



FHS NEWS

JULY 2026

ALADDIN THE MUSICAL

On Wednesday 8th and Thursday 9th July, despite the mini-heatwave, our students took the audience to a Whole New World with our annual production, Aladdin Jr!

We had 40 students involved in singing, acting, dancing and backstage, and it was a real whole-school effort to pull together all of the performance with the design elements. The students did us so proud and it was one of the best

productions we have done! Well done to all students involved, and to Miss Higham for directing her first show here at FHS, and we look forward to the performance opportunities next academic year.



NEW SCHOOL MURAL

Students from Year 7 and our School Council helped plan a new mural for the playground.

Their brief was to show our school community using their breaktime and lunchtime. The Year 7s also had the opportunity to help the artist spray paint the wall!

Thank you to artist Pablo Thomas and his team for bringing their ideas to life and to Manu from House of AEIOU for running workshops with the students.

We hope that everyone likes our new mural and that it brightens up our playground. Well done to the students for inspiring and helping the artist.



CARE

RESPECT

CHALLENGE

RESILIENCE

PARTNERSHIP

INCLUSION

HEADTEACHER'S MESSAGE

Looking Forward

As we conclude this school year, I am already excited for what the new academic year will bring. In particular, we can look forward to the reopening of A Block following the extensive work undertaken to address the challenges posed by RAAC (Reinforced Autoclaved Aerated Concrete). This marks the end of a period that required extraordinary patience, resilience and flexibility from students, staff and families alike. This was most characterised by the lower school having to make extensive use of the Sixth form which used to be a space reserved for..... the Sixth form! Throughout the disruption, our community demonstrated remarkable determination, ensuring that teaching, learning and school life continued with minimal impact. In fact, many students have possibly forgotten the existence of A block.

The reopening of A Block is exciting for our students and staff. The upgraded

facilities provide a high-quality learning environment that supports teaching and learning and reflects our ambition to offer the very best for every student. We would like to thank everyone for their understanding and support during this lengthy process.

Alongside the reopening of A Block, we are equally excited about the installation of our new 3G pitch. This state-of-the-art facility will provide the very best playing surface in West London. It will enable more students to participate in high quality physical activity, it will enhance PE lessons and extend the extracurricular opportunities.

The new 3G pitch will also support the continued growth of our Community Sports Centre which will be able to further strengthen our links with the wider community by creating opportunities for local clubs, organisations and groups to make use of the facility. Most importantly, it

will help promote healthy lifestyles, teamwork, resilience and enjoyment through sport for generations of students to come.



Together, the reopening of A Block and the introduction of the new 3G pitch signal an exciting new chapter for our school. These investments in our facilities reflect our commitment to providing exceptional opportunities and creating an environment where every student can thrive and succeed.

May I wish you all a very peaceful and restful summer holiday. Thank you for your ongoing support and we will look forward to seeing you in September.

Mr Walters, Headteacher

DUKE OF EDINBURGH EXPEDITION

FHS enjoyed another successful DofE trip as Year 10 took on their Silver expedition in the Surrey Hills.

Over the course of 3 days we enjoyed some stunning weather, glorious views from Pitch Hill of the Surrey countryside and the thrills of camping in the forest.

We also watched England book their place in the semi final of the World Cup



on the big screen in the middle of a field - an experience our students and our staff will never forget!



If you are in Year 8 or Year 9, make sure to put your name down for the Bronze and Silver Awards next year.

HOUSES OF PARLIAMENT TRIP

Thank you to our MP, Dierdre Costigan and her team for hosting the Year 7-11 School Council members at the Houses of Parliament.

A fascinating tour, taking in both the Commons and the Lords was followed by a Q&A session with Dierdre and a debate about banning social media for under 16s.

I think we have some future politicians here!



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MRS SCOTLAND RETIRES



At the end of this term, we sadly said farewell to Mrs Scotland who is retiring from her post as the Senior Librarian at Featherstone High. Mrs Scotland has devoted nearly 30 years of her life to this school and our students and had a massive positive impact on them, and she has inspired a love of books and reading in so many children over the years.

When Mrs Scotland first came to FHS in 1999 there was no library as it exists now, she had to build it up from nothing and she has made it what it is today through years of her hard work, enthusiasm and determination that our students should have the library that they deserve.

"Happy Retirement Mrs. Scotland. Thank you for being such an amazing Librarian and thank you for inspiring so many students over the years, we will miss you"



Ms Smith will be taking over as Senior Librarian and is already busy creating new displays ready for September!

