



# Hayes School Newsletter

## Message from the Headteacher



**Dear Parents and Carers,**

We hope this newsletter finds you well. As we move further into the term, we are delighted to share a number of exciting developments across careers

education, student wellbeing, enrichment, and sporting success.

### Spotlight on Careers Education

#### Careers Fair Next Week

We are very excited to host our Careers Fair next week, welcoming over 40 professionals from a wide range of industries. Each year group will have the opportunity to visit stalls, hear from industry representatives, and discover the breadth of opportunities available beyond school. This is always an inspiring event, and we are proud to see it grow year on year.

#### New Tutor-Time Careers Curriculum

This half term also sees the launch of our careers curriculum in tutor time. Each week, students will explore a new "Job of the Week", helping them build a broad understanding of different professions. This week's focus is on actuarial work, giving students an insight into how mathematics and risk analysis shape decision-making in finance, insurance, and beyond.

### Celebrating Students: Golden Ticket Scheme

We are pleased to introduce our new Golden Ticket reward scheme.

Every teacher has one Golden Ticket to award each week to a student who has demonstrated exceptional effort, kindness, improvement, or character.

Students who receive a Golden Ticket can exchange it for a chocolate treat with me at 2:50pm each day. It has already created a wonderful buzz across the school, and we are enjoying celebrating the many positive contributions our students make.



### Raising Awareness: Movember Living Wall

Our living wall this month is dedicated to Movember,

highlighting men's mental health and emotional wellbeing. A huge thank-you goes to Ophelia in Year 13, whose leadership and creativity have brought this display to life. It has sparked thoughtful conversations and encouraged students to reflect on how we can support one another.

### Trips & Enrichment

It has been an incredibly busy and enriching couple of weeks across the school:

- **Visit to the Goethe-Institut** Students enjoyed a cultural and linguistic experience at the Goethe-Institut. The visit strengthened their understanding of German language, film, and contemporary culture – an inspiring extension of their classroom studies.

- **Vienna Trip** Our students had a wonderful time exploring Vienna, taking in its imperial architecture, museums, musical heritage, and vibrant café culture. The trip offered a rich blend of history, art, and European cultural learning.

- **6th Form DT Trip – Mini Plant Oxford** Sixth Form DT students visited the Mini car plant, gaining an invaluable look at modern automotive production. The visit deepened their understanding of robotics, sustainability, lean manufacturing, and the engineering processes that shape 21st-century design.

- **Year 9 Trip to the Somme** Year 9 students visited the Somme battlefields, where they explored key memorials and cemeteries and learned about the human stories behind World War I. It was a thoughtful and reflective day that helped bring their history curriculum to life.

### Performing Arts and Cultural Visits

- o 37 students enjoyed a performance of *Sweeney Todd* at the Churchill Theatre.

- o 34 students visited Tate Modern, where they explored landmark works of contemporary art.
- o 127 Year 12s visited Goldsmiths, University of London, gaining a sense of university life and future study options.

### Sports Fixtures

It has been a strong week for sport, with **13 fixtures** taking place across the school.

The 2nd XI football team secured an impressive 3-0 win against Faringtons School, with well-deserved goals from Charlie, Talib, and Lewis.

Well done to all students who represented the school this week – we are incredibly proud of your effort, teamwork, and sportsmanship.

### Mobile phones

A reminder that we have an out of sight gate to gate policy. I am keen that school is a phone free environment for students. I have reminded staff this week that phones should not be used as part of a lesson.



### Thank You

Thank you for your continued support of all that happens within our school community. From careers education to wellbeing, enrichment, and sport, our aim is always to provide a rich and inspiring experience for every student.

