

Leytonstone School Newsletter

Autumn Term 2023



Dear Families,

We have come to end of another busy but productive term at Leytonstone School. And what a term it has been! As you will see from this newsletter, there have been so many amazing events that have taken place.

We wish you all a happy holiday season and look forward to welcoming pupils back on Tuesday 9th January, 2024.

Pupils WOW audience in Panto in a hurry!

This year pupils and staff wowed the audience in their own rendition of Aladdin written by our very own Mr. Dean. Rehearsals started 24 hours before the performance with over 260 pupils involved. Over those chaotic hours, the performing arts team managed to pull together the show of the year.

Our protagonists, Aladdin (Zayna Hossain) and Jasmine (Desya Sureshkumar) foiled the wicked plans of Mr. Abanezar (Mr. Watts) in his pursuit to take over Leytonstone School. Once again, Mr. Riley believed it was finally his time to be Aladdin but the Dame Miss Wishy Washy put a stop to that.

After a brilliant rendition of a whole new world, and many many laughs had, the show ended in a complete triumph! The PTSA managed to raise £2800! Well done to all those involved and we cannot wait until next year!

Forthcoming Dates—2024

8th January—INSET day

25th January—Y11 Mock Results

26th January—Y9 Curriculum Choices interviews

31st January—Culture Day

1st February—Y11 Parents Evening

5th February—Y9 Curriculum Choices open

8th February—Y9 Parents Evening

12th—16th February—Half Term



Leytonstone School, 150 Coldworth Road, E11 1JD

Phone: 0208 988 7420 **Website:** www.leytonstoneschool.org/ **Email:** school@leytonstoneschool.org

Youtube: [LeytonstoneSchool](https://www.youtube.com/LeytonstoneSchool) **X (formerly twitter):** [@LeytonstoneSch](https://twitter.com/LeytonstoneSch)

Black History Month 2023

Our Black History Month celebration was held on Friday 17th November and hosted by the awesome Shani Williams and Sarah Brewster. The event featured an exciting quiz, which highlighted and celebrated black heritage. The quiz was punctuated with interludes of wonderful performances, including a piano performance, poetry readings and dance. In summary, the BHM celebration was full of excitement, entertainment and food...all the ingredients of an evening to remember.



Pupil Parliament Elections

This year there were changes to how Pupil Parliament was selected. To support pupils with their understanding of citizenship, we decided to create the 'Head Student Elections'. This was the pupils' opportunity to have their own democratic say over who represents them in the Pupil Parliament.

All potential head students had to create campaign posters and campaign speeches. During lunch and break times, they canvassed their fellow pupils explaining to them why they should be voted for.

After a fortnight of campaigning and voting, the winners were announced for each year group! All pupils of the Pupil Parliament have now been regularly meeting in their preparation for Culture Day at the end of January. We cannot wait to see what they have planned for us.



Year 10 speeches



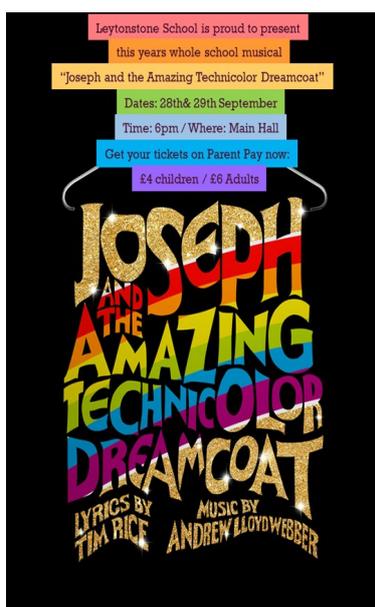
Postponed School Musical of Joseph was a huge success

Due to the cyber attack at the end of last academic year, we were unable to put on our school production of 'Joseph and the Amazing Technicolour Dreamcoat'. As a result, the show was postponed to the beginning of this academic year. After it being postponed and rehearsals shortened, the show was brilliant! The pupils raised the roof with their rendition of 'Any Dream Will Do' plus the other hits from the West End show. Once again, a huge thank you to our performing arts team—Mr. Dean, Mr. Kara, Mr. Paddon, Ms. Westbrook and Ms. Kwan.