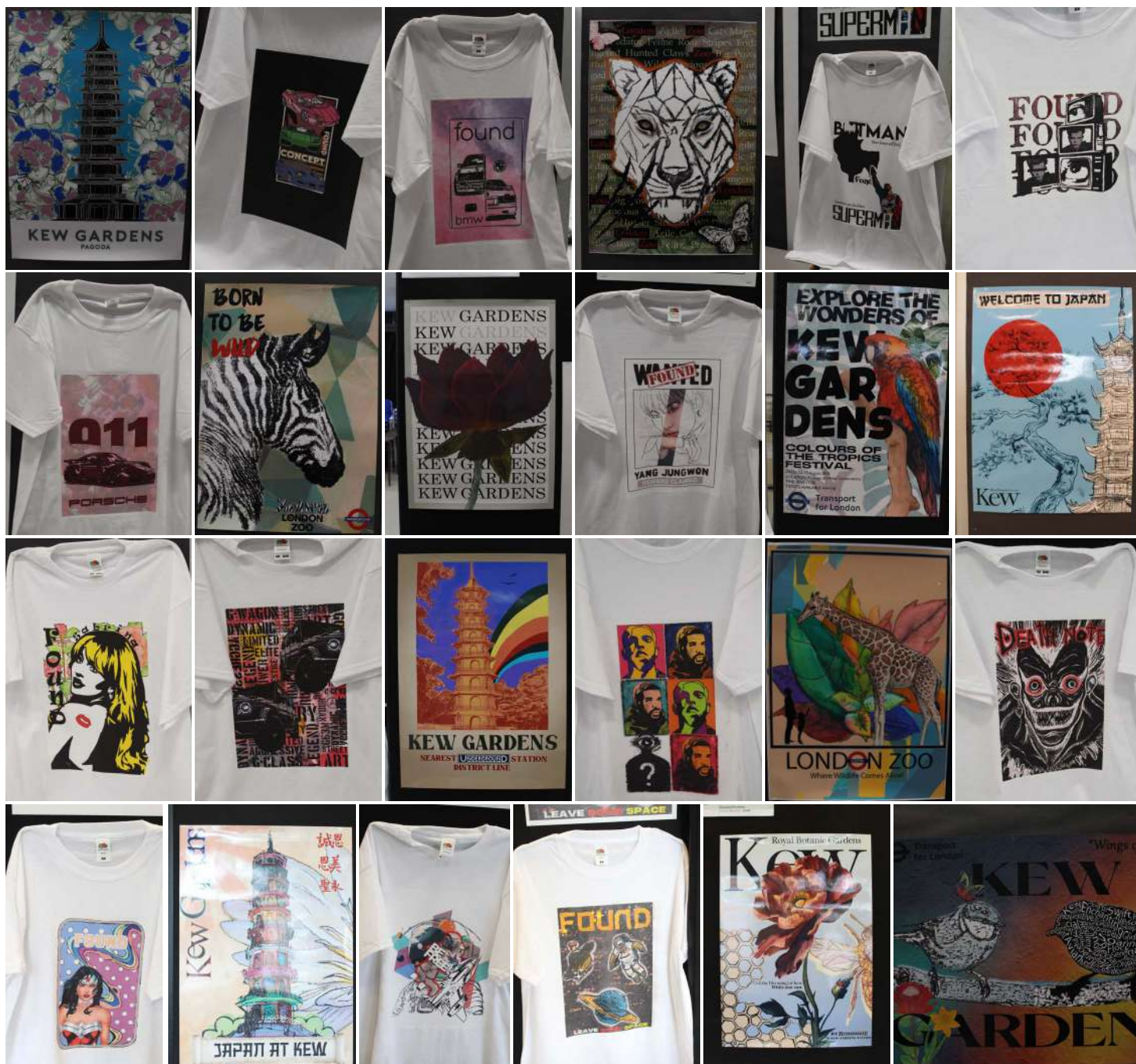
How to Keep Reading during the Summer!

- Read your own books
- Go to the local library.
- Buy books.
- Swap books with a friend.
- Use the ePlatform.
- Read books online.
- Read magazines.
- Keep a Reading Log.



GCSE GRAPHICS EXHIBITION 2026

Our students produced some outstanding work, showcased in a fantastic exhibition. Here is a snapshot of their designs.



NEWS FROM 7 WILLOW

As we come to the end of term students from 7 Willow were given the chance to showcase their reflections from the year and make connections to the real world.

Students created their own posters, play scripts and brought in objects which were inspired from the characters read from across the year in their lessons.



YEAR 13 PROM

Our Year 13 Prom was a wonderful evening and a fitting celebration of our students' hard work, achievements, and memories made throughout their time at school.

It was fantastic to see everyone dressed so elegantly, enjoying the occasion with friends, staff, and families.

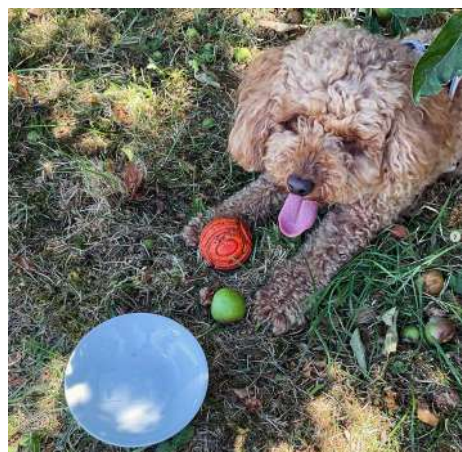
We wish all our Year 13 students every success and happiness as they begin the next chapter of their journey. Congratulations, Class of 2026!