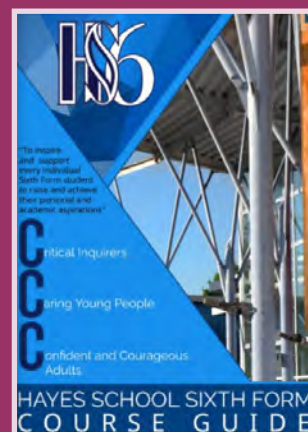
**Mr Hitch**  
**Headteacher**

## Sixth Form Applications Now Open!



Last night, in excess of 1,200 potential Sixth Form students and their families had the opportunity to visit the school and speak to our Sixth Form team, teachers and current students as well as listening to speeches from our Head Teacher, Director of Sixth Form and our two Head Prefects.

Applications to join the Sixth Form are now open, please click [here](#) to read more. Applications close on **Friday 16th January 2025**.



### Hayes Foodbank Christmas support:

Hayes Community Foodbank continues to support local families, including many Hayes students in our local area. The success of our collections in 2024-25 was incredible and brought considerable relief to homes in need. Once again, the Foodbank team of volunteers are arranging for a Christmas collection of items on Tuesday, 2<sup>nd</sup> December from 8am until 8.45am at the West Common Road entrance to Hayes School. The Christmas item list is attached and shows those items that will be packed into a Christmas Family hamper.

We would like to thank you in advance for the support that you will give those in need this Christmas.

We would also like to thank those who have supported previous appeals such as our MFL bake off which raised a fantastic £148.







## Year 7

In Year 7, students began with looking at the Ancient World and learning about the different societies of Egypt, Greece and Rome. They were shipwrecked on a curious island and had to discover more about the people they are shipwrecked with. They are introduced to some of the key elements of each society looking at the different ways in which each civilisation is run and also how they treat their people. We also begin to explore the idea of empire and why a country might want one.

The students then finish with Roman Britain and investigate how the Romans impacted on Britain. Mrs Joseph's class produced some time traveller posters.

Students are currently looking at the Norman invasion of England and exploring the different claimants to the English throne and the battles that took place to conquer England.

We are currently running a castle competition.



## Year 8

In Year 8 students started with England after the Tudors and how a Civil War developed between King Charles I and Parliament. We have looked at the impact of the Civil War on England, why Parliament won and then what happened after Charles I was executed and Oliver Cromwell took over. We have explored how England was turned upside down by not having a monarch and looked at how new political ideas developed including Communism in the form of the Diggers. Students then look at how Cromwell changed England and social changes he brought in, including banning Christmas!

The students are now moving on to learn about the enlightenment period and how new political ideas that developed in America took hold in France and led to the French Revolution.

## Key Stage



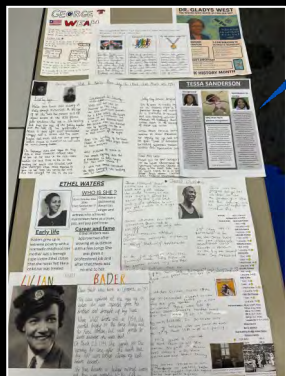
## Year 9

In Year 9 students began the year looking at what happened in America after slavery ended and how the Civil rights movement developed. We looked at the Montgomery bus boycott, the work of Martin Luther King and peaceful protest in bringing about change for black Americans and ending segregation in the southern states. We then went on to look at Malcolm X and his contribution to the civil rights movement. Then we moved to Britain and what life was like for black people living in Britain. Students learnt about the colour bar and the Bristol bus boycott which was inspired by Rosa Parks actions in Montgomery.

As part of Black History Month we ran a competition for students to research a lesser-known individual from black history and create a poster about them. Many students took part and we will be creating a display using these posters and awarding prizes in the next few weeks. We had posters about Katherine Johnson, Dr Harold Moody, A'JA Wilson (an American female basketball player who has been involved in various outreach efforts and written a book "Dear Black Girls: How to be true to you" which aims to empower young black girls) and Wilston Bill Jackson (who was Britain's first black train driver). On the next page are some of the fantastic posters we received, thank you to everyone that submitted a poster.

