagnosis of an autism spectrum condition. We also run our Barnardo's Cygnet training for parents of young people aged 8 to 16 with an ASC diagnosis. To find out more and self-refer, please visit the website.

3. Clubs and activities

[Keen2Go](#) is a weekly social club for young people aged 8 to 18 years with autism and/or learning disabilities resident in the borough of Richmond. To find out more information you can visit their website.

The [Curly Hair Project](#) is an organisation that helps people on the autistic spectrum and the people around them. They use things such as animated films, comic strips and diagrams to make their work interesting and easy to understand.

[The Lighthouse Project](#) is a fun and welcoming youth club for young people (11+) with ASC/ADHD. The club is based at Heatham House in Twickenham and is a great support network for all the members to be able to discuss any concerns or simply have fun in a safe environment.

[TAG Youth Club](#) offers low cost activities for SEND children aged 15-25 where they can engage in active sports such as parkour, climbing, archery, fencing and gym. It also provides an opportunity for children to meet new friends and have fun together. To find out more you can visit their website.

[Spectrum Gaming](#) is an online community for autistic young people aged 8-17, which has three main intended outcomes; building friendships, increasing self-acceptance and advocacy.

[FriendBee](#) is a SEND befriending service that matches young people to volunteers to help them access social and leisure activities.

[Upcoming events](#) to see what's on in the local area, including upcoming events, activities and clubs.

ADHD

1. Websites

[NHS ADHD Overview](#) Click to visit.

[ADHD Foundation](#) Click to visit.

[ADHD Embrace](#) is a charity supporting parents with children and teenagers who have ADHD. They offer newsletters, Facebook groups, events, seminars, workshops and courses. To register and sign up to their support community, please visit their website.



2. Courses

[Embrace Post-Diagnosis Workshops](#)

are held monthly and are free of charge to families living in Kingston and Richmond. They currently run in two parts over Zoom and provide the opportunity to learn about ADHD, treatments, and how schools and local organisations can support children while meeting other parents and carers in a similar position. For more information about upcoming dates and how to book, visit the website.

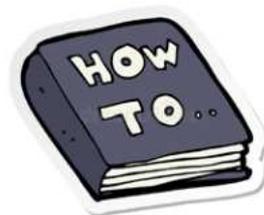
[1-2-3 Magic Behaviour Management](#)

[Parents' Course](#) is for parents and carers of children aged 2 to 7 years diagnosed with ADHD or who display challenging behaviour. To find out more and self-refer visit the website.

3. Guides

[ADHD parenting tips](#) Click to visit

[Parent/Carer Support from The Royal College of Psychiatrists](#) Click to visit



4. Clubs and activities

[The Lighthouse Project](#) is a fun and welcoming youth club for young people (11+) with ASC/ADHD. The club is based at Heatham House in Twickenham and is a great support network for all the members to be able to discuss any concerns or simply have fun in a safe environment.

[TAG Youth Club](#) offers low cost activities for SEND children aged 15 to 25 where they can engage in active sports such as parkour, climbing, archery, fencing and gym. It also provides an opportunity for children to meet new friends and have fun together.

[Upcoming events](#). To see what's on in the local area, including upcoming events, activities and clubs, please visit our website.

Emotionally-related school avoidance (ERSA)

1. Podcasts and videos

[Emerging Minds Podcast: 'Back to school after lockdown: school reintegration and youth mental health'](#) contains insight into the practical implications for children, young people and their families as schools reopen after the COVID-19 lockdown.

[Understanding emotionally based school avoidance seminar](#) by Anna Freud Centre on YouTube consists of various professionals exploring the topic of emotionally-based school avoidance and how schools, parents and professionals can best support young people who are affected.

2. Organisations

[Not Fine In School](#) is a parent-led organisation empowering and supporting families with children experiencing school attendance barriers, as well as raising awareness and campaigning for better support and provision, for improved recognition of family and children's perspectives, and for a change in thinking about the issues that affect school attendance.



3. Further information and support

YoungMinds

[Useful strategies and advice](#) to support your child transition back to school after the holidays if they are feeling anxious or nervous,.

There is also [a guide for parents](#) to use if a child is having problems at school, and how to work with them and the school to find the right support as soon as possible.

