

# Summer Holiday Food and Fun

28th July to 21st August 2025







## DIVINE BUZZ

We are hosting a 16-day Summer Food and Fun HAF programme from **28th July to 21st August** in the heart of Thamesmead. Hurry and register; it is first-come, first-served. The activities include dancing, multi-sports, arts and crafts, healthy eating sessions, swimming, and trips. Breakfast and lunch are provided free of charge.

We will offer a total of five places for SEND children for both morning and afternoon sessions. We have provision for children who need one-to-one care. All staff who look after SEND children are trained to do so. For example, they have autism, ADHD, ASD, and behaviour that challenges training. We allocate a dedicated staff member to look after each SEND child. **To discuss your child's needs further, please contact me at [07951922324](tel:07951922324) or [info@divinebuzz.co.uk](mailto:info@divinebuzz.co.uk)**

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

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

**Dates: Morning Session: 9:30 am to 1.30 pm**

**Afternoon Session: 2 pm to 6 pm**

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](http://Royalgreenwich.gov.uk/HolidayFoodAndFun)

ROYAL borough of  
GREENWICH



# Please have a look at the sixteen days 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: 28th - 31st July 2025

There will be Halal option available

### Monday 28th July



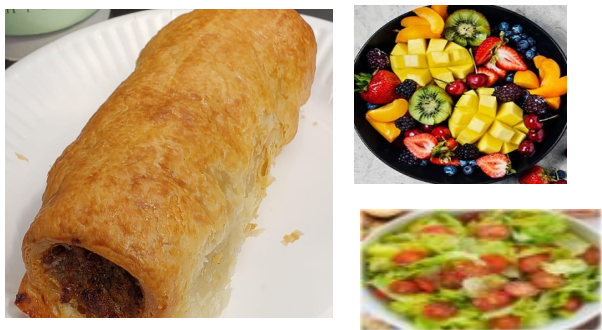
Plantain with black-eyed beans sauce, salad & fruits

### Tuesday 29th July



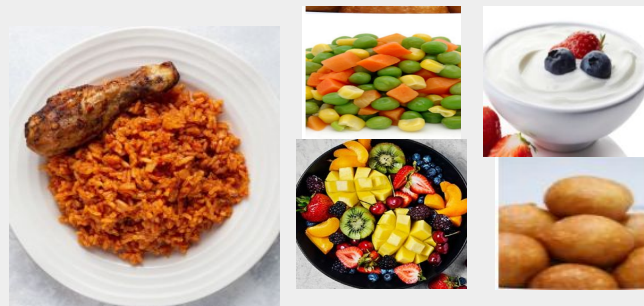
Beef Lasagna, Salad with fruits & Cake

### Wednesday 30th July



Sausage roll with salad & fruits

### Thursday 31st July



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



## Menu: 4th August - 7th August 2025

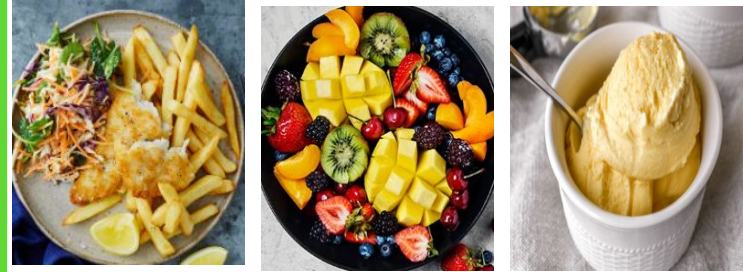
There will be Halal option available

### Monday 4th August



Pasta beef bolognese, with salad, fruits and biscuits

### Tuesday 5th August



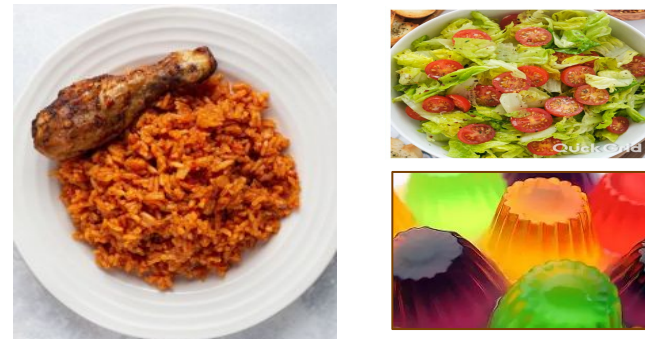
Fish/Chicken and chips, salad , fruits and ice cream