Boxing Club Packs a Punch

Pupils at the boxing club had the chance to attend after-school coaching sessions. They were helped with their boxing wraps and, after a brief warm-up, were taught the basics of stance, guard, striking, and technique by Jack Daly, a professional boxer and former pupil of our school who has trained with the East London Boxing Academy.



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Wonderful Work Experiences

Our Year 11 Work Experience programme has been a great success. It has given our pupils an opportunity to get first-hand experience in professional settings. Our pupils have shown enthusiasm, dedication, and adaptability while working with participating companies.

The companies that hosted our pupils have given us positive feedback. They have praised our pupils for their willingness to learn, strong work ethic, and ability to fit in well with the work environment.

Overall, the Year 11 Work Experience programme has been extremely valuable for our pupils and has shown their potential as future professionals. We are proud of their accomplishments and excited to see their continued success.

“Highly enthusiastic pupil, willing to learn, take instruction and maturely engage with our colleagues and the work at hand.”

barbican



House of Commons



Natural History Museum



Bench Walk Advisors LLC

“We are extremely happy with their performance. They have surpassed all expectations!”

Y11 Mock Interviews

Mock interview day was an exciting event for Year 11 pupils, as the school invited some fantastic professionals who generously volunteered their time to conduct interviews and provide feedback. The pupils were given a valuable opportunity to practise their interview skills and receive constructive feedback from experienced professionals in their field of interest. The feedback was tailored to each pupil's performance, providing valuable insights into their strengths and areas for improvement. The day was filled with energy and excitement as the pupils eagerly awaited their turn to showcase their skills and receive feedback. Well done to all Year 11s!



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College Roadshow

Pupils in Years 10 and 11 had the opportunity to participate in the college roadshow. The event presented an excellent chance for them to start considering their options after leaving Leytonstone School. Thirty colleges and universities attended, showcasing what they could offer our pupils.



Year 7 Trip—Kidzania

This term as part of our careers offering for pupils at Leytonstone School. All Y7 pupils were taken to Kidzania. This helped pupils explore the skills necessary for the future of work, find out what professions they might be interested in, and ultimately help them achieve their aspirations.



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Y9 Stubbers Trip

The Year 9 trip at the start of the year to Stubbers Adventure Centre certainly was a fabulous experience for all involved. The weekend was packed full of activities ranging from canoeing, paddle boarding and laser tag team to abseiling, archery and the leap of faith! It gave pupils opportunities to team build, push their boundaries and stretch themselves to build relationships and make memories.



Successful Silver DofE Expedition

Our Silver Duke of Edinburgh (DofE) participants have completed their Silver Award expedition! They navigated their way from the meet point to Hillside Scout Campsite in Storrington Rise, Findon, camping overnight. This experience was a true test of their teamwork and commitment and a chance for them to grow personally and develop new skills.

The overnight camp at Hillside Scout Campsite was a success, and participants bonded over the experience. The following day, the group explored Stonywish Nature Reserve in Ditchling, sharpening their navigation skills and enjoying the stunning scenery. Congratulations to our Silver DofE participants on this impressive accomplishment!



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Jack Petchey Award

Eleni Fletcher and Zoe Irvine (both Year 10) recently took part in the Jack Petchey Speak Out Regional Final. Eleni delivered a memorable speech on gender stereotypes while Zoe's excellent speech focused on culture and identity.



Y7 European Day of Languages Competition

We were very excited in MFL to run a competition for our Year 7s to celebrate all of the wonderful languages we have at Leytonstone. These include languages from across the world like Igbo, Italian, Gaelic and Cantonese! So many Year 7s threw themselves into discovering which teachers spoke which languages to be in with a chance to win a prize.

A massive well done to our winners:

Team prize 1: Vlada Gorgan, Hannah Nunes & Haider Ali

Team prize 2: Anna Cohen, Erin Sutherland Corcoran & Sophia Szmajda Njie

Solo winner: Layla Awan

¡Felicitaciones! Félicitations!



