

Winter/Christmas Holiday Food and Fun

on the 22nd, 23rd, 29th and 30th December 2025



Royal Greenwich Together

HOLIDAY FOOD and FUN

Make this a school holiday to remember!

Free spaces are available at
activity clubs across the borough
for eligible school children.

Find out more at:
[Royalgreenwich.gov.uk/
HolidayFoodAndFun](https://www.royalgreenwich.gov.uk/HolidayFoodAndFun)

ROYAL borough of
GREENWICH



DIVINE BUZZ

We are hosting a 4-day Winter Food and Fun HAF programme on the **22nd, 23rd, 29th, and 30th of December** in the heart of Thamesmead. The activities include dance and drumming, multisports, swimming, healthy eating sessions, a trip to the cinema, etc. Breakfast and lunch are provided free of charge.

To discuss your child's needs further, please contact me at **07951922324** or info@divinebuzz.co.uk

Your child or young person will need the RBG eligibility code to attend the programme without payment. Children without the RBG eligibility code can attend but must pay £15 per day.

Venue: St Paul's Church, Thamesmead, SE28 8AS

Time: 10:30 am to 2.30 pm

Please have a look at the four-day food and activity timetable below



Breakfast, lunch, and fruits will be served
Cereals and porridge will be available for children in the morning

**There will be a hot lunch option
Sandwiches are also available**

Menu: 22, 23, 29 and 30th December 2025

There will be a halal option available

Monday 22nd December



Beef Lasagna, Salad with fruits & Cake

Tuesday 23rd December



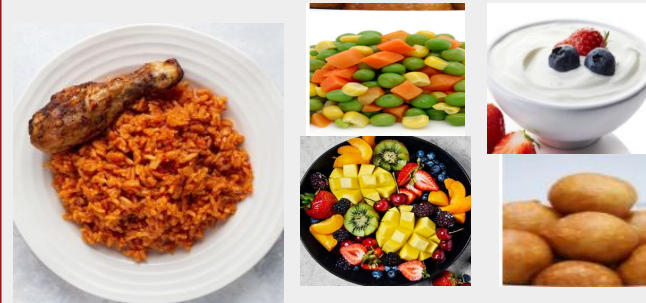
Fish/Chicken and chips, salad, fruits and ice cream

Monday 29th December



Chicken wrap with salad, cake and fruits

Tuesday 30th December



Jollof Rice with chicken, mixed vegetables, yogurt, fruits & Puff-puff

Activities – 22nd December 2025

Monday, 22nd

Enrichment: Arts and Crafts, Painting, Computing

Healthy Eating

Dancing and Drumming

Multisports

Arrive at 10:30 and pick up 2:30 pm



Activities – 23rd December 2025

Tuesday, 23rd

Swimming

Enrichment/Healthy Eating

Multisports

Drumming/Dances

Arrive at 10:30 am and pick up 2:30 pm



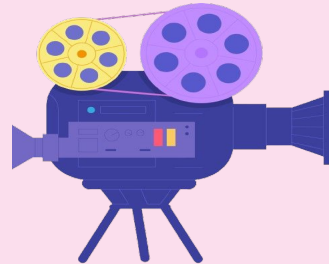
Activities – 29th December 2025

Monday, 29th

A Trip to Bexleyheath Cinema

28-70 Broadway, Bexleyheath DA6 7LL

Arrive at 10 am and pick up 2 pm



Activities – 30th December 2025

Thursday, 30th

End of HAF programme Celebration

Winter celebrations with a feast and enrichment activities, drumming and dancing

Parents are invited @1:00 pm

Arrive at 11:00 am and pick up 3:00 pm



DIVINE BUZZ CHILDREN ACTIVITIES



DIVINE BUZZ

GREENWICH



CHILDREN ACTIVITY SESSIONS

TERM TIME ONLY

TUESDAY

AGES: 4-16

MULTISPORTS

TIME: 3:30 - 4:30 PM



TUESDAY

KS1, KS2 & KS3

AFTER-SCHOOL TUTORING

TIME: 5:00 - 6:00 PM



THURSDAY

AGES: 4-16

EDUCATIONAL ACTIVITIES

TIME: 3:30 - 5:30 PM

Learn to draw, make crafts, debate, etc



THURSDAY

AGES: 10-16

SKILLS BUILDING

TIME: 3:30 - 5:30 PM

Learn to sew: Learn patch work, sew bags, scrunchies, and use the fabric to create many fashionable designs
Learn to braid: Learn to braid single plaits, twists, crochet, and other styles.



