

Summer Activity Ideas

17th July 2020

Message from the head: I wanted to share with you some links to different activities and provision I have come across for the summer to help you support your children. Many of the traditional summer play schemes and projects that usually run through the time schools are closed or limited as to what can be offered (Camden play providers can be found on page 2). We know this means some of you, who may usually access these services in the summer, may not get them. Hopefully some of the links below and on the following page will help you find things to keep the children entertained and busy. Keep them reading and playing maths games and remember too that parks and museums have started to reopen as well as swimming pools and lidos—all will be taking measures to ensure they are covid-19 secure and safe to use. We're looking forward to welcoming you all back, full time, in September so remember too to let the children rest, recuperate from the stresses of the last few months ready for the next school year.

Fleet Website—Home learning pages

<https://www.fleet.camden.sch.uk/parents/coronavirus-updates-home-learning>—At the start of lockdown we put a lot of generic links to online resources on the home learning home page and also on the individual year group pages. As well as that all the home learning tasks set since March are still on there so if children want to go back and look at any activities they missed for extra practice they can use them.

British Library—Discovering Children's Books

<https://www.bl.uk/childrens-books>—Explore centuries of stories, poems and illustrations with *Discovering Children's Books*. For children, and book-lovers of all ages. Various activities and videos online—how to draw the Gruffalo, creating a talking animal, making a miniature book etc.

House of Illustration—family learning resources

<https://houseofillustration.org.uk/learn/free-family-learning-resources-illustrating-the-curriculum>—six hands on activities with step-by-step instructions and examples to provide simple but effective fun activities to use illustration in different subject areas.

Artis—creative learning resources

<https://www.artisfoundation.org.uk/blog/blogposts/2020/03/creative-learning-resources/>—general resources which offer the children opportunities to be creative.

Royal Opera House—creative projects

<https://learning-platform.roh.org.uk/create-and-learn>—A series of different creative tasks, based around theatre and performance that would be fun projects for the children to take on—making opera house stages, props etc.

Camden Alive—A cure for Boredom Activity Book

<https://lovecamden.org/camden-alive-cure-boredom-activity-booklet>—a booklet filled with some creative ideas to brighten up the times under lockdown and beyond!

The Foundling Museum

<https://foundlingmuseum.org.uk/whats-on/family/>—videos with brilliant craft projects and experiments to try at home
<https://foundlingmuseum.org.uk/events/story-writing-illustration-competition/>—Jaqueline Wilson writing and illustration competition

The October Gallery—10 x 10 Apart Together Project

<https://www.octobergalleryeducation.com/10-x-10-project>—an art project based on the stunning work of West African sculptor El Anatsui, whose artworks are made by many hands. We are inviting our October Gallery artists and educators, young people, families, and schools to create a special 'art' square. When your square is finished it will be linked together with all the others to make an art piece that celebrates our community staying safe by staying home.

Camden Art Centre—Family Art Club

<https://camdenartcentre.org/family-art-club/> - digital version of their popular Family Sundays. Downloadable activities to do at home.

University of the Arts London & Insights—How to...

<http://insights.arts.ac.uk/how-to/> - The University of the Arts London (UAL) and Insights have put together this handy "How To" series to keep young people creative over the next few months. Plenty of videos, ideas, challenges and techniques to try at home!

Lauderdale House - Be a Waterlow Park nature detective!

<https://static1.squarespace.com/static/572b07492b8dde0c526a8c85/t/5f087622dc66191033d333e7/1594390053203/Nature+Detectives+Waterlow+Park.pdf>—Keen to get out and about this summer, safely? This trail map from Lauderdale house will get you started on your nature detective quest! Just follow the numbered tour. Enjoy Waterlow Park, and being outdoors!