9W Charity Shoeboxes

Led by Ms. Bennett, pupils in 9W donated shoeboxes of goodies to those struggling this Christmas.

Charity Bake Sale—Save the Children

During lunch time on Monday 18th December, five Y11 pupils raised money for 'Save the Children'. 'Save the Children' are working tirelessly to support children in Gaza living in the most awful circumstances. All together the school community raised a whopping £512.88! We are particularly proud of Rumaisa, Maya, Hamda, Jaqi and Will for organising, baking and selling the delicious goods. Well done!



**Save the
Children**

Teachers Vs Parents Quiz

Our wonderful PTSA organised a brilliant quiz night hosted by Mr. Dhanda. This night was a huge success, helping us to raise money for the stage floor. Congratulations to the teacher's team who managed to win for a second year! Looking forward to the next one in March.



PE—All things sports

The Autumn term has been another busy term for the PE Department. The football season kicked off with all our boys and girls teams competing in the borough leagues and cup competitions. The most notable performances were from the new Year 7 team who looked very strong in all of their games. The Year 11 Girls took part in the Borough Netball Rally finishing in a very respectable 5th place considering they had not entered a team in previous years.

The best performances were in the Cross Country event where we had two Silver medallists, Lucy Ince and Silvia Zarate. We also claimed team gold in the Year 7 and Year 8/9 Boys categories whilst the Girls also took gold in Year 7 and silver in Year 8/9.

In the second half term the Basketball season started and we have been able to enter 4 teams for both the girls and boys. Again the Year 7s have been very competitive and have won nearly all their games. The boys have also been entered in the Junior NBA competition, where they get some tough games against from schools in other London boroughs.

The Girls football teams from Year 7 and 8 took part in their competitions over several weeks and Miss Cheney has done a great job in training the Year 7 and 8 girls netball teams in preparation for their rallies next year.



New Visualisers in MFL!

The MFL team were thrilled to receive visualisers from the PTA this term. Here are some photos of them in action! Being able to show pupils excellent examples of writing by their peers, model answers and demonstrate corrections live is a brilliant advantage in our language lessons.



Enrichment: KS3 Art Club

Encouraging KS3 pupils to be creative using different techniques in fun ways.



Halloween potato printing tote bags

Art News

It has been a very busy term for the Art Department and here are a few of the phenomenal things pupils have been creating.



Year 11
'Fantastic and Strange'
Mock exam final pieces.
Pupils planned and prepared, producing these wonderful and original pieces in their 10 hours exam.



