King Solomon High School Newsletter

16 February 2025, 18 Shevat 5785

Dear Parents & Carers

I hope this fortnight's newsletter finds you all well. We have had a busy first half term of 2025 with lots of great events and achievements to celebrate.

Academic achievements

The Department for Education (DfE) recently announced the validated Progress 8 scores for all schools in England. The Progress 8 score tells you about the progress that pupils in a school make from the end of primary school to the end of year 11. It is a value-added measure, which means that students' results are compared to other students nationally with similar starting points. Each school is given a Progress 8 score, calculated by the Department for Education, using the data from the most recent summer GCSE exams and vocational courses.

- A Progress 8 score of 0, means that Year 11 students at the school performed in-line with other students nationally.
- A Progress 8 of lower than 0 means that Year 11 students at the school performed less well than other students nationally.
- A Progress 8 score of above 0 means that Year 11 students at the school performed better than other students nationally.

King Solomon High School's GCSE results in summer 2024 achieved a

Progress 8 score of 0.36

This score places our school in the Above Average category in the DfE's school performance tables.

This result out performs several other Redbridge secondary schools.

- A Progress 8 score of 0.36 means that students at King Solomon High School made more than a third of grade better progress than other students nationally with similar starting points. This score of 0.36 is also an improvement on the 2023 Progress 8 score, which was 0.31.
- This is testament to the on-going and rapid improvements we are making as a school community.

Celebrating success in our community

Ethan Clerck

I am delighted to share with you that we have our very own published author within our student body. Year 13 student Ethan Clerck recently published his first novel. This is a phenomenal achievement for someone of Ethan's age, alongside his already fantastic academic achievements. Writing a novel at any point in one's life is a huge undertaking, and our Ethan Clerck has written his debut novel while also studying for his A-Levels. Ethan's creativity, dedication and resilience are an inspiration to us all. A huge Mazel Tov to Ethan and his family. We are all so very proud that Ethan's is part of the King Solomon High School Community and we hope that he will be a lifelong alumni and will return in future years to share his successes with us all.

Please support new talent in our community by purchasing Ethan's book, which can be found here on Amazon. You can read a hot off the press interview with Ethan further on in this newsletter.

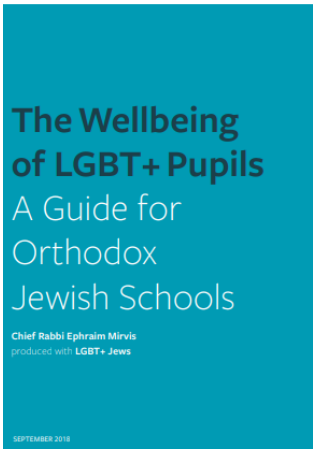
Abigail Feldman

I am very proud to announce another successful young person in our Year 13. Abigail Feldman has received the High Sheriff's Special Recognition Award as part of her role in the Volunteer Police Cadets. Abigail's dedication to community service and charity demonstrate her outstanding contributions to our local community. Abigail has given her time and efforts to supporting vulnerable groups in the community, while serving in the prestigious Volunteer Police Cadets. Abigail's dedication, resilience and community spirit are an inspiration to us all and she is an outstanding role model for all our students. We are very proud that Abigail is part of the King Solomon High School Community and we hope that she will be a lifelong alumni and will return in future years to share her successes with us all. Mazel Tov to Abigail and her family for this fantastic community achievement. You can read more about Abigail further on in this newsletter.

LGBT+ History Month

In keeping with a long-standing tradition at King Solomon High School, this month we have marked LGBT+ History Month, along with thousands of schools and organisations across the country. LGBT+ History month originally started to bring awareness to the devastating impact of homophobic bullying in schools, and to address hurtful and damaging misconceptions and stereotypes about LGBT+ people. King Solomon High School is proud to be an inclusive school for all staff and students. We continue to work in a purposeful and sensitive manner to educate our community on the importance of equality, diversity and inclusion. We do this in a way that aims to bring us all together and united under our values of learning, charity and community, while also embracing British Values. Our work to ensure that LGBT+ staff and students feel safe and included within our community is supported by the excellent training and support of Keshet UK. You can read more about Keshet UK and the work in Jewish schools, further on in this newsletter.

