



# SAFEGUARDING BULLETIN

JULY 2026

## WHAT CAN YOU DO WHEN SCHOOL IS CLOSED?

Over the summer holidays, you won't necessarily be able to come and speak to your usual adults at school but there are lots of other ways to reach out and get help. We have put together some suggestions and advice to help you if you feel unsafe or unhappy or in crisis during the break.

It may feel like you are all alone, or that no one can help you, but this is never true. Remember, do not suffer in silence, please talk to someone.

- Speak to your family or another trusted adult
- Call a friend
- Consider dropping into the Circle Cafe
- Contact an organisation on the list below
- Call Childline on 0800 1111
- If you are in immediate danger, call 999

For enquiries about the service please [click here](#) or contact [circleteam@hfehmind.org.uk](mailto:circleteam@hfehmind.org.uk) 0203 4750 060

### THE CIRCLE CAFE: A SAFE SPACE FOR YOU



**Who is Circle for:** Children and Young People aged 5-18 who are in mental distress.

**What and Where:** Young people can come in for advice, support, or just to talk, with drop-in or appointment-based services.

#### Drop-In Times

Monday to Friday: 2.30pm-6pm

Weekends and Bank Holidays: 12.30pm-4pm

**Where to find us:** Circle, 46 South Ealing Road, Ealing

Circle is on the 65 bus route, a 2 minute walk from South Ealing tube, and a 15min walk from Ealing Broadway station

### childline

ONLINE, ON THE PHONE, ANYTIME

Childline provide confidential help and advice about a wide range of issues. Young people can talk to a counsellor online or over the phone, as well as post on message boards.

[Childline.org.uk](http://Childline.org.uk)  
0800 1111



Saneline is a leading UK mental health charity. They work to improve the quality of life for anyone affected by mental illness

Find them on Instagram

[www.sane.org.uk/how-we-help/emotional-support/saneline-services](http://www.sane.org.uk/how-we-help/emotional-support/saneline-services)

### kooth

Kooth is a free, anonymous online mental wellbeing community. It includes: A magazine, discussion boards, messages or live chat with their team and a daily journal you can fill in:

[kooth.com](http://kooth.com) find them also on Tiktok and Instagram



The Mix offer a free and confidential service that provides articles and video content online, by phone, by email and through peer-to-peer support and counselling services.

[themix.org.uk](http://themix.org.uk)  
0808 808 4994

### YOUNGMINDS

Young Minds provides information about mental health conditions and support available. They offer some useful online information.

[Youngminds.org.uk](http://Youngminds.org.uk)



## Family Support Website

Browse resources, programmes and support services available for families.

Please scan the QR code:



Scan the QR Code and Scroll down to browse resources, programmes and support services available for families or Visit: <https://padlet.com/featherstonehigh/featherstone-high-school-family-support-6fnipm4nh102br3i>

# Summer 2026 Parents and Carers Workshops

*Are you a parent or carer of a child who lives or learns in Ealing, Hillingdon or Hounslow Borough?*

Join local police officers and partner services for our Summer Holiday information evenings

**Learn how to spot the early signs of child criminal exploitation and grooming and the support available.**

Date – 29<sup>th</sup> July 2026

Time – 7pm

Place – Online, scan the QR code to book



**Learn about the impact of serious youth violence and knife crime, as well as the support available.**

Date – 26<sup>th</sup> August 2026

Time – 7pm

Place – Online, scan the QR code to book



Are you a parent or carer?