THERAPY DOG

We loved welcoming our very special visitor, Biscuit the Cavapoo, back to FHS for the second time!

As a trained therapy dog with Canine Concern, Biscuit has been spreading smiles, enjoying lots of cuddles, and, of course, chasing her favourite ball around our school garden. A huge thank you to Biscuit and her owner, Juliet, for volunteering their time to visit us again!



THEATRE REVIEW

By Asmeet Kaur

Recently I went to the Hunger Games theatre show and it exceeded the expectations I held.

The staging was well-crafted making certain scenes more impactful and engaging. Things such as lighting and sound effects made the scenes come to life and show the danger the characters were trying to portray. One of the best parts of the production was the acting as it was quite accurate. Overall, it was a great experience and I would recommend it to others.



REFUGEE EDUCATION

We welcomed visitors from Refugee Education UK to mark Refugee Week.

Students thoughtfully answered questions such as "what is a refugee", "how can we welcome refugee students to our school" and "what are the reasons why someone might become a refugee". Hamid and Niwa from REUK have been regular visitors to our school this year and we are grateful for their ongoing support.



IMPERIAL UNIVERSITY TRIP

On Wednesday 1st July, a group of very bright Year 10 and Year 12 Biology and Physics students had the opportunity to go to Imperial University and attend a taster session for Bioengineering.

They learnt what Bioengineering was, its applications and what grades and subjects they needed to study Bioengineering at University. They also listened to a lecture on "Hydrogels: soft



materials for repairing tissues" where they learned about how much research goes into making medical devices that can be used in surgery. The students



were incredibly well behaved and asked the lecturer some amazing questions.

FHS SPORTS ROUNDUP

NATIONAL SPORTS WEEK

The PE National Sports Week took place from 15th -20th June.

Pupils could choose their activity. Sports ranged from Badminton, Basketball, Boxercise, Cricket, Frisbee, Rock Climbing, Self-defence, Softball, Tennis, Trampolining and Volleyball.

The 44 Year 10 pupils enjoyed trying Padel for the first time at the courts at the Green Quarter, it was an amazing experience to have exclusive use at this new venue!



WELL DONE WEDNESDAY

This event was the chance for the PE department to say thank you for all the outstanding effort put in by pupils during lessons and in extracurricular time - 120 pupils across the school were invited.

They participated in team building challenges and inflatable assault courses. A huge thank you from the PE team to all pupils involved!



SPORTS DAY

Pupils in Year 7-9 had a busy day completing team challenges, tournaments and athletics events on sports day.

We hope everyone had an amazing day! Thank you to all staff and pupils who put in so much effort!



EALING ATHLETICS

Athletes travelled to Perivale to compete in the annual meets.

Pupils competed in a variety of track and field events. Two pupils reached the podium: Maisa won Gold in Javelin and Anshuman won Silver in 800m.

ROUNDERS MEDAL

The girls' rounders teams had a strong start to the Borough tournament, scoring at every opportunity.

They progressed all the way to the finals but unfortunately lost out by half a rounder to Drayton, winning a silver medal for their efforts.

HUMANITIES WEEK

Humanities Week was a fantastic opportunity for students to broaden their horizons through a wide range of exciting decolonised workshops, talks and educational visits.

Year 7 students explored different faiths by visiting local places of worship, gaining a deeper understanding of the diversity within their local community. Year 8 students put their geographical knowledge into practice on their River Pang field trips and enjoyed an inspiring programme of workshops. They took part in Sikhopolis sessions led by Rav Singh, founder of A Little History of the

Sikhs, travelled back to Ancient Egypt through virtual reality, and discovered the rich history of pre-colonial Africa with author Paula Akpan. A group of Year 8 students also visited SOAS University, where they learnt from leading experts about the histories of Partition and slavery.

Year 9 students explored the Wallace Collection, learning about the Sikh Empire, the Asante Empire and the Qing Dynasty. They also celebrated Somali culture and explored post-colonial theatre through engaging workshops with playwright Amal Abdi.

Year 10 students took part in thought-provoking workshops

on the Maharanis of Kensington and Chelsea and deepened their understanding of the Holocaust through a powerful session with our specialist Generation2Generation speaker.

Selected Key Stage 3 students also enjoyed a visit to Kensington Palace, where they discovered the fascinating stories of the Last Princesses of Punjab.

Throughout the week, students embraced every opportunity to engage with new perspectives, challenge historical narratives and celebrate the rich diversity of cultures and histories that have shaped our world.



YEAR 9 REWARD TRIP

A group of Year 9s were selected to attend a Mini Golf Reward trip on Friday 3rd July.

These pupils have been excellent this year, showing lots of resilience and ambition in lessons. They have excelled in class and attend lots of extra-curricular opportunities. They had a

lovely time playing golf and had a well deserved ice cream afterwards!



WORLD CUP

The Year 9s have all been in the World Cup Spirit.