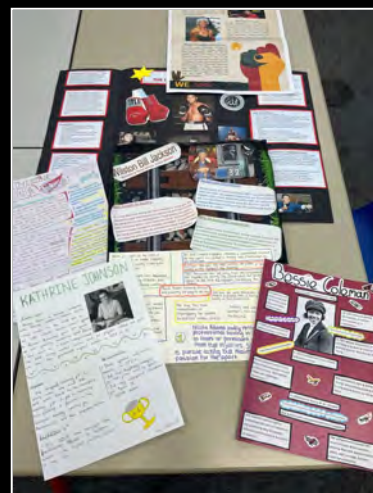
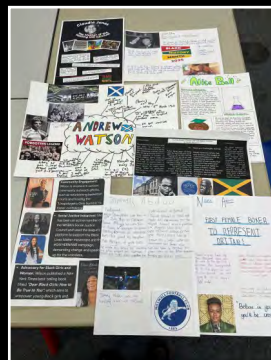
Students will now be moving on to the causes of World War One and some of the key events in the war.





# Black History Month Poster Competition

**BHM  
2025**



## VISIT TO YPRES AND THE SOMME

"The Ypres and Somme trip was a great experience. We got to see lots of amazing places such as the Menin Gate, cemeteries, battlefields, trenches and museums. We found out that our relatives died in WW1 and are commemorated on the Menin Gate. We participated in the Menin Gate Last Post ceremony that takes place at 8pm every day. We were able to carry and place a wreath during the ceremony in remembrance of our relatives who died. It was an honour to be part of such a significant event." *Maxwell and Theo*



At 4.30am on Thursday 13<sup>th</sup> November, we assembled to meet our coaches to take us on our journey to Ypres and then the Somme. The students were looking forward to their trip but as of yet unaware just how moving and emotional they would find the experience. One of the highlights of the trip was the Menin Gate Ceremony, a tradition which has been completed every night at 8pm since the end of WW1. Maxwell and Theo were able to lay a wreath for this event and we took part in a two minute silence. We also visited Tyne Cot, the largest Commonwealth War Graves Cemetery and students were able experience a replica of a German trench system. On day 2, we breakfasted and set off early to the Somme, we were able to see Sunken Lane, the British front line and heard about the soldiers "going over the top" with students seeing how the terrain would have made the Battle the worst in history. Students also saw the Devonshire Trenches, a cemetery just for the Devonshire Regiment who were defending part of the Schauben Ridout. We finished with a personal reflection at Thiepval, we found the sections of the memorial that were dedicated to those soldiers who were from Hayes and were able to lay a second wreath. It was a pleasure to take the students away on this trip and the guides were full of praise for them. They were curious, sensitive and thoughtful and they did us proud!

**Well done Year 9.**

"My experience was emotional but made me very proud. I always took a bit of interest in the world wars but by paying my respects to my great, great, great grandfather, it boosted my interest more. Thinking that a relative of mine experienced the war, the horrible conditions and how he fought for his life. I heard about him from my Granny and this is why I paid respects from her. When I saw his name at Thiepval, I felt proud and so glad that I got to see my relatives' name. Although he may not have lived, I will always be so proud of what he did for our country. I thank everyone who paid their respects and allowed me to pay mine. I also thank the staff and tour guides for giving me this opportunity."

**Hannah**







# Politics

In the Spotlight



## Year 12

We started the Year 12 course by establishing what ideologies are and why they are used. During this A-level course students are expected to learn 4 different ideologies, the first one being conservatism. Over the past few weeks students have been learning about the key strands and the key thinkers for each ideology to be able to evaluate the divisions amongst them. At the end all students were required to answer a past-paper question based on this ideology and to attend a class debate about this ideology. The Year 12's have now started learning about liberalism.

"I thoroughly enjoyed learning about Politics at A-level. The chance to learn about how the politics shapes our everyday life functions especially through 'ideologies' and 'UK government' topics has been a fascinating and eye opening experience."

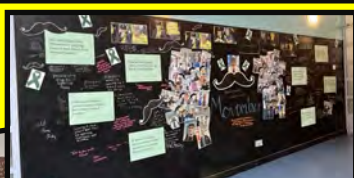
"I found 'pressure groups' to be the most interesting topic along with democracy. Lessons have been engaging with interesting debates that challenge different views and understandings."