# Help Shape the Future of Childcare for Under 5s in Ealing



## Instructions:

- 1 Open your phone's camera app.
- 2 Point it at the QR code
- 3 Sign up and complete the survey

[children@ealing.gov.uk](mailto:children@ealing.gov.uk)

020 8825 5588



London Borough of  
**Ealing**

# EALING PARENTING SERVICE

## FREE PARENTING WORKSHOPS SPRING / SUMMER TERM 2026

Tues 19<sup>th</sup>  
**MAY**

**Employment, Benefits & Retraining**  
*Delivered by Surria Ali & Thankaraj Karunakaran*  
- Family Community Work Coaches  
via MS Teams 10am-12pm

Tues 9<sup>th</sup>  
**JUN**

**SEN Support in Schools +& EHCPs**  
*Delivered by Ealing Contact*  
via MS Teams 10am-12pm

Tues 16<sup>th</sup>  
**JUN**

**Domestic Abuse, Parenting & You**  
*Delivered by Patricia Chapman - SAFE Team*  
via MS Teams 10am-12pm

Tues 7<sup>th</sup>  
**JUL**

**Building Healthier Relationships - Part 1**  
*Delivered by Chris Kolade - Ealing Parenting Service*  
via MS Teams 10am-12pm

Tues 14<sup>th</sup>  
**JUL**

**Building Healthier Relationships - Part 2**  
*Delivered by Chris Kolade - Ealing Parenting Service*  
via MS Teams 10am-12pm

email [parentingserviceadmin@ealing.gov.uk](mailto:parentingserviceadmin@ealing.gov.uk) to register or for more info

# FREE online parenting workshop

PARENTING TOGETHER WORKSHOP SERIES

## BUILDING HEALTHIER RELATIONSHIPS

Part 1:

Tuesday, 7th  
July 2026

10am-12pm  
via MS Teams

Part 2:

Tuesday, 14th  
July 2026

10am-12pm  
via MS Teams

Delivered by  
Chris Kolade  
- Ealing Parenting Service

This two-part workshop explores what helps relationships grow and what can cause them to break down over time. It offers a supportive space to reflect on adult relationships, co-parenting, and the impact of parental conflict on children.

This workshop will cover:

- What strengthens relationships, and what undermines them
- Healthy boundaries and respectful communication
- Understanding parental conflict and its impact on children
- Co-parenting relationships and reducing tension
- Creating calmer, emotionally safe environments for children

**This workshop is for parents/carers who want to improve family relationships, whether in a relationship, separated or co-parenting**

**email [parentingserviceadmin@ealing.gov.uk](mailto:parentingserviceadmin@ealing.gov.uk) to register or for more info**

# Ealing Youth HAF Programme\*

## Chill, Create & Connect



**20 July to 28 August 2026**  
Bookings open at 9am Weds 17 June 2026

**FREE holiday activities** for eligible young people.

Try new things, meet people, and level up your confidence

Free food included

Don't wait — book early and make your holidays count!

### Who can take part for FREE?

Children and young people of **school age** who **live in Ealing and /or attend school in the borough** and one of the following:

Receive **benefits-related free school meals (FSM)**.

OR

Meet vulnerability requirements and **professionally** referred.

Young people not eligible for free HAF funded activities can explore the affordable activities also on offer from our HAF providers.

Switch  
It Up & Have  
Fun This  
Holiday!

HAF\* (HOLIDAY ACTIVITIES AND FOOD).  
FUNDED BY THE DEPARTMENT FOR EDUCATION (DFE).



Telephone: **020 8825 5588**

Email: **haf@ealing.gov.uk**

Booking: **www.eequ.org/ealinghaf**

Website: **www.ealinghaf.org.uk/haf-home**

Facebook: **www.facebook.com/EalingHAF**

Children



London Borough of  
**Ealing**



Department  
for Education



**GUNNERSBURY  
MUSEUM**



# RELAXED SESSIONS

Join us for a dedicated museum opening for children and young people (aged 5-25) who are neurodivergent or have additional needs, and their families. More info on our website: [www.visitgunnersbury.org](http://www.visitgunnersbury.org)

27<sup>th</sup> July: 10:30am - 12:30pm

17<sup>th</sup> August: 2 - 4pm

Gunnersbury Museum

Popes Lane

W5 4NH



Book your spot