They have been taking part in a World Cup sweepstake! We had a live draw, done by two year 9's! Each Tutor group got 4 countries. The winners and runners up will all get some ice creams!



IMAGINE STUDY AT UCL

Students in Year 8 & 9 have recently taken part in the second stage of the University College London IMAGINE study.

For four years, students across Greater London will complete an anonymous yearly survey on various aspects of their lives, such as their mental health, body image, relationships, social media use and experiences in school. The

information gathered from the study will be used to support ongoing work in schools so they can better support young people's mental health. You can read more information here: <https://imaginestudy.framer.website/>



CULTURALLY SPEAKING

On 19th June, a group of Year 10 students visited the Charles Dickens Museum.

The trip was organised by Mrs Amiri, to deepen their understanding of the Victorian era for Literature.

Guided by volunteer historians, students explored the life of Charles Dickens and themes such as poverty, inequality and crime, comparing Victorian society with the challenges that still exist today.

Following the visit, students took part in a full-day public speaking workshop in school, where they developed confidence, critical thinking and communication skills before delivering speeches inspired by the themes they had explored. Topics included crime, poverty and inequality, encouraging students to connect history with modern-day issues.



Culturally Speaking is a project delivered by Speakers Trust in partnership with cultural institutions across London and funded by The Kusuma Trust.

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11 MONTAGUE WAYE, UB2 5HF

020 8843 0984

INFO@FEATHERSTONEHIGH.EALING.SCH.UK

WWW.FEATHERSTONEHIGH.EALING.SCH.UK



[Featherstonehigh1](https://www.youtube.com/channel/UCFeatherstonehigh1)



[@FeatherstoneHS](https://twitter.com/FeatherstoneHS)



[@featherstonehigh](https://www.instagram.com/featherstonehigh)



[@featherstonehighschool](https://www.facebook.com/featherstonehighschool)

YEAR 11 PROM

Our Year 11 Prom was a memorable evening, marking the end of an important chapter in our students' school journey.

It was a fantastic opportunity to celebrate their achievements, friendships and the experiences they have shared over the past five years. Students looked incredible in their formal attire and enjoyed an evening of good food, dancing and celebration alongside their peers and staff.



FAMILY SCHOOL PARTNERSHIP AWARD

We are delighted to have been awarded the Family School Partnership Award.

After gaining feedback from all stakeholders, we have been working on an action plan throughout the academic year, supported by the Ealing Learning Partnership. Our actions have included: supporting families to gain access to online school platforms; supporting refugee and asylum-seeking students and families; and staff training. We will continue to develop strong relationships with our families and recognise the vital importance of our parents and carers to every aspect of school life. Thank you all for your ongoing support.



Featherstone High School

QUALITY OF EDUCATION & BEHAVIOUR: OUTSTANDING (OFSTED)



OPEN EVENING: THURS 24TH SEPTEMBER 5-7.30PM

THE HEADTEACHER WILL SPEAK AT 5.15 & 6.15PM



EMERGENCY RESPONSE ROADSHOW – FREE FAMILY EVENT!

Ealing Council's Emergency Management Service invites families to a FREE Emergency Response Roadshow, where children and parents can meet real life heroes from emergency services and partner organisations.

Come along to explore emergency vehicles, take part in fun, interactive activities, and learn important life saving skills in a hands on way. From fire engines to first aid training, there's something for everyone.

This is a fantastic opportunity for children to learn how to stay safe, build confidence, and understand what to do in an emergency—all while having fun.

Saturday 12 September 2026

12:00pm – 4:00pm

Parkside Yards, 1 Seva Drive, Southall (The Green Quarter), UB1 1GH

[To secure your free ticket, please book via Eventbrite: - WE'RE BACK, Free Event-Emergency Response Road Show Tickets, Saturday 12 September • 12 PM - 4 PM | Eventbrite](#)