THURSDAY

AGES: 10-16

BAKING

LEARN TO BAKE AND DECORATE DIFFERENT CAKES



07951922324

St. Paul's Church,
Bentham Road,
Thamesmead SE28 8AS

SUPPORTED BY
CCC
CHILDREN
IN NEED

 **COMMUNITY
FUND**





DIVINE BUZZ

BEXLEY



CHILDREN ACTIVITY SESSIONS

FRIDAY TERM TIME ONLY



AGES: 4-16

MULTISPORTS



AGES: 4-16

EDUCATIONAL ACTIVITIES

TIME: 3:30 - 5:30 PM

Learn to draw, make crafts, debate, etc



AGES: 10-16

SKILLS BUILDING

TIME: 3:30 - 5:30 PM

Learn to sew: Learn patch work, sew bags, scrunchies, and use the fabric to create many fashionable designs
Learn to braid: Learn to braid single plaits, twists, crochet, and other styles.



AGES: 10-16

BAKING

LEARN TO BAKE AND DECORATE DIFFERENT CAKES



07951922324

Church of the Cross,
Lensbury Way,
Thamesmead, SE2 9UE



For more children's activities, click on the [link](#)

DIVINE BUZZ ADULT ACTIVITIES

DIVINE BUZZ
Social Hour



Women who come together, laugh together!
Empowering women with great conversations!
Celebrating each other, a step at a time.





Date and Time to be announced.

Contact us:
07951922324



DIVINE BUZZ



INVITES YOU TO OUR
FOOD GIVING



TBA
TIME: To Be Announced

Vegetables

Drinks

Fruits

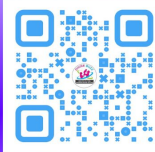
... and more!

Please bring your bag!

 **St Paul's Church,**
Bentham Rd, SE28 8AS

 **07951922324**





For more women's activities, click on the [link](#)

DIVINE BUZZ ADULT ACTIVITIES

DIVINE BUZZ



FULL BODY EXERCISE



TUESDAY & THURSDAY
Term time only
TIME: 9:30 AM - 10:30 AM

Improved health conditions

Adaptability

Overall fitness

Burn more calories

Lifting spirits... and everything else!

 St Paul's Church,
Bentham Rd, SE28 8AS

 07951922324



DIVINE BUZZ



PILATES



WEDNESDAY
Term time only
TIME: 9:30 AM - 10:30 AM

Better breathing

Stronger core

Reduced stress

Balanced Posture

Aligning your mind and body!

 St Paul's Church,
Bentham Rd, SE28 8AS

 07951922324



DIVINE BUZZ



SWIMMING



MONDAY
TIME: 9:15 AM - 10:00 AM
TUESDAY
TIME: 8 PM - 8:45 PM
THURSDAY (MEN)
TIME: 8 PM - 8:45 PM
FRIDAY
TIME: 9:15 AM - 10:00 AM

Exceptions will be announced

Improve your health, while having good fun

Learn to swim at your own pace

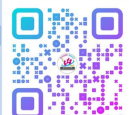
Learn new skills with friends

Spend time in a fun, supportive environment

Every stroke is a step toward strength!

 Thamesmere Leisure
Centre SE28 8RE

 07951922324



DIVINE BUZZ ADULT ACTIVITIES

DIVINE BUZZ



HAIR BRAIDING



WEDNESDAY

Term time only

TIME: 11 AM - 2 PM

Hair styling

Wig making

Crochet

Single plaits & twists

Add some fun and colour to your hair!



St Paul's Church,
Bentham Rd, SE28 8AS



07951922324



COMMUNITY
FUND



DIVINE BUZZ



MAKEUP & SELF-CARE



Date and Time to be
announced.

Skin care

Gele tying

Makeup applications

Enhance
appearance

Come and build your confidence in doing makeup!



