

King Solomon High School Newsletter

8 November 2024, 7 Cheshvan 5785



It has been a busy and exciting few weeks since returning from half term with so much going on.

The Year 11 geographers have been on an exciting trip to the Brecon Beacons in Wales for the fieldwork component of their GCSE, a number of students took part in a Black History Exhibition to commemorate Black History Month during October, and some students have begun to complete their project work as part of their enrichment programmes. We have also welcomed two Shinshinim from Israel who will be working alongside Mrs. Spurling in Kehila. Read all about it and much more in this week's newsletter!

Wishing you all a Shabbat Shalom and a lovely weekend.

Parasha Reflections - Mrs Juggler

Lech-Lecha “Go forth from your native land to the land that I will show you”

This weekend in synagogue we are introduced to Abraham when G-d tells him to leave his land and go to the land of Canaan. As part of this instruction, Abraham is told that G-d will protect him and his descendants and that those who curse Abraham will themselves be cursed.

For Jews this chapter in Bereshit cements their status as the chosen people, something which indeed has been a blessing and a curse. As Chaim Topol says so eloquently in Fiddler on the Roof; “G-d, can’t you choose someone else for a change?”

However, whilst this concept of chosenness seems to highlight the differences between Jews and non-Jews, I believe that it’s not actually about status but about responsibility. “With great power, comes great responsibility.” This quote is not from a Rabbinical scholar but from Uncle Ben of Spiderman fame. Whilst it is not religious wisdom, it echoes how I think Jews feel about being chosen. It requires responsibility to live the way G-d intends, to do good and guard the world and those who live in it. The Abrahamic faiths are not just about observance and rituals but are also about the way we present ourselves to the world and how we treat the people in it, and maybe that is the part of the covenant that is not emphasised enough. Shabbat shalom.

Remembrance Day - Poppy Appeal

Next week marks the beginning of remembrance week culminating in Remembrance Day on the 11th November. To mark the occasion, there will be poppies and poppy pin badges for sale in school. The suggested donations are 50p for a paper poppy/reflector poppy and £3 for a pin badge. If you would like to buy one, could you please bring in the exact money as we cannot give change, the money goes straight into a sealed box. The money raised goes directly to The Royal British Legion who help to support the armed forces community.



Important Dates

Parents Evening, Assessment, Reports

| Year Group | Parents Evening | Mid-year Assessment | Progress Report 1 | End of year Assessment | Progress Report 2 |
|------------|--------------------------------|--|--------------------------------|---|----------------------------|
| 7 | 24 th April 2025 | 10 th - 21 st March 2025 | 4 th April 2025 | 9 th - 20 th June 2025 | 3 rd July 2025 |
| 8 | 20 th March 2025 | 27 th January - 7 th February 2025 | 27 th February 2025 | 12 th - 23 rd May 2025 | 13 th June 2025 |
| 9 | 13 th February 2025 | 6 th - 17 th January 2025 | 30 th January 2025 | 21 st April - 2 nd May 2025 | 15 th May 2025 |
| 10 | 6 th March 2025 | 27 th January - 7 th February 2025 | 27 th February 2025 | 23 rd June - 4 th July 2025 | 17 th July 2025 |
| 11 | 9 th January 2025 | 24 th February - 7 th March 2025 | 20 th March 2025 | National Exams | |
| 13 | 6 th February 2025 | 24 th February - 7 th March 2025 | 20 th March 2025 | | |

Term Dates

Last Day of Autumn Term - Friday 20th December (Early closure 1:20pm)