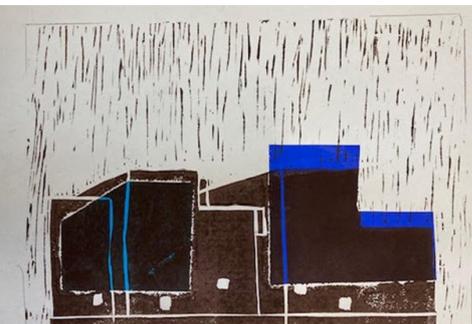
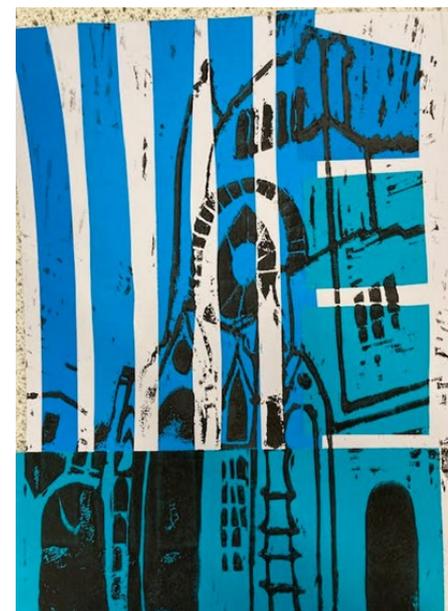
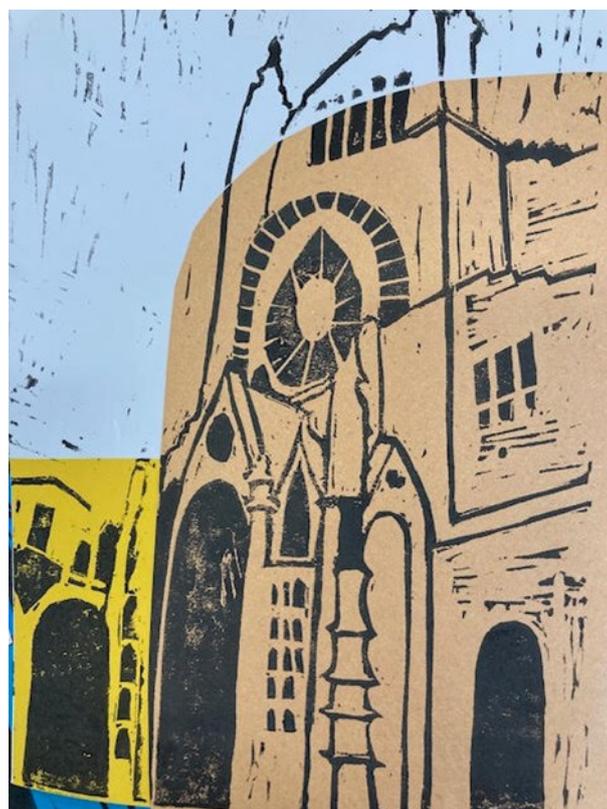
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Year 10 GCSE Art and Design
Lino printing
from their own
photos.
Extended using
collage.
'Light and Dark'
project



Year 10
graphical
self
portraits
inspired by
the artist
Luke Dixon.
Mono
printing
from their
own
photos

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Year 8 discovering a sense of place.



Year 9 exploring Surrealism.



Leytonstone School Parent, Teacher & Student Association

LSPTSA

ROUND-UP OF ACTIVITIES

The LSPTSA are excited to update the school community on the range of fundraising activities we have been supporting and creating over the last year. We also have information about the next planned activity for the year ahead.

Under the able leadership of our **Chair - Claire Adlam** (Yr 11 parent) we've had a packed year starting in January, with a fantastic and very well attended 'Curry and Quiz' evening. PTSA members provided the delicious homemade curry and parents and teachers provided the brains with the event raising an incredible £2600 pounds.

We'd like to extend a very big Thank You to all who participated, we hope everyone had lots of fun!

In July the PTSA supported the School with the second Pride event we sponsored a fabulous Photo booth this provided much entertainment for the children. Local secondary schools were invited to come and celebrate LGBTQ month there was a great turnout.

In September, the LSPTSA provided refreshments and cake for the wonderful school play - **Joseph and the Amazing Technicolor Dreamcoat**. Pupils put on an incredible performance on two consecutive nights, and we were pleased to support such a wonderful event.

FUNDRAISING STORY

"As Chair of the LSPTSA I have a keen focus on raising funds to enrich children's experience of Leytonstone School. This focus also enables us to support fun activities which engage children, parents, and teachers to grow the continued feeling of a strong community within our school in line with their ethos." Claire (Chair of LSPTSA)

Although fundraising remains at the heart of all we do, making sure we positively support events such as the school **Pantomime**,



Teachers v's Student football Match, as well as the first post covid Year 11 Prom. All this is helping to build special experiences for our children. We couldn't do this without the generosity of everyone, including local businesses who actively support us by donating gifts and money.

SCHOOL HALL REFURBISHMENT FUNDRAISER

The LSPTSA reached a big milestone this Summer having raised enough to purchase stage equipment as well as new green stage curtains for the main school stage.

In October the LSPTSA hosted a 'Supper and Quiz' evening, accompanied by tasty buffet food and refreshments provided by the LSPTSA. Mr. Dhanda, our accomplished quizmaster put quizzers through their paces once again. The event was attended by many of our wonderful parents who enjoyed the food, drink as well as one of our LSPTSA raffles. Our brilliant teachers were the winners and took the first prize trophy - which we are hoping they don't break (you know who you are!) as this was their second win, Many congratulations to them !