HAYES GATE BRIDGE



TK HAY

● Grand Union Canal



◆ Hayes Gate Bridge



◆ Southall Broadway



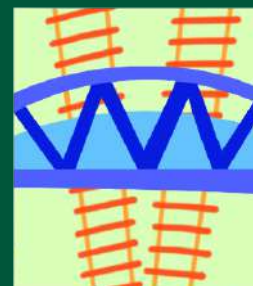
THE BROADWAY



SHIRIN NAVEED



● Spikes Bridge Park



◆ Merrick Road Footbridge

SOUTHALL STATION



MATT SMALL x MONIKA FORSBERG

◆ Southall Station Bridge



● Green Quarter Open Spaces



● Three Bridges

RAJ DHUNNA

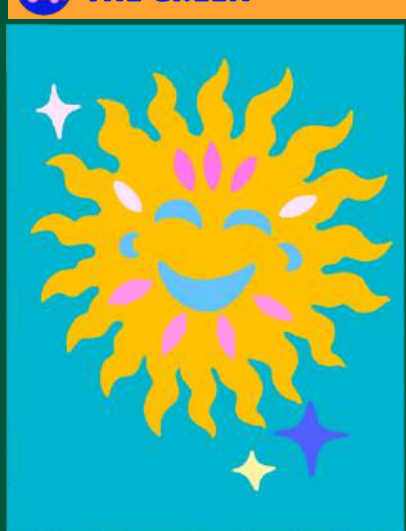


MERRICK ROAD



GURDISH HAUGSDAL

THE GREEN



● Manor House Gardens



SOUTHALL STORIES ART TRAIL MAP

HAFFENDI ANUAR



◆ Dominion Centre



KING STREET



PREM SAHIB



● Havelock Cemetery



◆ King Street Square



◆ Wolf Bridge



● Glade Lane Park

NORWOOD ROAD



PABLO THOMAS



London Borough of
Ealing



Funded by
UK Government

SUPPORTED BY
MAYOR OF LONDON

● Green Spaces Nearby
◆ Installation Locations

➡ **MORE INFO ON REVERSE**
DESIGNED AND ILLUSTRATED BY KUSHIAANIA

ART TRAIL INFO & LOCATIONS

"Making Southall in Miniature" TK Hay Hayes Gate Bridge

A theatre designer by training, TK Hay has created miniature versions of important Southall buildings, from Southall Manor House to the Tudor Rose. By showing historic landmarks alongside everyday meeting places, the work asks what we choose to remember and celebrates where community life happens.

"The Broadway Manja" Shirin Naveed Southall Broadway

Inspired by Manja – traditional rope beds central to South Asian domestic life – this work was developed with a multi-generational group of people of different ages with a connection to Southall. Etched into the surface are song-lyrics and a graphic score developed by the artist, tracing histories of migration and diverse musical cultures.

"Faces of Southall" Raj Dhunna Merrick Road Footbridge (entrance / exit)

This collective portrait brings together a series of profiles to create a snapshot of Southall's community. Celebrating joy, colour and collaboration, the work is based on sketches the artist made in the area, including on Southall Broadway, of people living and working locally.

"The Fabric of Southall" Matt Small and Monika Forsberg at Southall Station Bridge

This artwork turns the bridge into a "Southall Quilt", bringing together the people, cultures and stories of the area. Inspired by sari borders, bandanas and embroidery, it celebrates visual traditions from across Southall. The border also includes "Progress with Unity", Ealing's borough motto.

"Stronger Together" Gurdish Haugsdal Merrick Road Footbridge (internal panels of bridge)

Over 140 metres long, this mural works like a timeline, connecting Southall's past, present and future. From the Martin brothers' pottery to music legend Cleo Laine, it shows important local people and stories, reflecting journeys of arrival, strength and connection.

"Wolf Bridge Mural" Pablo Thomas Norwood Road Bridge

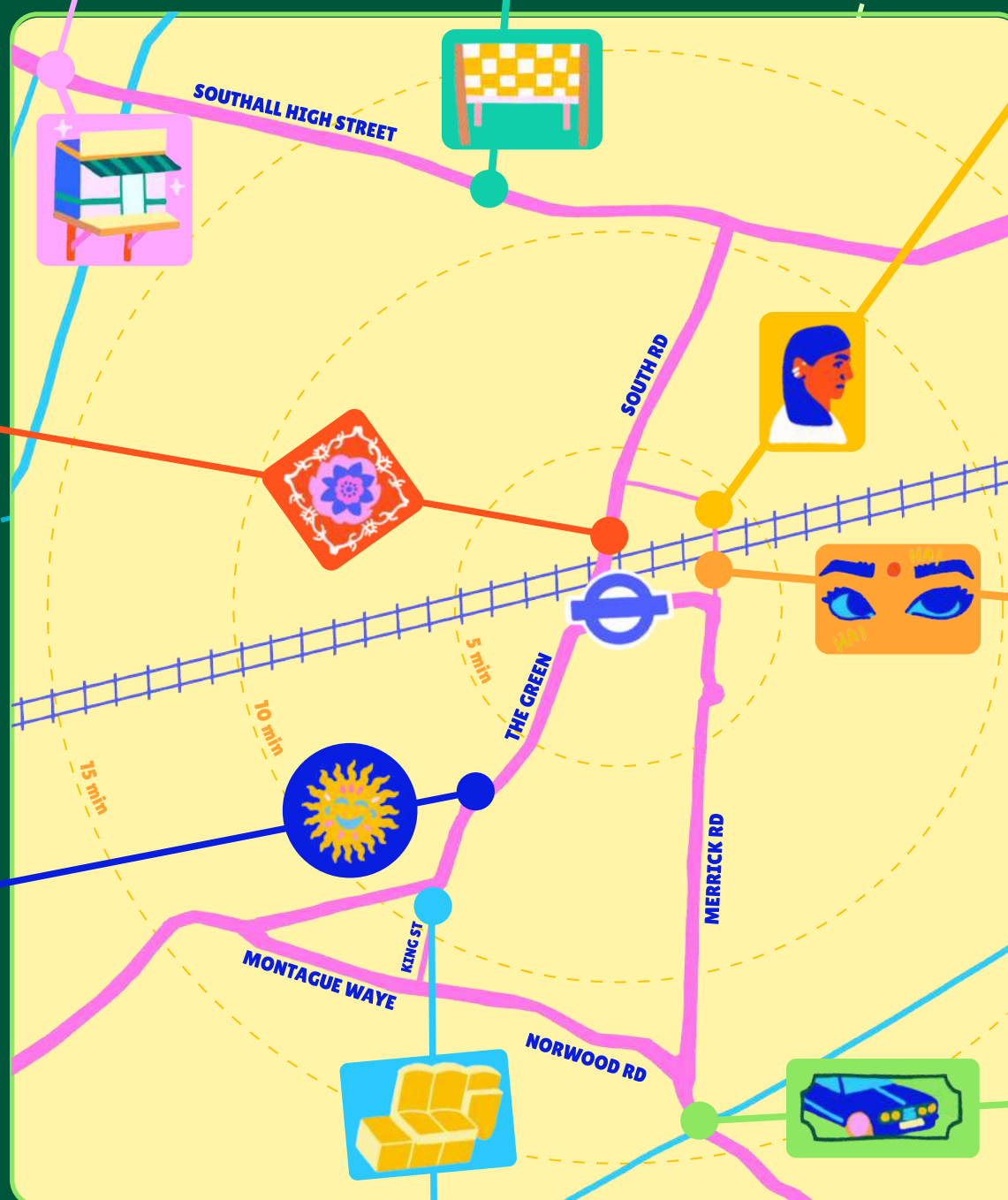
This mural shows twelve important moments from Southall's culture and history, from the building of the Grand Union Canal to the area's rich musical legacy. Chosen with the local community and based on historic images, the work celebrates Southall's diversity, traditions and everyday life.