In 2018, the Chief Rabbi, Ephraim Mirvis, produced *'The Wellbeing of LGBT+ Pupils: A Guide for Orthodox Jewish Schools'.* This wonderfully written and first of its kind guidance document gives clear guidance to Orthodox Jewish schools on how to be safe and inclusive places for LGBT+ young people. This document is full of spiritual Jewish wisdom, kindness and guidance on how we ensure our community is a safe and inclusive place.



In the Chief Rabbi's guidance document, there is a specific section on using language responsibly. A challenge in many secondary schools is teaching young people about the importance of respectful language, not only in person but also online. Homophobic language is still too prevalent in many schools and in many online platforms, by young people and adults. Recent rhetoric related to a shifting position in the USA towards equality, diversity and inclusion, have resulted in an increase in homophobic and transphobic content online and we have seen some young people copying some of this discriminatory language. It is important that what is going on overseas does not have a negative impact on all the positive work done within the UK and in the Jewish community around equality, diversity and inclusion.

At King Solomon High School we have a zero-tolerance policy regarding any form discriminatory language. This includes racist, antisemitic, homophobic, transphobic and sexist language. We understand that young people are easily influenced and require guidance and support in character development, but this must never be at the expense of making another member of our community feel unsafe, intimidated or rejected.

Extracts from the Chief Rabbi's - *'The Wellbeing of LGBT+ Pupils: A Guide for Orthodox Jewish Schools.*

Ona'at devarim

Using language responsibly

וְלֹא תוֹנוּ אִישׁ אֶת עֲמִיתוֹ וְיָרֵאתָ מֵאֱלֹקֶיךָ כִּי אֲנִי ה' אֱלֹקֵיכֶם. ויקרא כה:יז

And you shall not wrong (*tonu*) one another and you shall fear your God, for I am the Lord your God. *Vayikra/Leviticus 25:17*

כְּשֵׁם שֶׁאוֹנָאָה בְּמִקָּח וּמִמְכָּר, כָּךְ אוֹנָאָה בְּדְבָרִים. משנה בבא מציעא ד:י

Just as there is wrongdoing regarding commerce, so too there is wrongdoing with words. *Bava Metzia 4:10*

שֶׁלֹּא לְהוֹנוֹת אֶחָד מִיִּשְׂרָאֵל בִּדְבָרִים, כְּלוֹמַר, שֶׁלֹּא נֹאמַר לְיִשְׂרָאֵל דְּבָרִים שֶׁיָּכְאִיבוּהוּ וְיִצְעֲרוּהוּ וְאֵין בּוֹ כֹּחַ לְהֵעָזֵר מֵהֶם. ספר החינוך, מצוה של"ח

To not mistreat one of your nation with words, meaning to say that one shall not say to a person words that hurt them or cause them pain against which they cannot stand. *Sefer Hachinuch, Mitzvah 338*

Tu B'Shevat ט"ו בִּשְׁבָט

This week we celebrated Tu B'Shavat (or Tu BiShvat), the Jewish new year of the trees, occurring on the 15th day of the Hebrew month of Shevat (celebrated this year on Thursday, Feb. 13, 2025) Tu B'Shevat is an agricultural festival associated with the land and the giving of tithes.

According to Jewish Biblical law, there is a seven year agricultural cycle, concluding with the Sabbatical year. Rabbis established that a fruit which blossomed before the 15th of Shevat is produced the previous year. If it blossoms afterwards, it is the product of the "new year.". This is why the festival of Tu B'Shevat is celebrated on the 15th of the month of Shevat.

In contemporary Israel, the festival is celebrated as an ecological awareness day, and trees are planted in celebration. The custom on Tu B'Shevat is to eat fruits from the seven species for which the Land of Israel is praised: "...a land of wheat, barley, [grape] vines, fig trees and pomegranates, a land of olive trees and 2025 honey" (Deut. 8:8).

For the LORD thy God bringeth thee into a good land, a land of brooks of water, of fountains and depths, springing forth in valleys and hills; a land of wheat and barley, and vines and fig-trees and pomegranates; a land of olive-trees and honey

Devarim דְּבָרִים **- Deuteronomy 8:7-8**

And when ye shall come into the land, and shall have planted all manner of trees for food, then ye shall count the fruit thereof as forbidden; three years shall it be as forbidden unto you; it shall not be eaten. And in the fourth year all the fruit thereof shall be holy, for giving praise unto the LORD. But in the fifth year may ye eat of the fruit thereof...