"I've learnt about political ideologies, how government works and why its important to be politically educated. Studying A-level Politics enhanced my understanding of the world."

"I have learnt about how different political parties integrate ideologies such as conservatism, socialism and liberalism into their policies."

## Year 13

After evaluating and analysing UK political institutions in Year 12's, our Year 13's started by learning about the role of the Prime Minister and the Executive in the UK. Within this subject students learnt about the importance of individual and collective 'ministerial responsibility'. We were able to evaluate how powerful the Prime Minister is and whether or not they have presidential abilities. We continued on to analysing the impact of the EU on the UK political system. Now students can accumulate all of this knowledge to start Component 3 where they get to compare the UK political system with the US political system.



**In support of 'Movember' we have created a wall to bring attention to men's mental health.**

**Ophelia Rose played a pivotal part in the organisation of this campaign.**





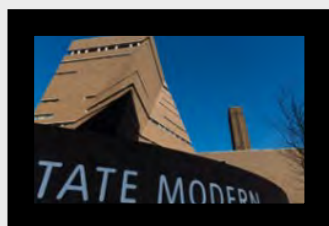
## Year 8 Geography Trip to Hayes Common

All Year 8 classes walked down to Hayes Common during their lesson to look at deciduous woodland, which was the biome we were studying in lessons.

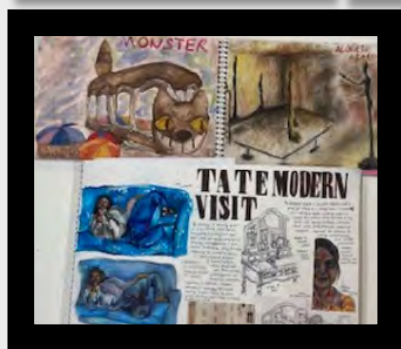
During the trip we looked at the forest layout and different tree types. It informed us that the woodland has no canopy layer but more of a sub-canopy layer made up of ash, oak, sweet chestnut, beech, and birch trees. When we were there, we looked at the components of the nutrients cycle (biomass, litter, and soil) to see how the uptake affected the biomass from the nutrients in the soil.

Personally, I really enjoyed the trip as a different learning environment and learnt a lot from seeing it in person instead of on a screen.

*Natalie*

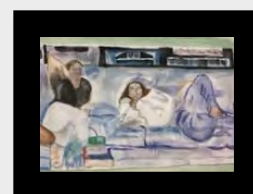
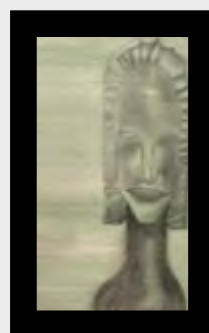
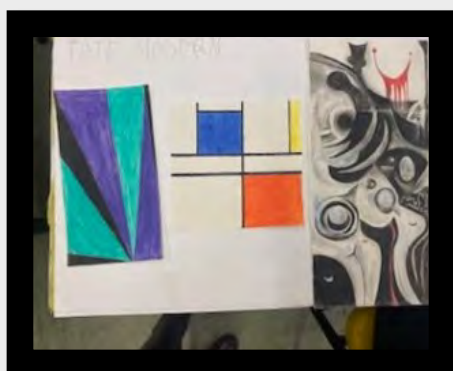


## YEAR 12/13 TATE MODERN ART TRIP COURSEWORK RESEARCH



Wednesday 12th November 2025 heralded our first Art gallery visit of the new academic year. Our Year 12s and 13s behaved immaculately throughout the trip, all 31 of them; a real credit to Hayes School - respectful and polite on the train and engaged and motivated at the gallery.