"Under the Sun" Haffendi Anuar The Dominion Centre

This interactive artwork is inspired by traditional shadow puppet theatre, an important artform across South Asia. It also responds to the Dominion Centre's history as an Art Deco cinema and performance space. The final work includes designs made by local primary school students.

"Drift" Prem Sahib King Street Square

This work is inspired by Southall's historic Art Deco cinemas, including the Himalaya Palace and the Dominion Theatre. Many of these buildings have now disappeared. Looking at their links with migrant communities, the work invites people to see Southall as a place that is always changing.



SCAN THE QR CODE TO FIND OUT MORE
ABOUT THE TRAIL.

Southall Stories is a community inspired public art project which celebrates Southall's history, heritage, places and people.

Keeping Families Entertained Summer 2026

Things to do in and around the Borough of Ealing



Support & Advice While School is Closed

Ealing Family Information Service

For any information, support or advice your family needs over the summer you can contact Ealing Family Information Service. They can direct you to activities, support and signpost you to what you and your family need while school is closed. **You can call the Family Information Service on 020 8825 5588.** You can also search the Ealing Families Directory here: [Ealing Families Directory | Family Information Service](#)



Guide to Family Support Services

An electronic guide to key services, groups and organisations that may be useful for families living in the London Borough of Ealing. Click here to access the guide or use the QR code: [Ealing Families Directory | Guide to Family Support Services \(2025 Edition\)](#)

What to do in Ealing

The **Ealing Libraries Summer Reading Challenge** theme this year is Read to the Beat. Visit your local library to sign up. There are also lots of free Summer Reading Challenge events happening including arts and crafts.

To see events in your local library at anytime you can always visit the Bookshelf site here: [Kids | Events by Category | Ealing libraries](#)

The **Holiday Activity and Food (HAF)** programme is funded by the Department for Education to provide funded holiday provision, including healthy food and enriching activities, for children and young people who are:

- In school years reception to year 11
- In receipt of benefits-related free school meals
- Either attending school in Ealing or living in Ealing



Please note that children attending primary school who are receiving the universal free school meals offer are not eligible for the HAF Programme. To find out more about the HAF Programme and to book an activity visit their website: [Holiday Activities & Food \(HAF\) Programme](#)

Have a young person aged 11 plus? Check out the Ealing Youth Service activities happening at one of their centres or in the community this summer here: [YOUTH SERVICE - Young Ealing](#)

The long summer holidays can be hard. **Connecting with others** is a great way to boost your own wellbeing when things get tough. Why not arrange to meet up with other local families or friends from school. You could have a picnic in the park, find your local park or open space here: [Parks in the borough | Ealing Council](#).

Park Play has free, supervised activities in 5 locations in or near the borough they offer a FREE two-hour long play session of fun and games for everyone on Saturdays or Sundays. You can read all about how to register online here [Events - ParkPlay](#)

Keep cool by going for a swim in one of the **swimming pools across Ealing**. You can find the full lists here: [Swimming pools](#) | [Swimming pools](#) | [Ealing Council](#)

The Ealing **Cost of Living Team** have compiled an excellent list of free and discounted activities for families over the Summer Holidays. You can find it here: [Leisure activities](#) | [Leisure activities](#) | [Ealing Council](#). They have also compiled a list of food outlets offering free and discounted children's meals this summer.