Vayikra וַיִּקְרָא ***Leviticus 19:23-25***

Thank you to Ms Aaronson, Mrs Spurling and all the staff who supported our 'wear green to school day' to raise money for three planting.

The Holy Month of Ramadan

The Muslim holy month of Ramadan begins on or around the 28th February this year. As a Jewish school we respect and understand the importance of fasting and religious observance. We recognise the religious significance of this period of time for Muslim families in our community. I will write to our community again nearer the time that Ramadan begins to offer well wishes and to explain how we will ensure that the timing of our Key Stage 4 pathways evening (11th March) is inclusive for all our community.

I would like to thank all of our staff, students and parents for their support. I wish you all a restful half term and I look-forward to welcoming students back to school on Monday 24th February at 8.20am.

Ms Phillips

Headteacher

Parasha Reflections - Mrs Juggler

I am currently writing this piece from the Polish city of Krakow where I am leading year 13 on a three-day trip. We have visited the Jewish quarter of Krakow before the war, Kazsmiercz as well as the extermination camp of Auschwitz-Birkenau. On Tuesday we will visit the site of the wartime ghetto, Schindler's factory, and the site of the labour camp Plascow before heading back to the UK.

Even though I have been lucky enough to lead this trip many times, I find that I always learn something new. Today our group happened to stop by a plaque with a quote on from Steven Spielberg's Righteous person foundation. It says this -

"Genocide presents us with an image so appalling it can be damaging to look. But we know we must look. We know that repressing memory, willed forgetting, is perhaps the greatest danger we face... If we want to remain fully human, we have no choice but to confront and remember the past, to learn, and to act on what we have learnt."

For those of us who have seen images of released hostages on the news and social media it has been a harrowing and difficult few weeks, but we must confront these awful images and be willing to have difficult conversations about them. We must be willing to learn about the past so that "never again" actually means never again.

Poland Trip - Mrs Juggler

This week, I was privileged to accompany year 13 students on a three-day trip to Poland. During the trip students learned about Jewish life in Poland before the Holocaust and visited several synagogues in the old Jewish quarter of Krakow, Kazimierz. They saw that Jewish life in Krakow was diverse and that events like the growth of the Hasidic movement and the Enlightenment had a large impact on the Jewish community. They also visited the sites of the Krakow ghetto, Oskar Schindler's factory and the site of the labour camp Plaszow. Plaszow was the labour camp that Jews were sent to after the liquidation of the Krakow ghetto in 1943. Students also visited the Auschwitz - Birkenau complex where over 1.1million people were killed, a million of whom were Jews. On display they saw, thousands of personal belongings of the victims such as shoes, clothes, suitcases and spectacles. Students also saw the gas chambers and crematoria where the systematic killing took place. This trip ius considered by many to be a rite of passage for Jewish teenagers as in the year of the 80th anniversary since liberation it is increasingly important to have a sense of where hatred leads. My thanks go to Mr Palmer for accompanying the students and Mrs Spurling for all her administrative support in making the trip happen.

Year 13 Poland Trip 2025

Important Dates

SPRING TERM 2025

Monday 6th January 2025 - Friday 4th April 2025

HALF TERM (School closed) - Monday 17th February 2025 - Friday 21st February 2025

Last Day of Spring Term - Friday 4th April 2025 (Early closure 1:20pm)

Spring Holiday - Monday 7th April 2025 - Monday 21st April 2025 (Easter Monday school closed)

First Day of Summer Term - Tuesday 22nd April 2025

Term Dates

Please click on the icon for **2024 - 2025** Term Dates -

Please click on the icon for **2025 - 2026** Term Dates -

Parents Evening, Assessment, Reports

Year Group	Parents Evening	Mid-year Assessment	Progress Report 1	End of year Assessment	Progress Report 2
7	24th April 2025	10th - 21st March 2025	4th April 2025	9th - 20th June 2025	3rd July 2025
8	20th March 2025	27th January - 7th February 2025	27th February 2025	12th - 23rd May 2025	13th June 2025
9	13th February 2025	6th - 17th January 2025	30th January 2025	21st April - 2nd May 2025	15th May 2025
10	6th March 2025 (on-site)	27th January - 7th February 2025	27th February 2025	23rd June - 4th July 2025	17th July 2025
Year Group	**Parents Evening**	**Mock Exams**	**Progress Report 1**	**Mid-year assessment**	**Progress Report 2**
11	9th January 2025 (on-site)	18th - 29th November 2024	19th December 2024	24th Feb - 7th March 2025	20th March 2025
13	6th February 2025 (on-site)	18th - 29th November 2024	19th December 2024	24th Feb- 7th March 2025	20th March 2025

Keshet UK

To mark the beginning of LGBT+ History month during February, we invited KeshetUK to come into school last week to work with years 7, 8, 9, 11 and 13 and deliver workshops about increasing awareness of the LGBT+ community.