### Wednesday 6th August



Chicken wrap with salad, cake and fruits

### Thursday 7th August



Jollof rice with chicken, salad and jelly



## Menu: 11th - 14th August 2025

There will be Halal option available

### Monday 11th August



**Beef Lasagna, salad, fruits and puff-puff**

### Tuesday 12th August



**Plantain with black-eyed beans sauce, salad, and homemade biscuits**

### Wednesday 13th August



**Beef with roasted potatoes, mixed vegetables with gravy, fruits and cake**

### Thursday 14th August



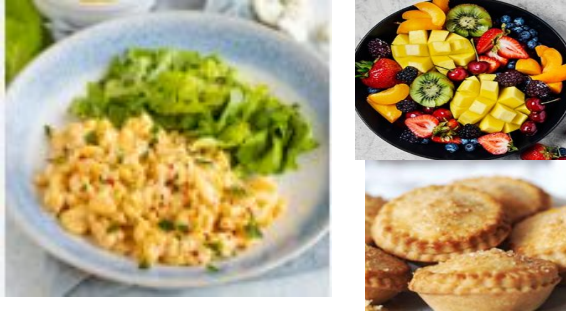
**Fish/Chicken sauce with rice, mixed vegetables and ice cream**



## Menu: 18th - 21st August 2025

There will be Halal option available

### Monday 18th August



Macaroni and Cheese served with salad, fruits & apple pie

### Tuesday 19th August



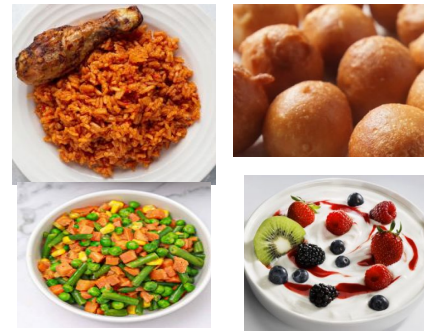
Sausage roll with salad and homemade biscuits

### Wednesday 20th August



Chicken wrap served with salad and fruits, cake and custard

### Thursday 21st August



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



# Activities 28th to 31st July 2025

**Monday, 28th July**

Multisports

Enrichment: Arts and Crafts, Painting, Stitching, Jewellery making, braiding, computing

Healthy Eating

AM arrives at 9:30 and pick up 1:30 pm

PM arrives at 2:00 and pick up 6:00 pm



**Tuesday, 29th July**

Multisports/Swimming

Enrichment: Arts and Crafts, Painting, Stitching, Jewellery making, braiding, computing

Healthy Eating

AM arrives at 9:30 and pick up 1:30 pm

PM arrives at 2:00 and pick up 6:00 pm



**Wednesday, 30th July**

Multisports

Folk tales

Drumming/Dances

Healthy Eating

AM arrives at 9:30 and pick up 1:30 pm

PM arrives at 2:00 and pick up 6:00 pm



**Thursday, 31st July**

Mudchute Park and Farm

Pier Street, London E14 3HP

AM arrives at 10am and pick up 4 pm





# Activities 4th - 7th August 2025

## Monday, 4th August

### Multisports

Enrichment: Arts and Crafts, Painting, Stitching, jewellery making, braiding, computing

### Healthy Eating

AM arrive at 9:30 and pick up 1:30 pm

PM arrives at 2:00 and pick up 6:00 pm



## Tuesday, 5th August

### Sports Day on Birechmere Park

AM arrive at 9:30 and pick up 1:30 pm

PM arrives at 2:00 and pick up 6:00 pm



## Wednesday, 6th August

### Multisports

### Folk tales

### Drumming/Dances

### Enrichment/Healthy Eating

AM arrives at 9:30 and pick up 1:30 pm

PM arrives at 2:00 and pick up 6:00 pm



## Thursday 7th August

### Trip to Diggerland

Medway Valley Leisure Park,

Roman Way, Strood, Kent, ME2 2NU

Meeting point—St. Paul's church, SE28 8AS

Arrives at 9:00 and pick up 4:30 pm





# Activities 11th to 14th August 2025

**Monday, 11th August**

## Multisports

Enrichment: Arts and Crafts, Painting, Stitching, Jewellery making, braiding, computing