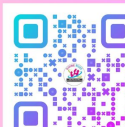
St Paul's Church,
Bentham Rd, SE28 8AS



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COMMUNITY
FUND



DIVINE BUZZ



INVITES YOU TO OUR SEWING CLUB



FRIDAY

Term time only

TIME: 11 AM - 2 PM

Pattern
cutting

Learn to sew
different styles

Learn to
measure

Bring your old clothes
for upcycling



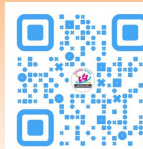
St Paul's Church,
Bentham Rd, SE28 8AS



07951922324



COMMUNITY
FUND



DIVINE BUZZ ADULT ACTIVITIES

**DIVINE BUZZ INVITES YOU
TO OUR**

Baking Sessions

Venue: St Paul's Church,
Bentham Rd. SE28 8AS

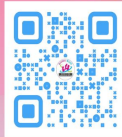


Join us for a relaxed and creative baking sessions!

Monday: Term Time Only
TIME: 11 AM - 2 PM



07951922324



**DIVINE BUZZ INVITES YOU
TO OUR**

Healthy Eating, Baking & Cooking Sessions

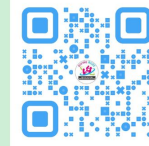
Venue: St Paul's Church,
Bentham Rd, SE28 8AS



Maintain your own traditional food but
adopt a healthy way of cooking

Start date and time to be published

Contact us to reserve your space or find
out about the next session: 07951922324.



Dine @ Divinely Buzz

"A Heavenly Taste of Africa's Finest!"

Experience the divine difference!



**Waakye, Jollof Rice, Piri Piri Chicken,
Spiced Fish, Kelewele, Shito
Accra plantain Fritters,
Home-made Biscuit, and many more.**

**A bowl of Waakye £10
Cooler of Jollof Rice £90
Cooler of Meat £100**

A tasty blend of traditional African flavours and healthy cuisines. Our signature dish combines nutrient-rich ingredients, including wholesome grains, tender legumes, and fresh vegetables, seasoned with exotic spices that bring the soul of Africa to your plate.

Place your order and collect
07951922342.

Venue: St Paul's Church,
Bentham Rd, SE28 8AS



GREENWICH SUPPORTS



FOOD

Holiday Meals
Good Food in Greenwich
Community Meals



ENERGY

Priority List
Stay Warm Stay Safe



MONEY

Emergency Payments
Benefits



ADVICE

Debt Free London
Advice Hubs
SELCE

CONTENTS

In this booklet you will find information on how to stay warm and well, and where you can go for support.

If you need help now, call our advisors at Live Well Greenwich for free on **0800 470 4831**.

Opening times are **Monday to Saturday** from 8.30am to 6pm.

SUPPORT THROUGH WINTER

Winter can be a difficult time for our mind and body, it's okay to ask for help.



We want to help you look after yourself and your loved ones.

This winter we can support you with:

- free advice on keeping fuel bills down
- advice on making sure you get the right benefits
- an energy efficiency assessment, including support to apply for grants that help improve your home's efficiency through South-East London Community Energy Co-op
- in person advice on benefits, housing, immigration and more
- free installation of draught excluders and energy saving devices
- emergency payments towards rent or essentials to get you through times of hardship
- access to good food

royalgreenwich.gov.uk/greenwich-supports
Or call the Welfare Rights service on **020 8921 6375**

The line is open on **Monday, Wednesday and Thursday** from 10am to 1pm

THE **ADVICE** YOU NEED **NEAR YOU!**



Find the latest updates at
royalgreenwich.gov.uk/greenwich-supports

ROYAL borough of
GREENWICH

Greenwich Supports



FEEDING YOU AND YOUR FAMILY



Food On Our Doorstep

Join a local food club

Family Action, a UK charity, is working to ensure no child or young person is left hungry in our borough through local food clubs available for an annual membership of £1. The membership can be paid on your first visit.

Food On Our Doorstep allows you to get £15 worth of food for your family for just £3.50 each week.