KeshetUK is an education and training charity with a mission to ensure that Jewish LGBT+ people and their families are included throughout Jewish life in the UK.

They ran sessions for individual year groups on specific days and had great engagement from all students during their workshops.

Streetwise

Streetwise were back in school last week to talk about online safety with year 8 Y side and will be back in a few weeks to speak to the X side too.

Students engaged well with the facilitators and learned about how to stay safe online and what to be aware of when using social media.

Jnetics

Jnetics is the only cross communal charity in the UK dedicated to the prevention and diagnosis of Jewish genetic disorders (JGDs). They do this by raising awareness and facilitating access to the best available information, responsible carrier screening services and support for those affected and at risk. They came into school last week to speak with year 13 and educate them about raising awareness for JGDs and how they can do their bit by getting tested. Jnetics will be back in a few weeks to test those who have signed up.

Ethan Clerck - The Lost Tale of Socratis

Congratulations to **Ethan Clerck**, who at the age of just 18 years old, has become a published author. Ethan has a passion for history and plans to go to university to study Ancient History. Ethan has turned his passion and his talent for descriptive writing into a fantastic story that you can read more about in an interview with the author himself below.

Interview with Ethan Clerck

When did you first realise you wanted to be an author?
At primary school I loved writing stores.

What made you decide to write a book?
I have always loved writing, the idea I had for this specific story came years ago during lockdown. I had learnt about Stephen King in English and when I read that he wrote stories when he had insomnia, I decided to adopt the same thought when I couldn't sleep.

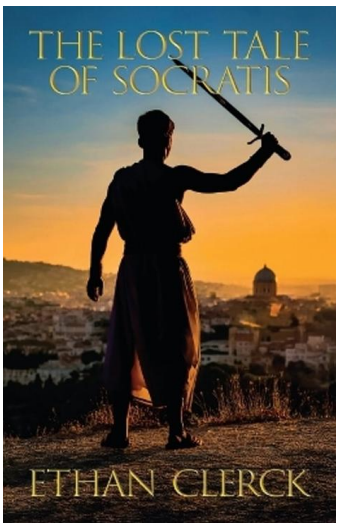
How did you come up with the storyline?
I love History, especially ancient History which I am going to study at University in September, so naturally I was drawn to creating a story in that world. I started writing the first three chapters and then realised I needed to write a plan.

What books did you take inspiration from?
The Eragon series by Christopher Paolini who wrote the first book when he was 15.

Do you plan to write more books?
I am already halfway through the sequel.

Ethan's book is now available to buy on Amazon using this link **https://amzn.eu/d/cAwJZol**

Ethan will be selling his book on World Book Day which is March 6th in the library. Students will be given more information about this in due course.



High Sheriff's Special Recognition Award

Well done to **Abigail Feldman** who recently received the High Sheriff's Special Recognition Award as part of her role in the Volunteer Police Cadets. She writes:

"I was nominated by Redbridge Volunteer Police Cadets to receive the High Sheriff's Special Recognition Award at the Supreme Court. This award is given twice a year to citizens who have given outstanding service in helping the police carry out their duties as well as their contribution to their local communities. I have been a part of the Volunteer Police Cadets for over 3 years now, and I have taken part and supported different events with children in need and the elderly to create a safely organised social environment for them to enjoy. It has been an amazing learning opportunity for certain skills and events not everyone gets the opportunity to experience, as well as being able to apply these experiences in the outside world for example first aid, self-defence and how to deal with tense situations in a professional and disciplined manner. It has given me a huge insight into public services and has inspired me to pursue a career in this area and I am grateful for all these amazing opportunities!"

Congratulations Abigail!

Upcoming Trips

The Natural History Museum

As part of our commitment to enhance every child's personal development at King Solomon High School, we are delighted to announce our first trip of the year. The Humanities department are running a trip to the Natural History Museum for all year 9 students. The trip will take place on **Tuesday 18th March** for students in forms **9G**,**9K** and **9M** and on **Wednesday 19th March** for students in forms **9Z**, **9A** and **9P**.