## Healthy Eating

AM arrives at 9:30 and pick up 1:30 pm

PM arrives at 2:00 and pick up 6:00 pm



**Tuesday, 12th August**

## Multisports/Swimming

Enrichment: Arts and Crafts, Painting, Stitching, jewellery making, braiding, computing

## Healthy Eating

AM arrives at 9:30 and pick up 1:30 pm

PM arrives at 2:00 and pick up 6:00 pm



**Wednesday, 13th August**

## Multisports

## Folk tales

## Drumming/Dances

## Enrichment/Healthy Eating

AM arrives at 9:30 and pick up 1:30 pm

PM arrives at 2:00 and pick up 6:00 pm



**Thursday, 14th August**

## Day Trip—Mersea Island, Essex CO5

Meeting point—St. Paul's church, SE28 8AS

Arrives at 9:00 and pick up 4:30 pm





# HAF Summer Activities Programme 18th - 21st August 2025

**Monday, 18th August**

**Multisports**

**Enrichment: Arts and Crafts, Painting, Stitching, Jewellery making, braiding, computing**

**Healthy Eating**

AM arrives at 9:30 and pick up 1:30 pm

PM arrives at 2:00 and pick up 6:00 pm



**Tuesday, 19th August**

**Multisports/Swimming**

**Enrichment: Arts and Crafts, Painting, Stitching, jewellery making, braiding, computing**

**Healthy Eating**

AM arrives at 9:30 and pick up 1:30 pm

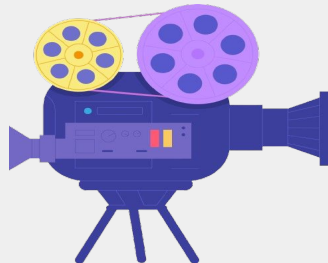
PM arrives at 2:00 and pick up 6:00 pm



**Wednesday, 20th August**

**A Trip to Bexleyheath Cinema**

**28-70 Broadway, Bexleyheath DA6 7LL**



**Thursday, 21st August**

**End of HAF programme Celebration**

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

**Parents are invited**

Arrives at 11:00 and pick up 3:00 pm





# DIVINE BUZZ CHILDREN ACTIVITIES

## DIVINE BUZZ

BEXLEY



### CHILDREN ACTIVITY SESSIONS

FRIDAY

TERM TIME ONLY



AGES: 4-16

### MULTISPORTS



### EDUCATIONAL ACTIVITIES

AGES: 4-16

TIME: 3:30 - 5:30 PM

Learn to draw, make crafts, debate, etc



### SKILLS BUILDING

AGES: 10-16

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.



### BAKING

AGES: 10-16

LEARN TO BAKE AND DECORATE DIFFERENT CAKES



07951922324



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



## DIVINE BUZZ CHILDREN ACTIVITY SESSIONS



TERM TIME ONLY

TUESDAY

### MULTISPORTS

AGES: 4-16

TIME: 3:30 - 4:30 PM



TUESDAY

### AFTER-SCHOOL TUTORING

KS1, KS2 & KS3

TIME: 5:00 - 6:00 PM



THURSDAY

### EDUCATIONAL ACTIVITIES

AGES: 4-16

TIME: 3:30 - 5:30 PM

Learn to draw, make crafts, debate, etc



THURSDAY

### SKILLS BUILDING

AGES: 10-16

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.



### BAKING

AGES: 10-16

LEARN TO BAKE AND DECORATE DIFFERENT CAKES



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

SUPPORTED BY  
**BBC**  
**CHILDREN**  
**IN NEED**

 **COMMUNITY**  
FUND

See more @ Divine Buzz





# DIVINE BUZZ ADULT ACTIVITIES

## DIVINE BUZZ PHYSICAL ACTIVITY SESSIONS

TERM-TIME ONLY



### MONDAY BEGINNERS SWIMMING

TIME - 9:30 - 10:30 AM

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



### TUESDAY STRENGTH EXERCISE

TIME - 9:30 - 10:30 AM

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



### WEDNESDAY PILATES

TIME: 9:30-10:30 AM

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



### THURSDAY FUN FITNESS CIRCUITS

TIME: 9:30-10:30 AM

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



### FRIDAY INTERMEDIATE SWIM

TIME: 9:00 - 10:00 AM

MONDAY FOR BEGINNERS AND FRIDAY FOR INTERMEDIATES

Thamesmere Leisure  
Centre SE28 8RE



### LEARN TO CYCLE

START DATE AND TIME TO BE ANNOUNCED.  
RIDE IN A GROUP WHILE CREATING UNFORGETTABLE EXPERIENCES  
TOGETHER. BIKES WILL BE PROVIDED. (SUPPORTED BY GREENWICH)