Winter Holiday - Monday 23rd December 2024 - Monday 6th January 2025

First Day of Term - Monday 6th January 2025

Winter Mock Exams

GCSE Mock Exam Timetable

| GCSE WINTER MOCKS 2024 - EXAM TIMETABLE | | | | | |
|--|---|---|--|---|--|
| | Monday 18/11 | Tuesday 19/11 | Wednesday 20/11 | Thursday 21/11 | Friday 22/11 |
| Session 1 8:50am - 10:35am | GCSE English Language Paper 1 (1hr45mins) | GCSE Maths Paper 1 (Non-calc) (1hr30mins) | GCSE Biology Paper 1 (1hr45mins) GCSE Combined Biology Paper 1 (1hr10mins) | GCSE Spanish Listening (45mins) GCSE Spanish Reading (1hr) | GCSE Chemistry Paper 1 (1hr45mins) GCSE Combined Chemistry Paper 2 (1hr10mins) |
| Session 2 11:45am - 1:30pm | GCSE Geography (1hr30mins) | GCSE Sociology (1hr45mins) GCSE Design Technology (1hr45mins) | GCSE History Paper 2 (1hr45mins) | GCSE Food and Nutrition (1hr15mins) GCSE Drama (1hr30mins) | GCSE Computer Science Paper 1 (1hr30mins) |
| | Monday 25/11 | Tuesday 26/11 | Wednesday 27/11 | Thursday 28/11 | Friday 29/11 |
| Session 1 8:50am - 10:35am | GCSE English Literature Paper 1 (1hr45mins) | GCSE Maths Paper 2 (Calc) (1hr30mins) | GCSE Physics Paper 1 (1hr45mins) GCSE Combined Physics Paper 1 (1hr10mins) | No GCSEs | No GCSEs |
| Session 2 11:45am - 1:30pm | GCSE RS Paper 1 (1hr10mins) | GCSE Music (1hr15mins) GCSE PE Paper 1 (1hr) Cambridge National Sport (30mins) | GCSE Spanish Writing (1hr20mins) | No GCSEs | No GCSEs |

**GCSE Art Mock Exam - Thursday 12th December and Friday 13th December
(1 day and a half)**

A Level Mock Exam Timetable

| A LEVEL WINTER MOCKS 2024 - EXAM TIMETABLE | | | | | |
|---|---|--|--|--|---|
| | Monday 18/11 | Tuesday 19/11 | Wednesday 20/11 | Thursday 21/11 | Friday 22/11 |
| Session 1 8:50am - 10:35am | A Level Physics Paper 2 (1hr45mins) | A Level Geography Paper 1 (1hr) | A Level RS Paper 1 Philosophy, Ethics and Judaism (1hr20mins) | A Level History Paper 1 (1hr30mins) | A Level Chemistry Paper 2 (1hr45mins) |
| | | | | A Level Further Maths Paper 1 (Core) (1hr30mins) | |
| Session 2 11:45am - 1:30pm | A Level Biology Paper 1 (2hr15mins) | A Level Maths Pure Paper 1 (2hrs) | A Level English Language (2hr30mins) | A Level Psychology Paper 1 (2hrs) | No A Levels |
| | Monday 25/11 | Tuesday 26/11 | Wednesday 27/11 | Thursday 28/11 | Friday 29/11 |
| Session 1 8:50am - 10:35am | A Level Geography Paper 2 (1hr30mins) | A Level Psychology Paper 2 (1hr30mins) | No A Levels | A Level Maths Paper 3 Mechs & Stats (2hrs) | A Level Spanish Written Response (2hrs40mins) |
| | A Level Sociology Paper 2 (1hr) | | | A Level Sociology Paper 1 (2hrs) | A Level Product Design (2hrs30mins) |
| Session 2 11:45am - 1:30pm | A Level Biology Paper 2 (1hr30mins) | A Level Drama (2hr30mins) | A Level Spanish Listening, Reading & Translation (2hrs) | A Level English Literature Paper 1 (2hr15mins) | Paper 3B and 3C Further Statistics 1 & Further Mechanics 1 (1hr30mins) |
| | A Level Media Paper 2 (2hrs) | A Level Physics Paper 3 (2hr30mins) | A Level History Paper 3 (45mins) | A Level Chemistry Paper 3 (2hr30mins) | |

**A Level Art and Photography Mock Exam - Thursday 12th December and Friday 13th December
(1 day and a half)**



Wales Trip

Over the past few weeks, we have taken over 70 year 11 students to the Brecon Beacons for our annual Geography fieldwork trips. Students took part in the compulsory fieldwork component of their GCSE, which involved measuring how the characteristics of the River Wye change from the source to the mouth and how this further impacts the risk of flooding. Students worked in groups to measure width, depth, velocity and sediment size at three different sites along the course of the river. This was also a great revision tool for their upcoming mock exams. In addition to completing their rivers fieldwork, they also had the chance to take part in some outdoor adventure activities including canoeing, hiking, gorge walking and caving where they displayed great teamwork, and all pushed themselves out of their comfort zones. The whole geography department were very impressed with the conduct both groups demonstrated throughout the trips.



The geography field trip to Maes y Lade in the Brecon Beacons was an incredible experience where I got to participate in some brilliant activities such as gorge walking, mountain climbing and canoeing with my friends. We also completed our rivers fieldwork which gave me the knowledge I needed for my rivers and coasts topic. The teachers were fantastic and made every moment of the trip enjoyable, leaving us with memories to last a lifetime.