While at the museum, students will take part in a workshop and visit a number of exhibitions.

Letters have been sent home containing all of the information. Your child's place on the trip will be confirmed once payment has been received via Scopay.com.

We look forward to welcoming all year 9 students on this exciting trip!

Shakespeare's Globe - Macbeth

The Performing Arts Department are excited to announce that they will be running a trip to Shakespeare's Globe Theatre to watch a performance of Macbeth. The trip will take place on the evening **Tuesday 18th March** from **5:00pm** until **10:00pm**.

Tickets for the show are free, but students will have to pay for their train fare which costs £6.40. The trip is open to all Year 8 and 9 students but there are only 80 tickets available, so you'll have to get in quickly to secure your place.

Letters have been sent home but if you would like more information please contact or go and see Mr Coates.

Sports News - Wednesday 12/02/25

Year 11 Football - King Solomon High School vs Wanstead High School

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KS WIN ON PENALTIES

Mr. Walmer's successful Year 11 football squad marched through another round of the cup on Wednesday after a narrow victory on penalties against Wanstead High School.
KS dominated possession in the early stages of the game but were unable to make their dominance count, squandering a few chances. Then against the run of play, Wanstead scored the first goal of the game with a fortunate deflected shot. KS battled hard to level the game, and they did just that with a header from **Mason Tea** from a **Davanii Johnson-Taylor** corner. The game went straight to penalties and after a tense shootout, KS emerged victorious with **Alfie Vajushi** scoring the deciding penalty.

Well done to the entire Year 11 football squad:

Harrison Lewis, **Roni Ben-Shir**, **Elijus Gadeikis**, **Rafi Salahi**, **Mason Tea**, **Alfie Vajushi**, **Harry Marks**, **Kallum Isaac**, **Ryan Awad**, **Davanii Johnson-Taylor**, **Davor Nikoloski**, **Max Hart**, **Zack Steinberg**, **Kai Shaw** and **Rayness Tshobi**.

Year 7 Football - King Solomon High School vs Loxford School

6 - 2

Mr Palmer, with the aid of assistant manager Ralph Knott steered the year 7 boys football team to victory in their first match of the year against Loxford School.

KS started the game brightly, taking a 2-goal lead in the opening 5 minutes. Their dominance continued throughout the game seeing them run out 6-2 winners with goals from **Alex Capal**, **Benas Puskovas**, **Alfie Levy** and **Cruz Clarke**. Their emphatic performance sees them progress to the semi final of the Redbridge Plate.

Well done to the entire Year 7 football squad:

Alex Capal, **Jenson Block**, **Ethan Kissin**, **Josh Nathan**, **Eitan Brown Varon**, **Cruz Clarke, Louis Ballen**, **Jacob Block**, **Alfie Levy**, **Benas Puskovas**, **Joseph Sankoh**, **Sadat Mohammad**, **Brian-Johnson Asher** and **Edward Iancu-Lucuta**.

School Council

The Worshipful Company of Makers of Playing Cards, a livery company chartered by King Charles I - and of which KS English teacher Mr. Schneider is a member - has most graciously donated £500 to the school council to fund student-led initiatives. The Company's motto, *Corde Recto Elati Omnes*, translates to "With an upright heart, all will be exalted."

We're tremendously grateful to the WCMPC for their support!

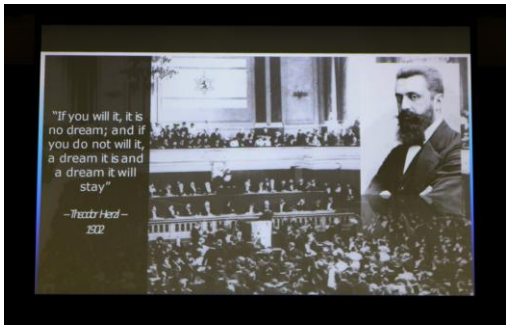
Tu B'Shevat
Just One Tree Day - Friday 14th February