The **Young Ealing Foundation** work to ensure all young people in Ealing can access the opportunities and support they need to grow up and lead happy and safe lives, fulfil their potential and become a valued and listened to part of the local community. They have a packed directory full of activities for children and young people which you can search here: [What's on in Ealing](#)

The **Ealing Arts & Culture** site has listings for events and festivals happening across the borough this summer. You can search on their website here: [Ealing arts and culture – News and information on the cultural life of our borough](#)

The **Ealing Summer Festivals** are happening across July in Walpole Park. Check out the full list on the website here: [Ealing Summer Festivals](#)

Things to do across London and surrounding areas

Families in receipt of **Universal Credit** can take advantage of LOTS of discounted days out and trips. Share the full list with families here: [Universal Credit Days Out: Cheap Tickets for London Zoo, Cutty Sark & More London Attractions \[2026 Update\] – Kiddo Adventures](#)

There is lots to do across London this summer. You can find a great list to inspire you and your family here: [Things to do during school summer holidays in London](#)



Free and Discounted Travel

Children and young people get free or discounted travel across the Transport for London Network making it easier and affordable to get around over the summer. Go to the TfL website to find out more here: [Free and discounted travel - Transport for London](#)

Things to do at home



Staying closer to home this summer? Why not write your own **Family Summer Bucket List** and get everyone involved. What about having a picnic in the park, learning to crochet or making a fruit salad. There are lots of templates online or why not make your own together as a family.

There are also LOTS of ideas for keeping active and busy at home here: [20 Fun Things to do with Kids at Home](#) | [Community](#) | [Better](#)

Setting Families Up for Summer Success 2026

Getting help and support in Ealing



General Support & Advice While School is Closed

Ealing Family Information Service

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Ealing Community Hubs

If you need help to use or access any Ealing Council Service over the summer you can visit one of the Community Hubs. There are 7 Community Hubs, you can find the full list along with opening times here: [Visit us](#) | [Visit us](#) | [Ealing Council](#)

Community Support Directory

The community support directory Voluntary and community organisations provide a wide variety of support across the borough. Find out what is available near you. Go to www.dosomethinggood.org.uk/directory For further advice call 020 8825 7170.

Ealing Advice Service

Free advice service offering information and guidance on social welfare issues including benefits, landlords and tenancies, homelessness, debt management, employment, family and immigration, legal services.

020 8579 8429 (option 1)

0300 012 5464 (Mon-Fri, 10am to 4pm)

www.ealingadvice.org

Financial Support and Advice

The **Ealing Cost of Living Online Hub** has up to date information on support from Ealing Council, the government and trusted third parties.

www.ealing.gov.uk/costofliving

If you need to speak to someone urgently, please call the contact centre on 020 8825 7170.

The **Crisis Resilience Fund** is there to support Ealing residents experiencing a financial crisis. A financial crisis is when a person or family does not have enough money to cover basic everyday needs, and the situation needs urgent help. Visit the website to find out about any financial support you may be able to claim and the criteria for this help.

020 8825 7170 (Mon-Fri, 9am to 5pm)

[Crisis and Resilience Fund](#) | [Crisis and Resilience Fund](#) | [Ealing Council](#)

Families Financial Resilience Programme

The programme offers drop-in sessions for families to help increase income, reduce debt and access advice.

Call Nucleus on 020 3727 9300

Visit a drop-in session:

Lido Centre, 63 Mattock Lane – Mondays, 10am-12.30pm

Hanwell Community Library - Tuesdays, 2.30pm to 4pm & Thursdays 10am to 12.30pm

Havelock Family Centre, Southall - Wednesdays, 10am to 12.30pm



Free School Uniform

Ealing Council has events and locations over the summer where you can pick up free, good quality second-hand uniform. For a full list of all the locations and dates click here or use the QR code: [Ealing free school uniform hubs - ActforEaling Climate Action Hub](#)

Support with Housing

If you are a council tenant you can visit your local **Housing Hub**. Find the full list here. [Housing hubs | Housing hubs | Ealing Council](#). For non-council tenants your first point of contact should be your landlord.

Ealing Housing Demand Service provides information on all housing issues and access to other services, emergency accommodation and help if you think you may be losing your home.

020 8825 8888 (Mon-Fri, 9am to 5pm)

Shelter Housing can give advice and specialist support to help those at risk of homelessness.

Under 25: 020 3393 0923 & Over 25: 0344 515 1540 (Mon-Fri, 9.30am to 5pm)

londonservices@shelter.org.uk

www.shelter.org.uk

Food Support

Ealing Foodbank has locations in Greenford, Hanwell, Acton, Northolt, Perivale and Southall and work on a referral and voucher system. If you need foodbank vouchers over the summer holidays you can:

- Speak to your Social Worker, Job Centre Plus Worker or other professional working with your family
- Visit a Community Hub [Visit us | Visit us | Ealing Council](#)
- Help Through Hardship – Call 0808 208 2138 (Mon–Fri, 9am–5pm; closed on Bank Holidays)
- Crosslight Advice (Debt and Budgeting Support) – Self-referral via crosslightadvice.org, or attend one of their drop-in sessions you can find a full list here: [Our Branches — Crosslight Advice](#)

Northolt Community Food Bank is available without a voucher every Friday 10.30-14.30 @ Viking Community Centre, Radcliffe Way, UB5 6HW

The Cost of Living Team have compiled a list of places where kids can eat free or for a discounted rate this summer which is available on their website. Scroll down to **Holiday food Offers:** [Leisure activities | Leisure activities | Ealing Council](#)

Health and Wellbeing Support

Urgent Mental Health Support

24 hours a day, 7 days a week 24/7 crisis line for people of all ages - children, young people and adults. The lines are free to call and can provide advice to those in a crisis. These crisis lines are supported by trained mental health advisors 365 days a year.