Rafi Salahi

My favourite part about Wales was how everyone came together and helped each other in the activities, and everyone got along. I loved climbing a mountain and being outside in the fresh air. I love that I made some amazing and special memories that make me laugh when I think about them. The rivers fieldwork helped my overall understanding of a river, which will now help me revise for my GCSE. Thank you to the teachers who made the trip so perfect!

Olivia Marks



Black History Month Exhibition

To celebrate Black History Month during October, students created an exhibition designed to commemorate historically important black figures. Each student chose one person who particularly inspired them and produced an informative PowerPoint, detailing key facts and details about their lives and the impact they had. Students from Years 7-9 then visited the exhibition and completed a quiz based on what they had learned.

I was inspired by Muhammed Ali because of his determination and what he stood for - Believing in yourself, being confident in your abilities, being resilient, dreaming big, standing up for your beliefs, living by your principles and choosing the right option, not the easy one. I was also inspired by his famous quote:

"I hated every minute of training, but I said, 'Don't quit. Suffer now and live the rest of your life as a champion."

Ayomiposi Ogungbemi



I chose Harriet Tubman because she led many slaves to freedom in Maryland and across other areas in the United States. She was a powerful woman even though she suffered from a serious head injury that almost killed her. However, this head injury changed her life as she had visions which may have been ascribed by God. In all her freedom journeys she never lost a single passenger.

Melinda Ebio



I chose Rosa Parks because she was one of the strongest women who fought for black rights under Jim Crow law that enforced racial segregation. She made the lives of many black communities better.

Nella Ebio

I chose Jackie Robinson because I wanted to show people that he was much more than just the first black person to play baseball. He was also the first African American to be named a Vice President of a major American company.

Halle Rose Mudamburi



My inspiration for talking about Martin Luther King Jr. during Black History Month came from many meaningful aspects of his life and legacy. Some of which are:

- 1. His Vision of Equality:** Martin Luther King Jr. passionately advocated for a world where people are judged by their character, not the colour of their skin. This idea corresponded to his "I Have a Dream Speech".
- 2. Impact on Civil Rights:** Martin Luther King Jr was instrumental in the Civil Rights Movement, helping to pass legislation like the Civil Rights Act and Voting Rights Act, which laid the foundation for ongoing racial justice work. Discussing his achievements could inspire others to learn about and continue advocating for equality.
- 3. Relevance Today:** Issues of racial injustice still persist. By sharing Martin Luther King's story, I could be helping my schoolmates understand the roots of these issues and encourage them to think critically about how to address them.
- 4. Desire to Educate and Inspire Others:** Black History Month is an opportunity to share significant stories from Black leaders and influencers, with people who might not know as much about them. Educating our peers about Martin Luther King's life could foster a more inclusive school environment.

Esther Ogungbemi



I wanted to explain why, among so many incredible Black history figures, I chose to speak about Nelson Mandela. His legacy, values, and journey offer invaluable lessons, not only about leadership but about resilience, forgiveness, and the power of change.

By discussing Mandela, I hoped to convey not only the history of his life but also the importance of his ideals, ideals that continue to inspire movements for social justice today. Mandela's journey reminds us that the fight for equality is both difficult and essential and that a compassionate approach can drive lasting change.

Oluwatimilehin Ogungbemi

The Black History Month exhibition was an amazing experience. I had so much fun talking, explaining and answering questions about my figure Barack Obama who is incredibly important to black history because he was the first ever black president of the USA.

Year 7, 8 and 9 all enjoyed the exhibition, and I would like to say a big thank you to them for helping to make Black History Month amazing and say a massive thank you to all the teachers for their help as well. It was the most wonderful, fabulous thing I have ever been involved in.

Anna-Victoria Amofo-Sennie



Enrichment Programme

Year 8 Design and Technology Enrichment - Upcycled Pillowcase Tote Bag

This term, Year 8 students dived into Upcycling Textiles as part of their D&T Enrichment. Bringing in old pillowcases and T-shirts, they transformed them into stylish tote bags using Japanese shibori tie-dye techniques. Throughout the project, they explored illustration, traditional crafts, and the 6Rs of sustainability (rethink, refuse, reduce, reuse, recycle, repair), combining creativity with eco-conscious thinking. Year 8 students thoroughly enjoyed the process and were excited to see their unique, sustainable creations come to life.



Shinshinim - Meet Ronny and Erez

What is Shinshinim?