We are continuing to focus on fundraising that will bring a new stage area for present and future pupils at Leytonstone school who will continue their creative endeavors putting on amazing events, plays and of course pantomimes!

We're hoping for another big push to enable us to start the work on the stage refurbishment. If you can help by leading a hand at events, donating prizes for the next raffle, or by donating directly to the LSPTSA Parent Pay - that's fantastic! As Claire always says 'every penny counts!





Please do think about joining the LSPTSA or volunteering to support at events - we can always use a pair of hands!

You can also support by joining our Instagram page which you can find at 'leytonstoneschoolptsa'.

If you have any queries, or would like to support please contact Claire Adlam (Chair)
pta@leytonstoneschool.org

Leytonstone Families

Dear Families,

This winter season has the potential to be incredibly difficult for families with the financial crisis being incredibly draining. As a school we would like to be able, wherever possible, to help out. Whether this being a warm place to be, advice and guidance or support for families. We would like to express our gratitude for your kind donations of unwanted school uniforms and other items; we welcome more donations as some of our families greatly benefit from them. In addition, a big thank you for your contributions to our Winter Food Bank, which are being distributed to the families of Leytonstone school children.



Leytonstone School Winter food bank

To support families through this difficult Winter season we are organising a school food bank. We welcome donations of dry and tinned food items and toiletries.

If you would like to donate please drop them off at the school reception during weekdays from 11th- 15th December 2023.



Donation suggestions: Tinned foods (beans, spaghetti, soup, meat, fish, veg, fruit), pudding, cooking sauces, coffee, tea, long-life milk, fruit juice (long life), pasta, rice, squash, cereals, jam, other dried foods. Toiletries and hygiene products such as deodorant, toilet paper, shower gel, shaving gel, shampoo, soap, toothbrushes, tooth paste, hand wipes, sanitary towels and tampons.

Any family interested in accessing our food bank please contact Ms. Mentas family@leytonstoneschool.org or call 020 8988 7487.

Family Hubs phone line

Our free Family Hub phonenumber offers support, advice and a listening ear to families with children living in Waltham Forest.

Normal Family Hub operating hours: 9am to 5pm on Monday to Friday

Out of hours: 5pm to 9pm on Monday to Friday and 10am to 1pm on Saturday

If you would like help or advice outside of these hours, please visit the website (<https://www.walthamforest.gov.uk/families-young-people-and-children/family-hubs/family-hubs-phone-line>) or leave a message and one of our team will get back to you as soon as possible.

Family Hubs phonenumber
[020 8496 4965](tel:02084964965)

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Holiday Activity Programme

Making It Mindful

Waltham Forest

THE MAKING IT MINDFUL New years PARTY

DISCO, SNOW MACHINE,
ENTERTAINERS, GIANT SLIDE,
BOUNCY CASTLES, CRAFTS,
SENSORY PLAY, FACEPAINTING,
SNACK MAKING WORKSHOPS AND A
DESSERT WITH EVERY TICKET.

Thursday 4th January
10.30am - 1pm & 2pm - 4.30pm
FREDERICK BREMER SCHOOL
E17 4EY
TO BOOK, HEAD TO
WWW.MAKINGITMINDFUL.CO.UK

FREE TICKETS FOR CHILDREN AGED 5 - 11 YEARS WHO RECEIVE BENEFIT RELATED FREE SCHOOL MEALS AND LOW INCOME FAMILIES.



THE MAKING IT MINDFUL
**Christmas
PARTY**

DISCO, SNOW MACHINE, ENTERTAINERS, GIANT
SLIDE, BOUNCY CASTLES, CRAFTS,
SENSORY PLAY, FACEPAINTING,
GINGERBREAD DECORATION AND
A DESSERT WITH EVERY TICKET.