[AfC Emotionally Related School Avoidance Information](#)

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Sleep

1. Websites

[Mood Cafe website](#) offers information and resources to help understand and improve mental health e.g. relaxation/breathing exercises and information around sleep and anxiety.

[YoungMinds sleep advice](#) Click to visit.

[Self-help for sleep](#) Click to visit.

[Mind sleep information](#) Click to visit.



2. Neurodiversity and sleep

[EHS Autism and sleep presentation](#) [Adolescence](#) or [Primary School](#) are available to help parents and carers understand why difficulty falling and staying asleep can be common within the neurodiverse community, as well as strategies to try to help manage this.

[Cerebra](#) has useful information for those with neurodevelopmental disorders struggling with sleep, access to downloadable sleep tips and sleep seminars, as well as the option to make a referral to the sleep advice service.

3. Downloads

[NHS sleep Hygiene fact sheet](#) explains what sleep hygiene is, why it is important and what you can do to help improve sleep quality. Click to visit.

[MentalHealth.org: Sleep tips for parents and caregivers](#) Click to visit.

[NHS Sleep Diary](#) Click to visit and download.



4. Apps and podcasts

[Headspace](#) is a science-backed app for mindfulness or meditation to help reduce stress and aid sleep. Click to download.

[Koko Sleep podcast](#) is available if you search on your preferred listening platform.



General resources

- [Our EHS Resource Hub](#) is available should you wish to explore further support and advice, where you will find our online workshop library, leaflets and resources, counselling services, youth clubs, as well as parenting and family support.
- The Achieving for Children (AfC) website contains [parenting advice and courses](#), [youth groups](#) and [upcoming events and activities](#) in Kingston and Richmond.
- [Off the Record \(OTR\)](#) in Twickenham is a registered charity providing free confidential counselling and mental health support for children and young people aged 11 to 24 who live, work or study in the Richmond borough.
- [NHS Richmond Wellbeing Service](#) offers free talking therapies for anyone 18 years or over living in the borough of Richmond. To self-refer, please visit their website.
- [The Anna Freud Centre](#) has formed a list of self-care strategies to help young people manage their own wellbeing, click here to access. They also have a [booklet](#) for you to create your own self-care plan.
- [Mind](#) is a mental health charity which provides information and support to anyone experiencing a mental health problem.
- [YoungMinds](#) is a national charity committed to promoting and improving the mental health of all children and young people. Their website is full of advice and information on what to do if you or someone you love is struggling with how they feel.
- [Getselfhelp.co.uk](#) contains CBT self-help and therapy resources for a variety of different mental health concerns, including worksheets and information sheets, plus videos and self-help mp3s.
- [Camhs-resources.co.uk](#) has lots of resources, including downloads, websites, apps, videos and books designed to help young people and families cope with challenges that can occur during childhood and adolescence.



Off The Record
Twickenham


Richmond Wellbeing Service
Talking Therapies and Specialist Support


Anna Freud
National Centre for
Children and Families


mind

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Helplines and crisis support

If you are worried about your own mental health or somebody else's and would like to speak to someone, you can use one of the helplines listed below.

- **Kooth** is an online mental wellbeing community providing access to counselling via live chat with replies typically within an hour.
- **Shout 85258** is the UK's first and only free, confidential, 24/7 text messaging support service for anyone who is struggling to cope or experiencing a mental health crisis. To access you can text the word 'SHOUT' to **85258** to start a conversation with a trained Shout volunteer.
- **SANEline** is a national out-of-hours mental health helpline offering specialist emotional support, guidance and information to anyone affected by mental illness, including family, friends and carers. They are normally open every day of the year from 4pm to 10pm on **0300 304 7000**.
- **CAMHS Mental Health Crisis Line** is available on **020 3228 5980** everyday from 9am to 11pm if you are concerned about your own or somebody else's mental health.
- **Childline** is open 24 hours a day, seven days a week. Call on **0800 1111** to get through to a counsellor who will be there to listen and support you with anything you'd like to talk about. Or you can have a [one-to-one counsellor chat](#) online.



In case of a mental health emergency, we would advise you to contact the **24/7 South West London and St George's Mental Health support line** for urgent, crisis and out of hours mental health support on **0800 028 8000**.

For urgent out of hours medical support, please call **NHS 111** or contact your local 'out of hours' **GP**.

In a **medical emergency only**, dial **999** or attend your nearest **A&E** to keep your child or young person safe.

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