Where to go:

- **Valley Central Community Hub**, The Valley, Floyd Road, Charlton, SE7 8BL on Fridays 1pm to 3pm

- **Eltham Green Community Church**, 542 Westhorpe Avenue, Eltham SE9 6DH on Fridays 10am to 12noon
- **Jubilee Centre**, Lytton Strachey Path, Thamesmead SE28 8DU on Fridays 11am to 1pm

✉ Londonfoodclubs@family-action.org.uk
🌐 family-action.org.uk



Free community meals this winter

Once a month you can join the Good Food in Greenwich Community Kitchen for a free home-cooked meal and the chance to meet new people. Run by volunteers with support from GCDA and the Council, all are welcome to attend and there is no need to book.

All venues are wheelchair friendly. Dates and times can be found at royalgreenwich.gov.uk/greenwich-food-programmes
☎ 020 8269 4886



Holiday Food and Fun

If your child is aged between four and 16, and receives or is eligible for benefits-related free school meals, they can come along to one of our free holiday clubs this winter and get a filling meal each day too!

For more information visit royalgreenwich.gov.uk/holiday-foodandfun

Holiday Meals

Free, nutritious food is available for all children and young people in our borough during the school holidays.

Just turn up and tuck in! Find your local at royalgreenwich.gov.uk/holidaymeals



GETTING SUPPORT WHEN AND WHERE YOU NEED IT

If you are concerned about rising prices, how to deal with rent arrears or need support with a housing issue, in-person support is available through our weekly Advice Hubs across the borough.

If you know someone who needs help, direct them to their local hub.

Find times and locations at royalgreenwich.gov.uk/advicehubs

Or call 020 8921 6375 on Monday, Wednesday and Thursday, from 10am to 1pm.



Support for people experiencing domestic abuse

Free and confidential support is available for anyone suffering from domestic abuse. From Monday to Friday between 9am and 5pm you can call the Greenwich Domestic Violence and Abuse (GDVA) helpline on 020 8317 8273.

Further support can be found at the Her Centre in Woolwich. The Her Centre can offer emotional support, legal and practical help or access to a refuge. Call them on 020 3260 7772.

If the abuse is happening now and you think you or someone close by is at immediate risk of harm, call 999.



Debt Free Advice

Support with budgeting and debt

You can get free confidential support and advice on your finances from Debt Free London. Beyond debt, they can help with tips on saving and budgeting. For advice on rent arrears, utility bills, credit cards and loan debt call the freephone line 0800 808 5700 or visit debtfree.london

In person support is also available from The Forum, Trafalgar Road SE10 9EQ. Visit Monday to Friday between 10am and 5pm.



Reach out to South East London Community Energy Co-op

You can get free energy advice, including how to reduce your bills, through the South East London Community Energy (SELCE) organisation.

Visit their Energy Advice Cafe at The Woolwich Centre Library, Mondays 9.30am to 2.30pm.

✉ selce.org.uk/warm-homes-for-less/
☎ 020 4564 5744

Support through children's centres

You can find free or low-cost activities for families with children aged under five at one of our 23 children's centres across the borough.

✉ royalgreenwich.gov.uk/childrenscentres
☎ 020 8921 6921
✉ fs@royalgreenwich.gov.uk



Greenwich Supports



STAY SAFE AND WARM

Help through Stay Warm Stay Safe

Stay Warm Stay Safe provides extra support for residents who may be at risk during winter.

You should also get in touch with us if you have concerns about a friend or neighbour who is struggling.

Call **0800 470 4831** to talk to an advisor.

royalgreenwich.gov.uk/staywarm

Staying safe at home

The Council has a range of information and support to help residents stay safe at home.

There is plenty to learn from:

- fire safety
- spotting scams
- dangerous toys and fake goods
- how to avoid trips and slips
- how to stay safe from thieves

royalgreenwich.gov.uk/safety-at-home

Staying warm at hubs

Due to the cost of living crisis, many people are struggling to pay their winter bills. If you can't afford to heat your home, why not visit one of our warm and welcoming spaces. Find your local at royalgreenwich.gov.uk/warm-spaces

Add yourself to the priority list for water, electricity and gas

If you or someone you know needs a little extra support, they can be added to the Priority Services Register for water, electricity and gas. You are eligible if you:

- have reached state pension age
- are disabled or have a long-term medical condition/ recovering from an injury
- have a mental health condition
- are pregnant or have young children
- if you don't speak or read

- English well
- need to use medical equipment that requires a power supply
- would struggle to answer the door or get help in an emergency

You can speak to your electricity and gas supplier using the contact information found on your most recent bill.