Tate Kids

<https://www.tate.org.uk/kids>—lots of fun activities and information to explore and do

Play schemes 2020

Coram's Fields out of school club

93 Guilford Street, London WC1N 1DN. Tel: 020 3384 2212 / 020 3384 2203

Email: oscbbookings@coramsfields.org.uk

Website: coramsfields.org

Social media: Facebook: facebook.com/OfficialCoramsFields Twitter: twitter.com/coramsfields Instagram: www.instagram.com/coramsfields/

Contact: Kate Humphrey

Activities: Sports, arts and crafts, cooking, workshops and more. Age group: 4 to 12 year olds. Times: Open from 8am to 6.30pm

Fees: Full day: 9am to 5pm, £25 standard rate, £15 subsidised
Breakfast club: 8 to 9am, £3 per day. Extended Day: 5pm to 6.30pm, £4. Half days: 11am to 4pm, £20 standard rate or £10 subsidised

Offers: Please check with centre regarding discount for siblings/other offers

Other information: Bring a healthy packed lunch. The centre operates a 'no nuts' policy

Facilities/access for children with special education needs and disabilities (SEND): Wheelchair access.

Plot 10 community play project

128 Chalton Street, London NW1 1JD

Tel: 020 7387 1356. Email: plotty@btinternet.com

Contacts: Manager: Sally Warren. Deputy manager: Dionne Warren-Robinson

Times: Extended day from 8.30am to 6pm or core day from 10am to 4pm

Fees: Subsidised places available for low income families or those in full-time study. Extended day: £14 per day. Core day: £9 per day. Full cost is £25 per day, per child

Other information: Varied programme of after-school and holiday activities, including adventure play, arts and crafts, football, planting and growing, cookery. Remember to provide a healthy lunch for your children. We can heat food from home if needed. We have a 'no nuts' policy on food. Please don't bring in glass bottles or fizzy drinks either. Sweets allowed in moderation during holiday schemes. Children should wear old clothes as some activities will be messy

Facilities/access for children with special education needs (SEN) or physical disabilities: We welcome children with additional support needs and are happy to meet parents and professionals to help arrange provision.

PACE (based at three centres) : Website: paceforall.com

Camden Square

Murray Street, London NW1 9RE

Email: crispian@paceforall.com

Contact: Crispian Ndu-Seaba

Fairfiled Play Centre

Mary Terrace, London NW1 7LR

Email: aramos@paceforall.com

Contact: Angela Ramos

Fortune Green Play Centre Fortune Green Road, London NW6 1DR

Email: kdavidson@paceforall.com

Contact: Keith Davidson.

Telephone: 020 7183 5120.

Activities: A range of fun play activities indoors and outdoors. This consist of; trips, art and craft activities, sports, games, cooking, gardening and more

Age group: 4 to 12 years

Subsidised prices (for families with household income under £50,000 per year): 8am to 6pm: £17.50, 11am to 4pm: £12.

Standard places (for families with a household income over £50,000/annum): 8am to 6pm: £25, 11am to 4pm: £12

Special offers: 10% early booking discount; 10% sibling discount

Facilities/access for children with special education needs (SEN) or physical disabilities: Accessible sites, hoists and changing tables, sensory room and sensory garden. Our staff have a lot of experience (and training) of working with children who have disabilities. We are committed to providing a high quality service whatever children's individual needs are

Other information: All children need to bring a healthy packed lunch. Breakfast and a late afternoon snack is provided for children on the extended day service. A lot of trips and activities are to parks and on-site messy play is encouraged so children should wear comfortable clothing and footwear (not their best clothes).

The Winchester Project

21 Winchester Road, London NW3 3NR Telephone: 020 7586 8731

Email: play@thewinch.org susan@thewinch.org info@thewinch.org

Website: thewinch.org

Contact: Kim Mabbutt

The Winch is a five-floor Victorian building in the heart of Swiss Cottage. The main playroom is situated on the ground floor where most arts and crafts take place, and has a home corner and toy play area. We also have a separate room that is used for quiet/ group activities and is also the access to our adventure playground The first floor has a large gym space and a separate room for use with smaller projects/group work. We also have the use of our basement Youth Club and 2nd floor kitchen at times.

Activities: A variety of play opportunities including arts and crafts, gym games, drama, singing, sports, cooking, sewing, trips and adventure playground

Hampstead Community Centre play scheme

78 Hampstead High Street, London NW3 1RE

Tel: 020 7794 8313. Email: hampsteadcommunitycentre@btconnect.com

Website: hampsteadcommunitycentre.co.uk Contact: Dittany Bak Olesen.

Activities: Arts and crafts, games, sports and trips. Ages: 5 to 12. Times: Extended day, 9am to 6pm. Core day, 11am to 4pm.