*Mrs James, Miss Linsley and Ms McKenna*



WORK PRODUCED BY:

MOLLY INCH

EMMA LUCAS

SOFIA BERNARDI

SAMANTHA HENAO ZAPATA



## Prater Park

One of the most entertaining parts of the trip was our evening at Prater Park. The students were all eager to go on the biggest, fastest and scariest rides and the staff joined in too. The highlight (for the students, at least) was hearing both Miss Krystal and Mr Redding scream on one of the rides. Not just a little scream - apparently - it was loud enough for the next carriage to hear. It was a great bonding moment, and one that will undoubtedly be brought up in our lessons.



# Sociology and Psychology - Vienna

This October, students and staff from the Sociology and Psychology departments set off on what turned out to be an incredible trip to Vienna. Over several busy and memorable days, we explored one of Europe's most beautiful cultural cities and brought our classroom learning to life.

The trip combined academic insight, moving historical experiences, and plenty of fun, giving everyone a chance to deepen their understanding of psychology and sociology in meaningful, real-world contexts.



## Mauthausen

The most emotional moment of the trip was our visit to Mauthausen Concentration Camp, where students reflected on obedience, power, authority, and the devastating consequences of prejudice and dehumanisation. It was a quiet, thoughtful afternoon, but a deeply important one, linking sociological ideas to real historical events.

## Belvedere Palace

Our visit to the Belvedere Palace was a lovely chance to experience Vienna's baroque architecture and beautifully landscaped gardens.

## Sigmund Freud Museum

Our visit to the Sigmund Freud Museum also gave students the chance to step directly into the space where Freud lived and worked, helping them see how his personal life, environment and ideas came together to shape his theories.



## Student Highlights

*Below our students share their favourite moments from the trip:*



On the 17th of October the sociology and psychology departments travelled to Vienna for the trip of a lifetime. Whilst we did a lot of sightseeing including visiting famous landmarks and museums and even theme parks, my personal favourite part of the trip was the pathology museum. Held in the infamous 'fools tower' in central Vienna, we saw wax models of various rare diseases and our tour guide explained the ways in which they impacted people's lives. I found the tour particularly interesting because as a group, we did not expect it to be so informative and engaging. I also had a lovely time exploring the city of Vienna with my friends, taking millions of photos, and trying new foods and culture. It was a fantastic opportunity to make new friends whilst seeing new places and developing our knowledge.



The psychology trip to Vienna provided us with an amazing opportunity to deepen our understanding of key psychological concepts of pathological specimens is housed, including over 4,000 preserved physical abnormalities and deformities, and imitations of body parts. Whilst being rather gruesome, this experience taught us about the evolution

of treatment for psychological disorders and how treatment has evolved from being entirely physical, because in the past doctors thought mental illness was a result of a chemical imbalance, towards a more client-centred therapy approach. I personally found it interesting

how this experience highlighted the importance of ethical standards and humane treatments in modern psychology. Visiting the Mauthausen concentration camp was a highly moving experience that allowed us to reflect on how processes of obedience and authority can be used to explain the holocaust from a psychological perspective. A visit to the Sigmund Freud museum further enhanced our knowledge of the psychodynamic approach.

Ophelia Rose - Senior Prefect.

Aoife Moore - Psychology Prefect.



# Trampoline Success!

26 students competed at London Schools Trampoline competition last Sunday at Chessington Sports Centre. There was tough opposition from schools across London, so we are very proud of our fantastic results!

## Team success

**Senior Girls Team – First place**

**Boys Yr7-9 – 1st place**

**Girls Yr 7-9 – 1st, 2nd, 3rd & 4th place**

21 students have qualified for the next round of the National Schools at the Southern Regional Finals in Weston Super Mare in January!

Well Done to all students that competed!