For water, visit: thameswater.co.uk/help/extra-care/priority-services



LOOKING AFTER YOUR HEALTH AND WELLBEING



Get help with your mental health

Due to the cost of living crisis, more people are struggling with their mental health. If you are struggling, help is out there.

livewellgreenwich.org.uk/lookafteryou
0800 470 4831



Register with your primary care team

If you're not already registered with a GP, you can register for free and access a range of healthcare services and benefits. You do not need proof of address, immigration status, ID or NHS number.

Your local primary care team is not just GPs. It is made up of local specialists who are ready to help and support you with your health and wellbeing including pharmacists, physiotherapists and more.

You can also have your appointment by telephone or video appointment.

Find out more at selprimarycare.co.uk



Visit your local pharmacy

If you need clinical advice or medicines for minor health concerns, such as coughs, colds, upset stomach, aches and pains, you can visit your local pharmacy.

Many are open late and at weekends and you do not need an appointment. If your symptoms are more serious, pharmacists can make sure you get the help you need.

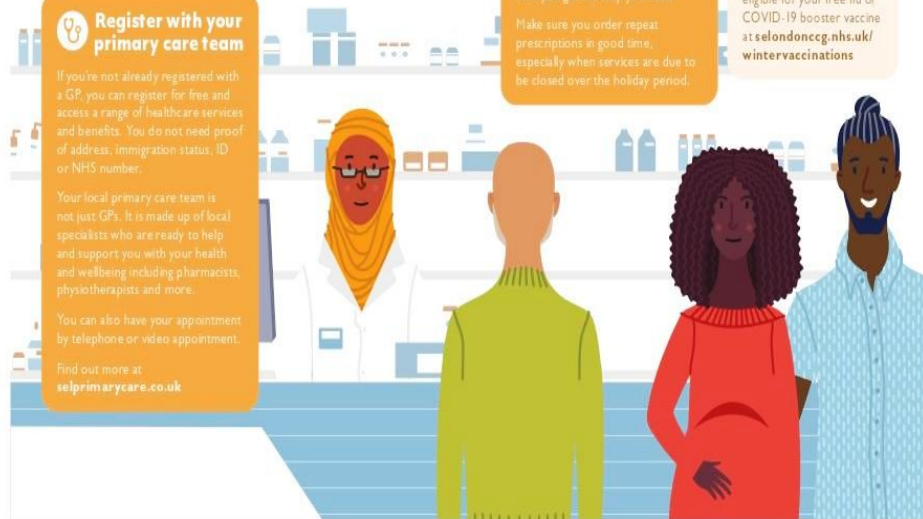
Make sure you order repeat prescriptions in good time, especially when services are due to be closed over the holiday period.



Boost your immunity this winter

COVID-19 and flu spread more quickly in winter and can cause serious illness. Vaccines are the most effective way to boost our immunity and protect ourselves.

Check to see if you're eligible for your free flu or COVID-19 booster vaccine at selondoccg.nhs.uk/wintervaccinations



Greenwich Supports



Stop smoking

For help quitting, call our smoking service on **0800 470 4831** or text – 'QUIT' to **60060**.

📄 livewellgreenwich.org.uk/stop-smoking

Research shows you are three times more likely to quit smoking for good when you have support.



Move more

Moving more is easier than you think, even as the weather gets colder. If you build it into your daily routine, you'll keep active without even realising.

Even a short walk in the fresh air can make both your body and mind feel good.

📄 greenwichgetactive.com



Drink less

If you are worried about your drinking, you can get support to cut down your alcohol use.

For information on alcohol awareness, and support visit doyouknowwhentostop.co.uk or call the Westminster Drug Project line on **0300 303 4552**.