FRIDAY 29TH DECEMBER
11AM - 1.30PM & 3PM 5.30PM
GEORGE MITCHELL SCHOOL
E10 5ND

£10 CHILD
£6 ADULT
UNDER 3'S,
FREE

TO BOOK, HEAD TO
WWW.MAKINGITMINDFUL.CO.UK

FREE TICKETS FOR CHILDREN AGED 5 - 11 YEARS WHO RECEIVE BENEFIT RELATED FREE SCHOOL MEALS AND LIVE IN WALTHAM FOREST.

Waltham Forest

Making It Mindful

Holiday Activity Programme

Break The Cycle will be running the 'Be the Change' programme during the winter holidays at Leytonstone School from the 2nd to 5th of January, 10 am to 2 pm. At Break The Cycle, we endeavour to make school holidays more exciting and meaningful for children and young people. We offer a diverse range of activities and food options that are entertaining and inclusive. From sports and arts to games and workshops, Break The Cycle provides a safe and engaging environment that caters to the interests and needs of all participants.

By fostering a sense of community and belonging, Break The Cycle encourages kids and teens to explore and learn, build friendships, and break the cycle of boredom and isolation during the school break.

Please be aware that in order to enrol your child in our programme, they must be eligible for free school meals based on benefit-related criteria. Each eligible child will be given a unique code by their school, which is necessary to successfully book their spot on the portal.

We also have paid spaces available at a reasonable rate of £25 per day, which includes a delicious hot meal. Please remember that we have a 14-day cancellation policy and can only offer credit for cancellations. If you have any questions or concerns, please feel free to reach out to us at admin@breakthecycle.org. We're always happy to help!

We also offer spaces for SEND and vulnerable children; if your child meets the eligibility criteria, please get in touch with their school, social worker or any other professional involved in their care and request that they put through a referral to Waltham Forest at WFholidayactivityprogramme@walthamforest.gov.uk. Please note that only professionals can make a referral, and self-referrals from parents will not be accepted. The deadline for all referrals is 18th December 2023.

You can call us on 07535 280467 or email us at admin@Breakthecycle.org.

Leytonstone School Newsletter

Leytonstone, Chingford & Walthamstow Family Hubs are closed for the week between Christmas and the New Year. However Leyton Hub will remain open on non-bank holiday days:

Leyton Family Hub, 215 Queens Road, Walthamstow, E17 8PJ is open 27th – 29th Dec if you want to talk to someone from the Early Help Delivery service.

If there is an emergency, someone is in danger or you feel a child is at immediate risk of harm please immediately call 999. If you need to report or get support for safeguarding concerns, domestic abuse, violence, exploitation or anti-social behaviour please consider the links below.

Safeguarding Children

Telephone: 0208 496 2310 (Monday- Friday 9am-5pm, excluding bank holidays)

For outside of office hours, call the Emergency Duty Team anytime on 0208 496 3000

Email: MASHrequests@walthamforest.gov.uk

Click [here](#) for webpage

Safeguarding Adults

Telephone: 0208 496 3000

Email: WFDLiaison@walthamforest.gov.uk

Click [here](#) for webpage

Anti- Social Behaviour

If you would like to report an Anti-Social Behaviour Incident, please visit [here](#).

Domestic Abuse

Domestic Abuse Helpline (24/7): 0808 2000 247

Click [here](#) for website

Men's Advice Line (Male survivors): 0808 801 0327

Click [here](#) for website

If you wish to contact our IDVA service Solace Women's Aid please call: 07340 683382

To make a referral, email walthamforestIDSVAservice@solacewomensaid.org

If you wish to make a referral to the Waltham Forest Multi Agency Risk Assessment Conference (MARAC), please email DRM@walthamforest.gov.uk

Sexual Violence

Rape Crisis Sexual Violence Helpline (24/7): 0808 500 2222

See [here](#) for more information

Samaritans

If you are feeling lonely, depressed, or need someone to talk to for any reason.