## Individual success

**Molly I – 1st Place (Yr10+ Advanced)**

**Ellie B – 1st Place (Yr10+ Intermediate)**

**Harry H – 2nd Place (Yr7-9 Advanced)**

**April J – 2nd place (Yr7-9 Novice)**

**Bonnie J – 3rd place (Yr7-9 Novice)**



Grace I  
Bella G  
Molly I  
Suzanna N  
Daniel B  
Harry H  
Finn C  
Megan O  
Matylda T  
Megan S  
April J  
Ellie B  
Emily E

Violet R  
Ella M  
Mia Y  
Millie R  
Bonnie J  
Isobel B  
Jessica C  
Mia B  
Lottie W  
Isabella T  
Abigail B  
Ellie-Jean A  
Darcy B







**Hayes School KS3 Christmas Card Design Competition 2025**

The Art Department are running an exciting competition to design the Hayes School christmas card for 2025

If you would like to enter the rules are below-

1. Your entry must be on A5 paper
2. Your design can be on any colour paper
3. You must include some reference to Hayes School (Logo, name, environment)
4. You can use any resources you wish, such as felt tip pens, paint, textiles.
5. The deadline for all entries is the 01 December 2025. Please hand all entries into the Art Department.

## 2025-26 UK YOUTH AMBASSADORS



**LUCY**

Lucy's DofE journey has given her the chance to reconnect with the outside world and rediscover a sense of purpose after being home schooled for two years. She joined a tennis club for her Physical section and, despite being a complete beginner, threw herself into group classes, meeting lots of new people and making a life-long friend. She spent her summer running a reading challenge at the library and found it incredibly rewarding seeing the children progress with their reading.

This sparked a desire to help others: Lucy is now a reading and literacy mentor, helping children with their literacy skills and mentoring them through any personal challenges. When it came to the Expedition section, Lucy and her team spent a lot of time getting lost and were the last group back to camp – but the warm welcome from the other teams, cheering them across the finish line, made everything worth it!



**OLD WILSONIANS  
CRICKET CLUB**

**FREE TASTER SESSION  
ON 4<sup>TH</sup> DECEMBER!**

**SEE INFORMATION  
BELOW TO SIGN UP!**

**TRY  
SOMETHING  
NEW**

**GIRLS-ONLY SOFTBALL  
CRICKET TRAINING**

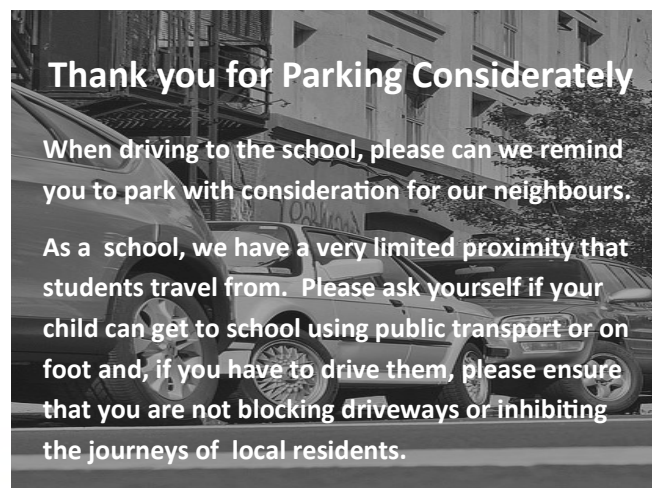
**DEVELOP CORE SKILLS AND  
MAKE NEW FRIENDS AT OUR  
INCLUSIVE SESSIONS!**

**GIRLS AGED 11-16  
THURSDAYS 6:30-7:30PM  
@ HAYES SECONDARY SCHOOL**

**EMAIL [ELZ.THOMAS23@GMAIL.COM](mailto:ELZ.THOMAS23@GMAIL.COM) TO SIGN UP**

UK Youth Ambassadors are advocates for the DofE charity and want to inspire others. They are enthusiastic about sharing their stories and ensuring youth voices are heard. They're collaborators, looking to work with other like-minded people from across the UK.

They are both positive and solution-focused, with an interest in tackling issues which are affecting society, and are determined to make a positive, lasting change, both within the DofE and in the wider world.



**Thank you for Parking Considerately**

When driving to the school, please can we remind you to park with consideration for our neighbours.