Shinshinim is a phrase in Hebrew, which refers to Israeli high school graduates who volunteer for a year of national service abroad, before their military service. They serve in Jewish communities, schools, and organizations worldwide to share Israeli culture, language and experiences.

This year, we have two Shinshinim volunteering at KS. They will be based in the Kehila lounge working alongside Mrs Spurling but if you see them around school, please make them feel welcome.

Ronny



Hi everyone! My name is Ronny, and I'm one of the shinshinim (gap year volunteers) at King Solomon this year.

I'm 18 years old, originally from Netanya, Israel, and I came here to England for a year of service dedicated to the community and especially the Jewish community.

In addition to my volunteer hours at King Solomon, I also volunteer in several youth movements and various programs like JLGB, Beit Ha'am, Israeli Scouts, and Etgar. I'm super excited for the year ahead, to get to know all of you, and to build meaningful and special connections.

Beyond my volunteer hours, I'm a huge art fan, especially theatre. Before arriving in London, I set a personal goal for my gap year: to see and experience 33 shows and plays! (Since arriving here, I've realized this is quite an ambitious goal.)

In Israel, as a teenager, I volunteered with the Scouts, where I took on leading roles within the local youth movement. I also participated in various delegations, including the Scouts delegation to the United States and a school delegation to Dresden, Germany.

The opportunity to be here, to volunteer, and to get to know everyone is incredibly exciting for me! Wishing us all a successful and fulfilling year

Erez



Hello!

My name is Erez and I'm one of the new shinshinim!

I'm 18 years old, I come from Jerusalem in Israel and I'm so excited to be here.

I have two older sisters and a dog in Israel, and I came here to connect with different people and learn about the culture in the UK.

I'm so grateful for this opportunity and I can't wait to meet all of the different sides of this incredible community! I hope to meet all of you at King Solomon soon.



Get to know

Miss Gemma Shepherd



Hello, my name is Gemma Shepherd. A lot of you probably know me because I've been working here longer than most students have been alive, a whopping 16 years. If you don't know me, I'm the lady you often see wandering around the school in dungarees with a camera in her hand.

When I first began at KS, I worked as a technician in the art department which was originally in the building that is now the sixth form block. Since then, I have gone on to teach photography A Level and now have a new role as the school arts coordinator. So, when you see new posters going up around the school and wonder who has made them, now you know that it's me.

What drew me to working at KS in the first place, was the outstanding standard of art displayed in the art department and around the school. As soon as I walked in, I knew I had to be a part of this wonderful team, and I feel privileged to have had the opportunity to work with such dedicated, talented and committed staff as well as a lot of incredible students. I feel like I have helped the department grow and evolve and am immensely proud of what we have built together. I get a huge amount of joy from seeing the wonderment in students' eyes when they create something that they believed to be impossible, and it is also a huge honour when I see students going off to study art or photography at university.

Outside of school, my main passion is sport although, I am nursing a knee injury at the moment. In my younger days, I was a pretty serious footballer. I have played for Arsenal, West Ham, Charlton and more recently Dorking Wanderers and Dartford FC. I have also competed at karate, paddle sports and basketball.

My hopes for the future are to continue to play my part in making King Solomon a truly exceptional school in every aspect, where we all strive for excellence. This school means an awful lot to me, and I know how much potential it has, I want to see us realise that together.

Mr Andrew Scott



I am Andrew Scott, and I was born on the Caribbean Island of St. Lucia, home of the Olympic 100m female champion, Julien Alfred. I have been a career educator with experience in teaching in St. Lucia, Africa as a volunteer, Dubai and here in the UK. I am a specialist Advanced Skills Maths teacher with several years of senior leadership experience. I am passionate about improving the lives of others and try to do so in a fun and exciting way. I believe that humour mixed with being firm, respectful and fair can build positive bridges between teachers and their students. I teach because I love imparting knowledge and instilling skills in the students in my care.

I am new to KSHS as the new Assistant Headteacher responsible for Raising Achievement. Prior to that, I was the Principal of an American international school in Dubai where I lived and worked for the last three years. Prior to working in Dubai, I served in senior capacities at several schools in London, Essex, Thurrock and Hertfordshire. Some of my UK roles have included Assistant Vice Principal, Associate Assistant Headteacher, Head of Maths, Director of Numeracy and Director of Special Educational Needs and Disabilities among other positions.

I am passionate about ensuring that every student in my care learns and makes the required progress in preparation for life and becoming global citizens. I try to impart skills and positive attitudes required to become successful in the global economy and use my teaching, wherever possible to impart the values and attitudes needed to become successful.