Find all this support and more



ROYAL borough of
GREENWICH

Top tips on how to talk to your children about their feelings

It can be so tricky to bring up difficult topics, and talking about emotions with your children can sometimes feel more than a little daunting for parents and carers. You may worry about saying the wrong thing, making your child feel uncomfortable, and even worry about making them feel worse. But the fact you want to explore emotions with your child is enough, even if sometimes it doesn't go as you planned!

Here are some handy tips on how you could begin talking to your children about their feelings.

Ask them what they need

It can be tough to talk about how you feel, and when we want to talk about things as parents, children don't always want to or feel ready. Asking what a child needs from you can help them feel more in control, heard, and respected.

Children might also not know what they need, so suggesting a few options can be a good starting point. For example, do you need some space right now?

Name it

Sometimes it can be hard for children to identify their feelings. Naming what you observe can help them to do this. For example, when talking to a young child, you might say, 'You seem really angry today. I can see you are clenching your hands, and you don't have a happy face. I wonder if anything has made you angry or upset?'

Listen carefully

This sounds pretty straightforward, but sometimes, when we care, we may jump into problem-solving mode a little too hastily. And while it might come from a really good place, it's not always helpful.

Choose your timing wisely

Talking about feelings, or any difficult subject, can be quite sensitive. Choosing a time when you are both calm and relaxed can be more useful than choosing a time when there are any heightened emotions already at play.

Think about the setting

Talking about feelings can be really sensitive, so making sure the space is private, comfortable, and feels safe for your child can be key to a positive outcome.

Practice asking open questions (rather than closed ones)

Closed questions usually encourage yes or no type answers. Open questions, on the other hand, go a bit deeper and encourage more thinking and exploration. This simple difference in style might help your child consider their own thoughts and feelings a little more and encourage them to share more of their story or problem with you.

Think about whether your child feels ready to talk

Just because you want to talk doesn't mean they feel ready to. Look out for the things they say, and their body, too, for indicators on whether they really want to talk about their feelings.

Model it

Being more open and honest about how you yourself feel (in an age appropriate way, of course) can normalise the idea of talking about emotions. Children who see that adults also have big feelings, doubts, get scared or anxious, get frustrated with others at work, etc. might feel more comfortable opening up themselves.

Get creative

We might feel a pressure to have all the answers and say the right things, but sometimes, we just need to think a little differently. Helping our children express their feelings through play or using art materials can be just as important and useful, especially for much younger children whose natural language is often play.

Take away the intensity

It can be pretty daunting (on both sides) to sit down to talk about something as important as feelings. But decreasing some of the intensity can sometimes reduce the pressure and make things a little less stressful.



keoth

If you are struggling to talk to a child in your life about their feelings, or you want to talk to the team about anything at all, you can reach out to us by logging into qwell.io

Food & Cookery

[Free cookery clubs | Food and cookery support for residents | Royal Borough of Greenwich](#)

[Free Greenwich Cookery Clubs - gcda](#)

[Cookery Clubs | Good Food in Greenwich](#)

Healthy Eating & Running a Cookery Club

A free, accredited course to teach others how to prepare and enjoy healthy meals

In Greenwich we have over 20 years experience of training and supporting people to set up and run healthy eating activities and cooking courses.

Our approach is to increase awareness of healthy eating guidance while supporting people to identify and develop skills to make changes, including preparing meals using healthy and affordable ingredients.



The training is **Open College Network** accredited and is delivered for 3 hours, one day a week over 12 weeks. You will also spend about 1-3 hours of private study a week to complete assessments. The course has 2 units—Community Nutrition and Developing Cookery Club Leader Skills.

The Community Nutrition unit provides:

- A solid grounding in healthy eating guidance, including 5 a day, fats, salt and sugar
- Strategies for the effective communication of this information
- Strategies to support people to change their eating behaviours.

The Developing Cookery Club Leader Skills unit provides practical skills required to set up and run community cookery sessions. Topics include:

- Preparing for and running a cookery club
- Recipe adaptation
- Working with the local community
- Working with groups

If you would like to attend this training or would like more information, please email

nicola.nzuz@royalgreenwich.gov.uk or call 07843 978716

Next course
begins Wed 10 Sep-
tember 2025
Woolwich Common
Community Centre



Call the Live Well Greenwich Line 0800 470 4831

The Live Well Greenwich line is a FREE helpline staffed by local, trained health and wellbeing advisors for signposting and support to live well.