Fees for extended day, 9am to 6pm - weekly bookings only:

- Low income family (subsidised by Camden Council): £70 per week

- Standard rate (subsidised by the Centre): £100 per week

- Non-resident rate: £200 per week.

Fees for core day, 11am to 4pm – weekly bookings only:

- Low income family (subsidised by Camden Council): £50 per week

- Standard rate (subsidised by the Centre): £75 per week

- Non-resident rate: £150 per week.

Low-income rate will only be accepted with the low-income letter from Camden - available from the centre or online.

Other information: Bring a healthy packed lunch. All details are contained in the handbook and programme available from the centre or on the website

Facilities/access for children with SEND: Full disabled access to all facilities. All details are contained in the handbook and programme available from the centre or on the website.

Talacre Action Group play project

Adventure Building, Wilkin Street, London NW5 3AG

Tel: 020 7267 9755. Email: talacreplaycentre@hotmail.com

Contact: Paulette King.

Talacre Playcentre is a two-storey indoor building with a outdoor grassed area and a small hard court playground area. The upstairs room is used for arts, crafts, large table-top games and construction play. On the lower ground there are two separate rooms - one has a permanent home corner and toy room, the other room is used for quieter and small group activities

Weekly trips and outings are part of the play programme and joint activities are organised with other community play projects.

Ages: 5 to 12 years. Times: 8.30am to 6pm. Days: Monday to Friday, except public/bank holidays

Fees: Standard £12, subsidised £10, concession £5 (limited places and times 11am to 4pm). All rates are per child, per day

Other information: Please provide a healthy packed lunch. The lunch period is a catch-up time for the children when we encourage them to have quiet sociable conversations with each other and the staff team. Fruit is provided during late afternoon each day

Facilities/access for the children with SEND: Please contact us to discuss and plan for any special requirements.

Three Acres Community Play Project

29-31 Parkhill Road, London NW3 2YH

Tel: 020 7722 3812. Email: threeacresplayproject@gmail.com

Website: 3acres.org.uk

Ages: 5 to 12 years.

Three Acres holiday play schemes are run in every school holiday, except Christmas, and are open all week days except for public / bank holidays. The day is made up of an intensive programme of activities that reflects the needs of the children and activities are often modified to enable children of all ages to participate. We also give children the opportunity to go on trips and outings, both entertaining and educational, some of which are free to attend. Our holiday play schemes are run by our core staff team and a pool of sessional workers. Our sessional workers return each holiday, which helps to provide a positive and familiar environment for our children. We offer a large outdoor play space with a variety of play opportunities including a zipwire, adventure play swings, an area for younger children and an astrotrurf football pitch

Days / times: Monday - Friday (except public/bank holidays), 8am to 6pm

Prices	per child	per family (2 or more)
Non-Subsidised Price	£14	£25
Subsidised Price*	£12	£20

Age group: 4 to 12. Opening times: 9.15am to 5.45pm

Fees – Holiday Play Schemes (weekly rates): standard, £60. subsidised, £45. concession, £30 (limited places). There are additional costs for some trips

After-school club: (daily rate) standard £7.50, subsidised £5, concession £3

Other information: We are a Healthy Lives Play Provider and have created a Winch Guide to Healthy Lunches and Snack Pack. Lunch at the Winch during play schemes is from 12.30 to 1.30pm. We also provide a variety of healthy snacks in the afternoon, both for the after-school club and holiday play schemes. A welcome pack will be given to all new parents and carers outlining our policies, procedures and information on holiday play scheme provisions. The Winch operates a 'no nut' policy

Facilities and access for children with SEN / disabilities: Wheelchair access is currently only on the ground floor. We welcome parents and carers to visit the site to discuss and plan for their child's needs.

Pick-up and Drop-offs for September

With the whole school able to be back it is really important that, more than ever, you stick to your child's start/pick up time and location to avoid groups crossing—please try to arrive on time to avoid crossing with other bubbles. We really appreciate your support with this and your patience in making it work!