As a school, we have a very limited proximity that students travel from. Please ask yourself if your child can get to school using public transport or on foot and, if you have to drive them, please ensure that you are not blocking driveways or inhibiting the journeys of local residents.



# Celebrating Student Achievement @Hayes

## CONGRATULATIONS ISABELLA!

Isabella in Year 7 has been competing in Tennis during school half term in Sutton reaching the final of the 12U Grade 3 and winning the 14U Grade 4 in Croydon.

She also reached for the first time the semi-finals at the Lexus British National Tour in Aldershot.

Great results for Isabella who is continuing to deliver great results at regional and national level in the UK.

### Junior Member Success

Some of our junior members have been busy in tournaments over the half term including Isabella and Meadow. Isabella has won the Sutton 12U Grade 3 and 14U Grade 4 in Croydon while Meadow won a 12U Grade 5 in Croydon. Congratulations!



### Isabella does it again!

Isabella reached the semi-finals of the Lexus British National Tour in Doubles today in Aldershot.

This is the first time Isabella reached a semi-final on a British National Tour.



## DIVING SUCCESS!

We were excited to hear that Siena in Year 11 has been nominated by GB Aquatics for Diving Emerging Athlete of the Year. Three athletes have been nominated across the whole of Britain, two boys both 18yrs old and Siena-Rae the only female athlete nominated for the award and the youngest athlete of all the awards.

This is an amazing achievement for Siena, just to be one of the successful three divers to have been nominated is outstanding, especially at 15yrs old. Over the years very few nominees are under 18yrs of age and Siena is one of those talented few.

Siena is currently two time Gold medallist and British National Champion on 3m springboard and in 3m Synchro. Gold medallist and Dresden International Youth Meet Champion on 3m springboard, and two time European Bronze medallist on 3m springboard and 3m Synchro. Making Siena the best Diver in Britain for her age on 3m springboard and the third best diver in Europe for her age on 3m Springboard and 4th in Europe on 1m springboard.

We are very proud of all you have achieved Siena and look forward to hearing about your next steps.

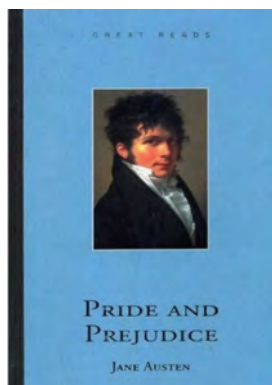


## KATIA'S CYCLING CHALLENGE

As part of Children's Grief Awareness week, our Year 11 student Katia, cycled every day, sometimes many miles at a time, to raise funds for 'Child Bereavement UK'. Katia has raised hundreds of pounds, but more importantly she has put a spotlight on an organisation which supports thousands of children in very challenging circumstances. We are really proud of you, Katia!







Title: *Pride and Prejudice*

Author : Jane Austen

Genres : *Romance , Classic Literature*

Pages : 284

Written : 1796 - 1797

Rating : 4 out of 5

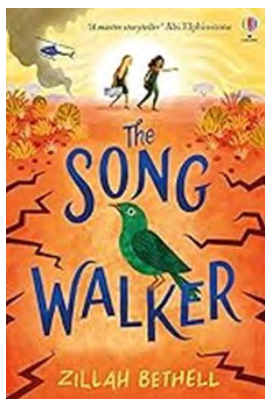
Quote: "You must allow me to tell you how ardently I admire and love you."

#### Summary :

**Pride and Prejudice** : [follows](#) the sharp-witted and independent Elizabeth Bennet as she navigates family expectations, social pressures, and the complex world of courtship in the English countryside. When she meets the wealthy but [seemingly aloof](#) Mr. Darcy, their first impressions are anything but friendly. Yet as misunderstandings, pride, and assumptions unfold, Elizabeth begins to see that people — including herself — are not always what they seem. Filled with humour, romance, and unforgettable characters, this classic story explores love, class, and the importance of looking beyond first impressions