Open: Mon-Sat 8.30am-6pm (a message can be left outside of these hours).

Events and Activities - Live Well Greenwich



Greenwich Community Directory



Her Centre

Her Centre is a small local women's charity based in Greenwich, providing services to women and girls in Greenwich.

Her centre is a women-focused, woman led organisation. We believe that domestic and sexual abuse must be tackled both by empowering women and acknowledging the societal inequality that perpetuates and legitimises violence. We are resilient and inspire resilience in the women we support. Her Centre is a safe place where women can be listened to and believed in an environment of trust and respect.

Her Centre

Tel: 020 3260 7772 , 020 3260 7715

Email: info@hercentre.org



Greenwich Domestic Abuse One Stop Shop Legal Advice and Support to deal with Abuse

All Women Welcome - Lesbian, Straight, Bi-Sexual, and Trans.
Men Experiencing Abuse can Contact Respect on - <https://www.respect.org.uk/>

Our Domestic Abuse Drop-In provides
Practical and Emotional Support & Advice in the form of ...

Domestic Violence Advocate, and
Solicitor to give advice on Family Law

For urgent advice call the Greenwich DV helpline on 0208 317 8273

Location:
St. Marys Eltham Community Centre
180 Eltham High Street - SE9 1BJ

Service provided by Her Centre, and
Farani Taylor

Every Wednesday, from 10 am to 12 noon

For further Information, please ring;
0203 260 7772 for DV Advice or
Email: info@hercentre.org

Location:
Thamesmead Moorings Sociable Club
Arnott Close - SE28 8BG

Service provided by Her Centre, and
Farani Taylor

Every Wednesday, from 10.00 am to 12.00 pm

For further Information, please ring;
0203 260 7772 for DV Advice or
Email: info@hercentre.org

Location: Clockhouse Community Centre
Defiance Walk - SE18 5QL

Service provided by Her Centre and Hudgell & Partners Part of GT Stewart Solicitors

Every Friday 10am to 12pm at Clockhouse

For further Information, please ring; 0203 260 7772 for DV Advice or
Email: info@hercentre.org

Hudgell & Partners Part of GT Stewart Solicitors for Legal Advice on 020 8854 1331

HELP US SUPPORT WOMEN

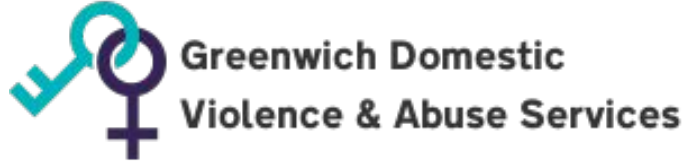
We need your support to help women stay safe and move forward.
Please donate to us through **Local Giving Page** by linking on our website at
<https://localgiving.org/charity/hercentre/>

The Brook Trust



Peabody

FARANI TAYLOR
SOLICITORS



Greenwich Domestic Violence & Abuse Service (Housing for Women)

Greenwich Domestic Violence and Abuse Services (GDVA) is the main source of free help and information for people who live in the borough and are experiencing domestic abuse.

GDVA can provide you with services including such as advice and support, advocacy, refuge accommodation and support for children.

Call the confidential Referral and Advice line on 020 8317 8273 for friendly and supportive advice on all your options.

Greenwich Domestic Violence & Abuse Services

Please don't remain silent, we are here for you!

MENTAL WELLBEING



About Samaritans



Mental Health Services - NHS



You're not alone

Access support from other young people and professionals, all at your own pace

Kooth

CHILD SAFETY



WHO WE ARE

Childline is here to help anyone under 19 in the UK with any issue they're going through.

You can talk about anything. Whether it's something big or small, our trained counsellors are here to support you.

Childline is free, confidential and available any time, day or night. You can talk to us:

- by calling [0800 1111](tel:08001111)
- by [email](#)
- through [1-2-1 counsellor chat](#)

Whatever feels best for you.

About Childline

Let's Keep the Climate Clean!