Telephone or text: 988

Click [here](#) for website

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WALTHAM FOREST

BREAK THE CYCLE

BE THE CHANGE

KIDS

Winter Holiday CLUB

2nd-5th Jan 2024 10AM-2PM

Leytonstone School, 159 Colworth Road,
Leytonstone E11 1JD

DRAMA/SINGING • GAMING • SPORTS • CREATIVE
ARTS AND CRAFTS • PODCASTING • CHILL ZONE
FREE FOR CHILDREN ELIGIBLE FOR BENEFITS BASED FREE
SCHOOL MEALS • PAID PLACES AVAILABLE • HOT MEALS

More info: www.breakthecycle.org

Call: 07535280467

PARENT CHAMPIONS

Get involved in the Parent Champion Programme!

The Parent Champion Programme is a peer-led service delivered by parents for parents.

Could you benefit from friendly support? Is your child facing the school exclusion process or criminal justice system? Do you need more information on how to best support them?

Willing to support another parent? Could you provide a listening ear and word of encouragement to another parent? Would you be willing to be a trained Parent Champion?

FIND OUT MORE &
REGISTER YOUR INTEREST!

 georgina@spark2life.co.uk

 07929731193

 spark2life.co.uk

SCAN
ME!



PROJECT
ZERO

Spark2Life



Winter Health Event

 Wednesday 20 December
 12pm to 4pm
 Leyton Cricket Ground

Join us for an afternoon dedicated to your health and wellbeing.

FREE

-  Blood pressure checks
-  Tea & coffee
-  Light lunch*
-  Food bank
-  Get your health questions answered

For those eligible

-  Free health checks
- AND
-  Free Covid-19 booster vaccines
-  Free seasonal Flu vaccines

Learn more about vaccine eligibility at walthamforest.gov.uk/covid-vax

Plus hear from experts on important issues such as housing, financial support and more



*Halal, vegan and vegetarian options available

walthamforest.gov.uk

Blossom



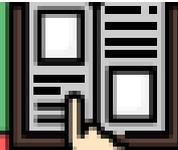
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HOLIDAY RESOURCES AND ACTIVITIES WALTHAM FOREST





Youth Services Directory

Find services and activities for young people in Waltham Forest
Scan the QR code or follow the link for more information
<https://libraries.walthamforest.gov.uk/digital-content/events-activities>



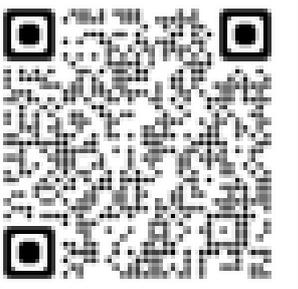
Waltham Forest Libraries

WF Libraries have a range of different, mostly free activities all throughout the year
Scan the QR code or follow the link for more information
<https://libraries.walthamforest.gov.uk/digital-content/events-activities>



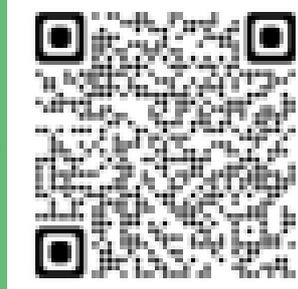
Waltham Forest Family Hubs

WF Family Hubs have a range of different, mostly free activities all throughout the year
Scan the QR code or follow the link for more information
<https://www.walthamforest.gov.uk/media/6086>



Winter in the Stone

Events local to Leytonstone during the Christmas holidays
Scan the QR code or follow the link for more information
<https://www.leytonstoneevents.co.uk/>