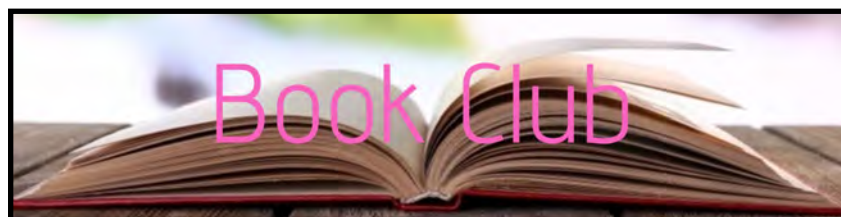
#### Review by Nyah M:

*At first, I wasn't sure if I would enjoy reading a classic because I'd never tried one before, but I wanted to explore a new genre while still staying close to romance. I ended up really loving how Elizabeth and Mr. Darcy's relationship grew slowly — the "hate to love" feeling made their emotions stronger and more exciting to follow. Even when the story slowed down, the family drama pulled me back in and made me want to keep reading. I felt really connected to the characters, especially Jane, whose kindness and bond with Elizabeth added warmth to the story. Finishing this book honestly made me want to watch the movie now, just to see the characters come to life.*



Zillah Bethell's *The Song Walker* is a beautiful novel that blends adventure, mystery, and a powerful exploration of identity. The story is set against the striking backdrop of the Australian Outback, and the story follows two girls - Sienna, who wakes up with no memory of who she is, and Tarni a bright and adventurous young girl searching for her sister. Together, they go on a journey across a vast and everchanging landscape, guided only by music and the fragile threads of trust between them.

The main character (Sienna) who is nameless at the start, appears to have no memory about herself or why she is in the desert. Her name changes throughout the story as we learn more about her representing her growth as she learns more. As the story progresses and she slowly pieces together



what her life was like, she starts to find out the kind of person she was. It's at this point where she realises it's up to her who she now wants to be.

Meanwhile Tarni is a first country Australian girl from the traditional Alyawarre. She navigates the outback using a traditional form of mapping - not with paper maps or satellite technology but with songlines. With which routes are passed from generation to generation by repeating the words of a song. The differences between the two girls are celebrated showing how a bond between people from different cultural heritages and lifestyles can be strong and form a deep connection.

Zillah Bethell builds up the ending carefully. She gives us hints along the way, but not enough to solve the mystery too early. When the truth finally comes out, it makes us look back at the whole journey differently, and we realise just how much sienna has changed. The ending reminds us that understanding yourself can be scary, but it can also be freeing. One of the book's biggest messages is that you are more than your past, and you have the power to choose your future. Even though the ending is intense, Bethell writes it in a way that feels hopeful and leaves us with the idea that journeys, both real and emotional, can lead us to somewhere brighter than where we started.

By Jeanne B

#### Book of the Month

#### A Monster Calls

by Patrick Ness



Conor has the same dream every night, ever since his mother first fell ill, ever since she started the treatments that don't quite seem to be working. But tonight is different. Tonight, when he wakes, there's a visitor at his window. It's ancient, elemental, a force of nature. And it wants the most dangerous thing of all from Conor. It wants the truth. Patrick Ness takes the final idea of the late, award-winning writer Siobhan Dowd and weaves an extraordinary and heartbreaking tale of mischief, healing and above all, the courage it takes to survive.



# Missed your flu vaccine?

**Live or attend school in the borough of  
Bromley? Aged 4 – 16?**

Come down to a flu catch-up clinic and  
protect yourself!

Saturday 8 November, 09:00 – 14:00  
BCI Clinic, Chislehurst, BR7 5AJ

Saturday 22 November, 11:00 – 15:00  
NHS One Bromley Health Hub, BR1 1DN

Saturday 29 November, 11:00 – 15:00  
NHS One Bromley Health Hub, BR1 1DN

Saturday 6 December, 11:00 – 15:00  
NHS One Bromley Health Hub, BR1 1DN

**Call 020 3903 3375 or  
scan the QR code for  
more information or to  
book an appointment**