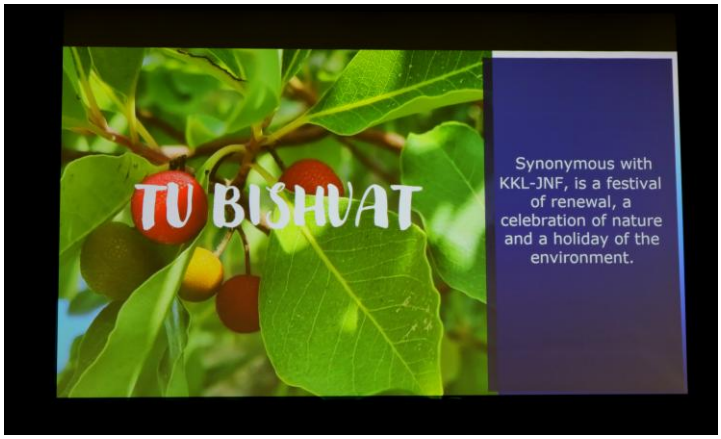
To mark the Jewish festival of Tu B'Shevat we have completed all year group assemblies about the festival to explain what the origins of this festival are and how this is celebrated around the world.

On Thursday year 7 had JNF (Jewish National Fund) come into school to run a workshop about their work in protecting the environment and use of technology to find innovative ways to preserve water and prevent deforestation.

On Friday 14th February, all students came to school in green to raise money for the charity JUST ONE TREE where every £1 that was given plants 1 tree. We also had a fruit themed ice cream bar which concluded the celebrations!

JNF (Jewish National Fund) - Year 7 Workshop





Just One Tree Day - Friday 14th February

Get to know

Mr Ryan Coates

My name is Ryan Coates, and I am both the Head of Performing Arts and the Assistant Head of Year eight.

During my four years working at King Solomon High School, I have supported the school in promoting and developing the teaching and learning of music, drama and dance and supported both the current year eight and current year 10 with their pastoral needs.

Within my role as Head of Performing Arts I am most passionate about bringing high quality arts experiences to our students to engage them both in their cultural history and in supporting them to understand how the arts can enrich their personal lives.

During my time here, I have enjoyed expanding the co-curricular offering to all, ensuring a range of students have access to the theatre and to instrumental sessions. I have also enjoyed engaging students in both LAMDA and Music tuition. I have also enjoyed broadening students' understanding of drama, especially the design of drama. It has been a great pleasure to support students understanding that drama is more than acting and that there are an array of design and other technical jobs within the theatre. It has been a great pleasure to reintroduce A-level drama and see our students go on to continue their studies in drama as part of their further education.

Outside of school, I enjoy continuing this work through my role as a national school theatre talent rep. In addition to this, I enjoy going to museums, galleries and the theatre to continue to enrich myself.

Something that not many students would know, is that prior to working as a teacher in Australia, I was a costume designer and worked on an array of shows including Wicked.

Moving forward, my hope for all of our students is that through their study of music and drama they are able to empathise with the experiences of others and understand themselves better. I want students to build their self-confidence and engage with their world and challenge the status quo.

SEND

Autism and understanding Social Communication needs workshop

Scan the QR code at the bottom of the flyer to book.

EPT free workshop - Strategies for Neurodivergent Children

EMPOWERING PARENTS TOGETHER

Working together today, Improving their tomorrows

Strategies for Neurodivergent Children

Part of the Partnerships for Inclusion of Neurodiversity in Schools (PINS) Project in Redbridge in collaboration with EPT

Join Eva Freytas-Sanchez (Redbridge Strategic Lead for Autism) for a workshop on:

- practical strategies to create inclusive & supportive environments

Open to all parents at Mayespark Primary and Manford Primary

This training has been extended to all SEND parent carers in Redbridge

Wednesday 26th February 2025
Time : 10am - 12pm
Venue: Gearies Primary School (entrance via office), Waremead Road, Gants Hill, IG2 6TF

Contact details for free membership and forthcoming events
www.empoweringparentstogether.org.uk
info@empoweringparentstogether.org.uk
07486 880 799 & 07486 880 646
FACEBOOK: Empowering Parents Together - Redbridge

DON'T MISS OUT!

Light refreshments provided

Department for Education | London Borough of Redbridge | NNPCF | contact For families with disabled children | Mayor's Community Awards 2023

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.

Should your child have an accident inside or outside of school that requires them to attend A&E, please inform the school as soon as possible as a Risk Assessment Meeting may need to be arranged. Any new medical conditions also need to be reported to Mrs Levy (Welfare/Safeguarding Officer).

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

NHS

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