



William Perkin Family Support e-Bulletin

Issue 01: Thurs 23rd Oct 25 (Autumn Term – Half Term 1)

WELCOME

We would like to welcome you to William Perkins 1st half - termly Padlet.



You can expect to receive a new William Perkin Family Support E-bulletin Padlet once every half term which will amount to 6 for the school year of 2025-26.

As a reminder this termly bulletin is for parents and carers of our students at William Perkin who may require support with their children & family life outside the school setting. Each issue brings you upcoming dates, resources and information to help you better support your children and families.

Key Term Date for HT2

3rd November - 17th December 2025

Click [here](#) to access school website for more information

Early Close

17/11 - Y7-13

17/12 - End of term

Exams and Assessments

3/12 - Q2 Assessments Start

School Closure

3/11 - Staff Training

21/11 - Occasional Day

Other Key Dates

11/11 - Remembrance Day

20/11 - 6th Form Open Eve

01/12 - 6th Form Application Deadline

Ealing Mental Health Support Team (MHST) Newsletter Autumn 2025

If your child is experiencing demotivation, anxiety, stress, low energy, or any other worrying signs, then we can help you and your child. The Ealing MHST supports the wellbeing of children and young adults in both primary and secondary school settings. We have a variety of workshops that will be taking place through to the end of 2025.

[Please find the information for parents and carers here](#)

Free Counselling for Carers



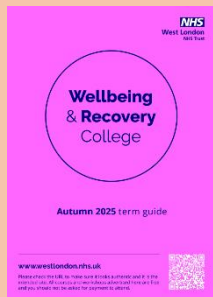
The Ealing Counselling Partnership are offering free counselling for carers to:

- Uncover the supportive power of individualised counselling sessions
- Discuss concerns and learn effective coping mechanisms
- Improve wellbeing

In person in Hanwell or via Zoom.

[Access the flyer on the WP Padlet here.](#)

West London Wellbeing & Recovery College Autumn Prospectus



The West London Wellbeing & Recovery College is open to everyone over 18 years, living, working and studying in Ealing, Hounslow and Hammersmith & Fulham. Their educational courses and workshops are free and focus on physical, mental and emotional wellbeing and recovery.

[The new Autumn Prospectus is now available and can be found on the WP Padlet.](#)

Crisis Support for Families



The Log Cabin Charity is offering crisis support to help families stay warm, eat well and get essentials. They can provide:

- Emergency Food packs
- Warm clothing
- Winter essentials
- Children's clothing
- Basic cooking equipment

Please see the flyer for referrals and QR code.

Community Minds Support for Parents, Children and Young People

Community Minds is a local project by HFEH Mind offering practical support for parents & carers along with fun, informal activities for children and young people. We're here to break down barriers to accessing mental health support and to challenge the stigma around it. Everything is designed with families to be approachable, flexible, and rooted in the community.



The Parent & Carer's offer:

- 1-to-1 wellbeing chats (mental health-informed, not therapy, no diagnosis needed — just if your child has support needs)
- Peer support and group sessions to share experiences, build confidence, and get practical support
- Get in touch via phone/email

The Children & Young People's (5-18) offer:

- Fun workshops, drop-ins, and mental health-themed sessions using games and activities
- Opportunities to bring sessions into schools or community spaces — just get in touch by email

You can view the full service poster on the WP Padlet here.

To arrange parental 1-1s: email outreach@hfehmind.org.uk or call 07935001114

Relationships Matter Week – Exciting Sessions for Children and Young People

Toxic: Friendship Red and Green Flags – Online webinar for ages 12 to 16 years - 12th November 2025

Join writer, speaker and campaigner Natasha Devon to learn about the signs of healthy and unhealthy friendships in a fun and interactive way. Discover how to spot red flags and nurture green flags in your relationships.

In the summer of 2022 Natasha's debut novel 'Toxic' was published. The story follows two sixth formers who fast develop an intense bond. However, as their friendship progresses it becomes fraught with jealousy and deception, which impacts the protagonists' mental health. In this talk, Natasha discusses the key themes of 'Toxic': What real friendship looks like; race, class and privilege; anxiety; feminism and sisterhood. She also shares some insights into her writing process, as well as some of the challenges.

Book your ticket here: [Toxic: Friendship Red and Green Flags \(for ages 12 to 16 years\) Tickets, Wed 12 Nov 2025 at 18:00 | Eventbrite](#)

Friendships, Compliments and Self-Esteem Workshop (for 7-11 year olds) in person at Mahaba Café, Singapore Road W13 – November 13th 2025 at 5:30pm

Come join us for a fun workshop where we'll learn how to build friendships, give compliments, and boost our self-esteem! Join us in person at Mahaba cafe in West Ealing for a fun and interactive event where children will learn about the importance of building positive relationships, giving and receiving compliments, and boosting their self-esteem. The workshop will be followed by a light buffet and a chance to chat with others who attended the session.

This 30 minute workshop is for years 4, 5 and 6 (8-11 years old). Devised by writer, broadcaster & activist Natasha Devon in partnership with psychologist and habit change coach Shahroo Izadi (www.shahrooizadi.co.uk) the workshop aims to get children thinking about what qualities really matter in a person, how they talk to themselves and to their friends, as well as what skills they have now and would like to work on in the future. At the end of the session, each child takes away a specially designed card to remind them of what they have learned.

There will be two 30 minute workshops on this day:

Workshop 1 from 5.30 to 6.30pm – please book here: [Friendships, Compliments and Self-Esteem Workshop \(for 7-11 year olds\) 1 Tickets, Thu 13 Nov 2025 at 17:30 | Eventbrite](#)

Workshop 2 from 6pm to 7pm – please book here: [Friendships, Compliments and Self-Esteem Workshop \(for 7-11 year olds\) 2 Tickets, Thu 13 Nov 2025 at 18:00 | Eventbrite](#)

[Find more information for parents and carers on the WP Padlet here.](#)