Ealing, Hounslow and Hammersmith & Fulham 0800 328 4444

Best For You exists to make it easier to find the support you need. It includes information about mental health, digital tools for anyone in the UK, and personalised mental health services for young people in North West London.

[Best For You NHS](#)

Circle Café

In the moment mental health support for children and young people. Circle is a hub space and café that offers support for young people in Ealing who are at, or near crisis point with their mental health. Contact by phone or email or drop in during opening hours.

Circleteam@HFEHMind.org.uk

0203 475 0060

[Circle - Hammersmith, Fulham, Ealing and Hounslow Mind](#)

We are open 365 days a year: Mon-Fri 14:00-22:00 / Drop in 14:30-18:00 / Appointments 18:00-21:00.
Weekends and Holidays 12:00-20:00 / Drop in 12:30-16:00 / Appointments 16:00-19:00

Kooth is a free, safe and anonymous online mental wellbeing community including live chat with the team, discussion boards, magazine with helpful articles and a daily journal a magazine

[Home - Kooth](#)

Young Minds useful guides and information for parents on supporting their child or young persons mental health and a parents helpline.

<https://www.youngminds.org.uk/parent/>

[0808 802 5544](tel:08088025544) Monday - Friday 9:30am - 4:00pm.

Ealing Safe Space is a local hub for anyone who feels they are nearing crisis point, including carers. Friendly staff will listen and help you get the support you need. **Drop in** to the Safe Space between **2pm-10pm, 7 days a week, 365 days a year.** (Last Drop-in by 9:30pm). **Phone line** is open from **2pm to 10pm.**

Safe Space Ealing, The Lido Centre, 63 Mattock Lane, W13 9LA
0207 471 0583

Childline Free, confidential counselling and advice service for children and young people by phone or web chat.

0800 1111

www.childline.org.uk

NHS Health Services

For medical help that is NOT a 999 emergency call the NHS 111 team free of charge 24 hours a day, seven days a week - dial 111.

It is important that families register with a GP and a dentist and for parents / carers to take responsibility for ensuring they take their children to a GP when necessary and to a dentist regularly and when advised. Search for your nearest dentist, GP, hospital, optician, pharmacy, mental health services and more. www.nhs.uk/service-search

Support for Families with children with Special Needs and Disabilities

Ealing Local Offer offers information, advice and guidance on Special Educational Needs and / or Disability (SEND) services and support within the London Borough of Ealing.

020 8825 5588 (Mon-Fri, 9am to 5pm)

localoffer@ealing.gov.uk

<https://www.ealinglocaloffer.org.uk/send-home>

Mencap Parent Support Team offers free emotional and practical support for Ealing parents and carers of individuals with Learning Disabilities and/or Additional Needs.

Call 03000 125464 Monday to Friday 9am – 5pm

parentsupport@ealingmencap.org.uk

Ealing Contact support families of children with additional needs and / or a disability.

0808 808 3555 (National number)

ealing@contact.org.uk

www.contact.org.uk

Challenging Behaviour Foundation Information, email network and family support phone line for families caring for a child or adult with a severe learning disability whose behaviour is challenging.

0300 666 0126

support@thecbf.org.uk

www.challengingbehaviour.org.uk

Support to stay safe and happy

Parenting Support

Family Lives offers a free and confidential helpline service offering emotional support, information, advice and guidance on any aspect of parenting and family life by phone, email or online chat. Family Lives also offers a range of parenting programmes.

0808 800 2222 (freephone) (Mon-Fri, 9am to 9pm, weekends 10am to 3pm)

0744 144 4125 (WhatsApp Messaging, Mon-Fri, 9am to 9pm)

askus@familylives.org.uk

www.familylives.org.uk

Keeping Safe Online

Children may spend more time than usual online during the holidays. Get advice and support to help them stay safe here: [Staying safe online in the summer holidays - UK Safer Internet Centre](#)

Ealing Children's Integrated Response Service (ECIRS) If you have a concern about the safety or welfare of a child or young person you can contact ECIRS. You can get in touch yourself or ask a professional that is working with you to make a referral or call the service on your behalf.

020 8825 8000 (Mon-Fri, 9am to 5pm or 24 hours for urgent situations)

ecirs@ealing.gov.uk

If a child is at risk and immediate help is needed call the Police on 999.