COMMUNITY SUPPORT



Food

- **Leyton Church Lighthouse project**-Emergency food parcels and hot lunches to those in need, open Thursday 12pm-2pm at St Mary's Leyton, E10 5JF (Tel:0300 3230 343)
- **Eat or heat**- across all of Waltham Forest (Tel:0800 772 0212) *referral required
- **The Hub, E4 area**- 07825 581216. Open every Tuesday and Thursday, 11am-1pm,
- **All Saints Church Highams Park**- Free community café Wednesdays 11:30am-2:30pm *referral required
- **Rukhsana Khan Foundation, E17**- (Tel:07980351351) *referral required
- **PL84U Al-Suffa**-Provide hot meals, food/clothing banks as well as other services. Open Monday and Wednesday 12pm-2pm at EPICENTRE, E11 4LJ (Tel:07539 364110)
- **Community Fridge**- Anyone can collect surplus, good quality food that would otherwise go to waste, open Friday and Saturday 12pm-1pm and alternate Sundays 11am-12pm outside Leytonstone Methodist Church, E11 3DA (Tel:020 8539 7487)
- **Hornbeam Centre**- Provide a free hot meal, every Tuesday at 1pm at the Hornbeam Centre, E17 9AH (Tel:020 8558 6880). Mondays 11am-5pm support for asylum seekers with free groceries and access to cooking areas
- **Community Food Share**- Foodbank, open every Tuesday 11am-12pm at Holy Trinity St Augustine of Hippo Harrow Green, E11 4LD (Tel:020 8988 0360)
- **Ko-op Community Kitchen**- Provide hot meals, open every Friday 10am-1pm at Leytonstone and Wanstead Synagogue, E11 4AT
- **Foodcycle**- Community meals, open every Thursday from 6:30pm at St Mary's Welcome Centre, Church End, Walthamstow, E17 9RH (Email: walthamstow@foodcycle.org.uk)
- **Bags of Taste**- Cooking classes that provide a bag of free ingredients so that you can cook 3 tasty meals from scratch, need a mobile phone, all else provided (Email: wforest@bagsoftaste.org or Text: 07956758520)

Community hubs-

- **Community Coffee Morning**- open every Wednesday 11am-2pm at WF Community Hub (020 8223 0707)
- **Community Cafe**- open every Wednesday 11:30am until 2:30pm at All Saints Higham Park, E4 9QZ (07825 581216)
- **The Gleaners Community Cafe**- open Friday- Saturday 11am until 3:00pm at 458 Hoe St, E17 9AH (020 8558 6880)
- **Community Living Room**- open every Friday & Sunday from 10:00am until 1:00pm at Leytonstone and Wanstead Synagogue, E11 4AT
- **The Mill**- open Tues - Fri, 9:30am - 5:30pm and Sat - Sun 10am - 2pm at 7-11 Coppermill Lane E17 7HA (020 8521 3211)
- **Blackhorse Workshop Cafe**- Pay what you can community meal, Wednesdays, 6:30pm-8:30pm at Blackhorse Workshop, 1-2 Sutherland Road Path, E17 6BX
- **Leyton Orient Community Living Room**- Free hot drinks and snacks, Mon-Fri 11am-3pm at Leyton Orient Hub, Brisbane Rd, E10 5NF (07519 458 813)



HELPLINES FOR YOUNG PEOPLE

NELFT 24hr crisis helpline
TEL: 0800 995 1000

CALM
TEL: 0800 58 58 58

FRANK drug advice service
TEL: 0300 123 6600 TEXT: 82111

The Mix
TEL: 0808 808 4994

Childline
TEL: 0800 11111

BEAT eating disorder support
TEL: 0808 801 0677

Switchboard, LGBTQ+
TEL: 0800 0119 100

Shout 24/7 crisis textline
TEXT: 85258

Papyrus suicide prevention
TEL: 0800 068 4141

Samaritans
TEL: 116 123

National Bullying Helpline
TEL: 0300 323 0169



HELPLINES FOR PARENTS/ CARERS

NELFT 24hr crisis helpline
TEL: 0800 995 1000

Shout 24/7 crisis textline
TEXT: 85258

Samaritans
TEL: 116 123

Refuge domestic abuse support
TEL: 0808 2000 247 (24hrs)

Family Lives
TEL: 0808 800 2222 TEXT: 85258

Gingerbread for single parents
TEL: 0808 802 0925

Family Action
TEL: 0808 802 6666
TEXT: 07537 404 282

YM Parent/carer helpline
TEL: 0808 802 5544

Kidscape
TEL: 07496 682785

SANeline
TEL: 0300 304 7000

Scope
TEL: 0808 800 3333