My main hobbies and interests outside school revolve around travelling, sightseeing and exploring the world. To date I have visited 44 different countries and intend adding more to my bucket list. I believe that through travel, we can learn to appreciate diversity and see the world through the lens of others who previously we never truly understood. I am passionate about learning about different cultures, especially their cuisine, religious practices and traditions.

I once led an expedition where I climbed Mount Kenya with a group of students. Mount Kenya is the second tallest mountain in Africa, and this was a challenge which pushed my resilience and that of my students to the limit. I have also led expeditions and trips to Mount Snowdon in Wales as well as to Ghana in West Africa.

My hope and ambition is to successfully contribute to the success of the school by supporting the leadership team in delivering on their strategic plans to make our school the best that it can be. I am optimistic that I have joined a very positive learning community which truly believes in learning, charity and community.

SEND Events



EPT COFFEE MORNING

Date : WEDNESDAY 13th November 2024

Time: 10am to 12pm

Venue: Gearies Children's Centre, Gants Hill, IG2 6TF

Speakers: Redbridge Travel Assistance
and Therapy Services






07486 880 799
07486 880 646

✉ info@empoweringparentstogether.org.uk



Working together today, Improving their tomorrows

Are you a parent or carer of a child or young person with special educational needs or a disability aged 0-25 living in Redbridge?

Upcoming COFFEE MORNINGS

Time: 10am - 12noon

DATE: WEDNESDAY 13TH NOVEMBER 2024
VENUE: GEARIES CHILDREN'S CENTRE, GANTS HILL, IG2 6TF
SPEAKER: REDBRIDGE TRANSPORT AND THERAPY SERVICES TEAM

DATE: MONDAY 25TH NOVEMBER 2024
VENUE: GEARIES CHILDREN'S CENTRE, GANTS HILL, IG2 6TF
SPEAKER: INDEPENDENT SPEECH AND LANGUAGE THERAPIST

DATE: MONDAY 9TH DECEMBER 2024
VENUE: COMMUNITY ROOM, TESCO EXTRA GOODMAYES, RM6 4HY

COME ALONG AND MEET OTHER PARENT CARERS, SHARE EXPERIENCES, SIGNPOSTING & GAIN MUTUAL SUPPORT. LIGHT REFRESHMENTS PROVIDED.

PLEASE NOTE: EPT DO NOT ENDORSE ANY SPEAKERS OR SERVICES INVITED.

FREE MEMBERSHIP

Open to family members and carers of any child or young person with SEND up to the age of 25 years who live in or receive services from Redbridge. Associate membership is available for practitioners.

MEMBERSHIP FORMS AVAILABLE FROM:

www.empoweringparentstogether.org.uk 07486 880 799
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FOLLOW US ON FACEBOOK: Empowering Parents Together - Redbridge

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Working together today, Improving their tomorrows

Are you a parent or carer of a child or young person with special educational needs or a disability aged 0-25 living in Redbridge?

Do you want your voice heard?

Upcoming FREE SEND webinars

ADVOCATING FOR AUTISTIC CHILDREN IN SCHOOL
THURSDAY 7TH NOVEMBER 2024 AT 8PM

PATHOLOGICAL DEMAND AVOIDANCE (PDA) IN EDUCATION
TUESDAY 12TH NOVEMBER 2024 AT 8PM

UNDERSTANDING & SUPPORTING ARFID (AVOIDANCE RESTRICTIVE FOOD INTAKE DISORDER)
THURSDAY 14TH NOVEMBER 2024 AT 8PM

UNDERSTANDING DISABILITY DISCRIMINATION & APPEALS
THURSDAY 21ST NOVEMBER 2024 AT 8PM

EOTAS (EDUCATION OTHER THAN IN SCHOOL) & THE LAW
THURSDAY 28TH NOVEMBER 2024 AT 8PM

PLEASE CHECK EPT FACEBOOK PAGE FOR FURTHER DETAILS.
PLEASE JOIN EPT FREE MEMBERSHIP AND BOOK THE WEBINARS BY TEXT OR EMAIL.

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Wellbeing Update - PaJeS

Before half term, PaJeS Wellbeing team hosted a fascinating and informative evening on Our Children and Smartphones. This webinar was designed to give more information on the research which shows the impact of smartphones on children. Educational Psychologist Dr Gemma Handelsman together with Consultant for Wellbeing, Learning and Digital Habits, Beth Kerr offered practical tools on how to navigate and manage the complexities of parenting this generation. A recording of the webinar is available [here](#). Over 550 parents and carers registered for this event which is now being shared and viewed on YouTube.