See more @ Divine Buzz

☎ 07951922324

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



DIVINE BUZZ

## Women Social Hour



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



Contact us:  
07951922324



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



# DIVINE BUZZ ADULT ACTIVITIES

## DIVINE BUZZ



### HAIR BRAIDING & SELF-CARE



**WEDNESDAY**  
Term time only

Wig making

Learn to do nails

Crochet

Single plaits & twists

Come and let us learn new skills and make new friends.

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

 07951922324

TIME: 11:00 AM - 2:00 PM



## Divine Buzz invites you to: MAKEUP & SELF CARE

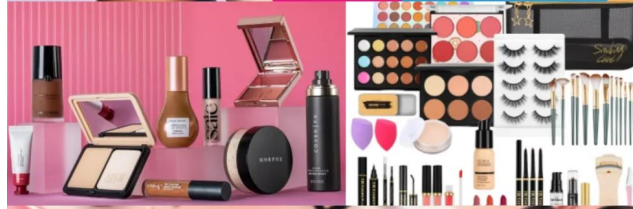
Venue: St Paul's Church,  
Bentham Rd, SE28 8AS



### DATES:

19<sup>th</sup> June  
26<sup>th</sup> June  
3<sup>rd</sup> July  
10<sup>th</sup> July

TIME: 11:00 AM - 2:00 PM



### Make-up

Come and let us learn and build your confidence in doing make up.

CONTACT: 07951922324



*Divine Buzz*  
.co.uk



## DIVINE BUZZ INVITES YOU To our sewing club

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



**FRIDAY**  
Term time only

Learn to sew  
different styles

Pattern  
cutting

Learn to  
measure

Bring your old clothes  
for upcycling

CONTACT  
07951922324

TIME: 11:00 AM - 2:00 PM



SEE MORE AT:  
[Divine Buzz](#)





# DIVINE BUZZ ADULT ACTIVITIES

**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:  
07951922324.**

**If you missed this session, please call to  
find out about the next one.**

SEE MORE AT: [Divine Buzz](#)



**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 Wakye £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](https://royalgreenwich.gov.uk/greenwich-supports)

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GREENWICH



# Greenwich Supports

## FEEDING YOU AND YOUR FAMILY

### Family Action | Food On Our Doorstep

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](mailto:Londonfoodclubs@family-action.org.uk)  
🌐 [family-action.org.uk](http://family-action.org.uk)

## gcda<sup>®</sup> GOOD FOOD in Greenwich

### 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](http://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](http://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](http://royalgreenwich.gov.uk/holidaymeals)

## GETTING SUPPORT WHEN AND WHERE YOU NEED IT

### Support for people experiencing domestic abuse

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](http://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](http://debtfree.london)

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

## SOUTH EAST LONDON COMMUNITY ENERGY

### 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/](mailto: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](http://royalgreenwich.gov.uk/childrenscentres)  
☎ 020 8921 6921  
✉ [fs@royalgreenwich.gov.uk](mailto: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](mailto: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](mailto: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](https://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](https://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](https://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](https://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](https://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](http://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](http://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](http://doyouknowwhentostop.co.uk) or call the Westminster Drug Project line on **0300 303 4552**.



Find all this support and more



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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.



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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](http://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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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/>

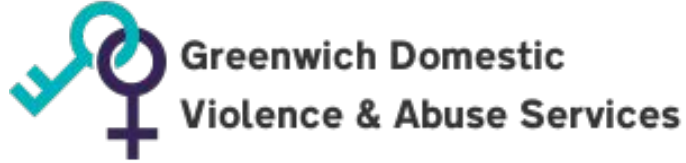
The Brook Trust



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!