Following the workshop, PaJeS commissioned Dr Handelsman to write an evidenced based report on the latest research and knowledge for school leaders to make informed decisions and recommendations on children’s use of smartphones in schools. This report can be found [here](#).

Medical - Update

If your child has any new medical conditions or is undergoing any medical investigations, please inform our welfare officer Mrs. Levy immediately via email at llevy1.317@kshsonline.uk.

Reminder - Lost Property

Could we please remind all parents/carers to label the inside of their child’s uniform and coats. We have a number of unclaimed items, predominantly coats, in lost property with no name inside. If items of clothing are labelled, they can be easily identified and returned. If a student has lost something, they can check if it has been handed in by speaking with Mrs Levy at Student Services.

PE Lunchtime Clubs

| Club | Where | When |
|----------------------------|-------------|--------------------------------|
| Table tennis and Badminton | Sports Hall | Monday - Thursday Lunchtime |

Safeguarding Contacts

If you are concerned about your child's wellbeing or the wellbeing of any other student at King Solomon High School, please contact the school on 020 8498 1331 or email the DSL at safeguarding@kshsonline.uk. This email address can also be used for students, parents and carers to share any safeguarding concerns or to request support.

If you are concerned that a child has been harmed or is at risk of being harmed and school cannot be contacted, please contact Redbridge Children's Multi-Agency Safeguarding Hub (MASH) on 020 8708 3885, and all the police on 999 straight away.

Helpful numbers and websites

- **Childline:** 0800 1111
- **NSPCC Helpline:** 0808 800 5000
- **The Police:** (if you are in danger): 999.
- **LGBT Switchboard:** 0300 330 0630
- **Kooth:** www.kooth.com - support service for student's wellbeing
- **Multi Agency Safeguarding Hub (emergency team):** 020 8496 3000
- **Barnardos:** 0800 008 7005

Let us know . . .

- If you feel upset or worried about anything at all (even if you think it is not important)
- If you feel anxious or unable to cope
- If someone has hurt you physically, emotionally, or mentally.
- If you feel upset or worried about anything at all (even if you think it is not important)
- If you feel worried about someone at home
- If you are being threatened or forced to do things
- If someone has done something to you without your consent
- If you feel unsafe in school, at home or on the streets
- About anything else worrying you

Student medical needs

If your child needs to take regular medication in school, please request a [Medicines Consent Form](#) from the Admin office to give the school consent to administer medication to your child.

All medications that are kept in school must be stored in the medical room.

Mental Health and Wellbeing

We are continuously working hard to improve our understanding as a community of mental health, to enable us to provide the best possible outcomes for the young people in our lives. If you are ever concerned that your child is at risk due to very poor mental health, please inform the school. You can also contact one of these numbers to seek support from a specialist. The Crisis line is there to offer guidance if your child may be having suicidal thoughts and is possibly in immediate danger. If you do ever find yourself in a position where you need to use these resources for your child, please make the school aware so we can provide appropriate support within school for your child.



Urgent mental health support - 24/7 crisis lines

Every mental health trust in London has put in place a 24/7 crisis line for people of all ages - children, young people and adults. The lines which are free to call can provide advice to those in a crisis. These crisis lines are supported by trained mental health advisors 365 days a year.

You can find the 24/7 crisis line numbers using the NHS Service Finder ([link below](#)) but the table provides all of the telephone numbers in London.

<https://www.nhs.uk/service-search/mental-health/find-an-urgent-mental-health-helpline>



| Area | Boroughs covered | 24/7 crisis line number |
|----------------------|---|-------------------------|
| North West London | Brent, Hillingdon, Harrow, Kensington & Chelsea and Westminster | 0800 0234 650 |
| | Ealing, Hounslow and Hammersmith & Fulham | 0800 328 4444 |
| North Central London | Barnet, Camden, Enfield, Haringey and Islington | 0800 151 0023 |
| North East London | City & Hackney | 0800 073 0006 |
| | Newham | 0800 073 0066 |
| | Tower Hamlets | 0800 073 0003 |
| | Barking & Dagenham, Havering, Redbridge and Waltham Forest | 0300 555 1000 |
| South West London | Kingston, Merton, Richmond, Sutton and Wandsworth | 0800 028 8000 |
| South East London | Croydon, Lambeth, Lewisham and Southwark | 0800 731 2864 |
| | Bexley, Bromley and Greenwich | 0800 330 8590 |