Class	Teacher	Start Time	Finish Time	Entrance to use
Year 6	Oona Matheson	8.45am	3.15pm	Car Park – Junior Playground
Year 5	Holly Kingham	9.15am	3.45pm	Car Park – Junior Playground
Year 4	Ruth Hanfling & Lynley Benbetka	9am	3.30pm	Car Park – Junior Playground
Year 3	Sinead Costelloe	9.15am	3.45pm	Main Gate
Year 2	Rachel Webb	9am	3.30pm	Car Park— Nursery Gate
Year 1	Karen Coulter	8.45am	3.15pm	Main Gate
Reception*	Elizabeth Cleine	9am	3.30pm	Main Gate
Nursery*	Rebecca Combes & Nicola Budd	9.15am	3.20pm	Car Park— Nursery Gate

CAMDEN POP-UP
THINK&DO
COMMUNITY TRADING FOR CLIMATE & ECO ACTION

The Eco Cook Up Competition

Calling all young chefs!

Have you got an idea for a veggie or plant based meal? If so, enter our competition to create a recipe that could be served at school lunch!



Submissions can be made by poster or small flyer by Tuesday 15th September. To submit entries and for more info, tips and inspiration: <https://www.thinkanddocamden.org.uk/eco-cook-up-competition/>

Camden Climate Change Alliance

Drop-offs and pick ups of siblings

We recognise that it has been difficult for families with siblings when there have been different drop-off/pick-up points and times. In order to try and ease this for you we have come up with a system that will allow the dropping and collecting of siblings at the same time while still maintaining the class bubbles. We will use the hall as a holding area. Within the hall will be separate areas for each year group.

Drop-off: When you drop your children come to the entrance and time for the child who starts first. Any other children can then come in and go straight to the hall and sit and read a book while they wait for their start time to go up to class.

Pick-up: Come to collect at the time that is latest for your children. The children who have come out early will be in the hall, in their year group area, reading a book until you arrive and will then be released.

Same times: If you have siblings whose start/finish times are the same, we would ask you to continue to use the different entrances for them. We will hold them at that entrance while you move from one to the other to collect.

SCHOOL TERM DATES 2020/2021

AUTUMN TERM

First day of term	Thursday 3 rd September 2020
Half term (inclusive)	Monday 26 th Oct – Friday 30 th Oct 2020
Last day of term	Friday 18 th December 2020

SPRING TERM

First day of term	Tuesday 5 th January 2021
Half term (inclusive)	Monday 15 th Feb – Friday 19 th Feb 2021
Last day of term	Thursday 1 st April 2021

SUMMER TERM

First day of term	Tuesday 20 th April 2021
May Day Bank Holiday	Monday 3 rd May - school closed
Half term (inclusive)	Monday 31 st May – Friday 4 th June 2021
Last day of term	Thursday 22 nd July 2021

STAFF INSET DAYS (PROVISIONAL) – SCHOOL CLOSED

	1 st half term	2 nd half term
Autumn Term	Tuesday 1 st & Wednesday 2 nd September 2020	
Spring Term	Monday 4 th January 2021	
Summer Term	Monday 19 th April 2021	Monday 7 th June 2021

Please note Nursery and Reception start dates in the Autumn Term differ due to the phased transition. You will receive your child's start date as part of the welcome pack.

Advice for parents during coronavirus

Whilst coronavirus is infectious to children it is rarely serious. If your child is unwell it is likely to be a non-coronavirus illness, rather than coronavirus itself.

Whilst it is extremely important to follow Government advice to stay at home during this period, it can be confusing to know what to do when your child is unwell or injured. Remember that NHS 111, GPs and hospitals are still providing the same safe care that they have always done. Here is some advice to help:



RED

If your child has any of the following:

- Becomes pale, mottled and feels abnormally cold to the touch
- Has pauses in their breathing (apnoeas), has an irregular breathing pattern or starts **grunting**
- Severe difficulty in breathing becoming agitated or unresponsive
- Is going blue round the lips
- Has a fit/seizure
- Becomes extremely distressed (crying inconsolably despite distraction), confused, very lethargic (difficult to wake) or unresponsive
- Develops a rash that does not disappear with pressure (the 'Glass test')
- Has testicular pain, especially in teenage boys

You need urgent help:

Go to the nearest A&E department or phone 999



AMBER

If your child has any of the following:

- Is finding it hard to breathe including drawing in of the muscles below their lower ribs, at their neck or between their ribs (**recession**) or **head bobbing**
- Seems dehydrated (dry mouth, sunken eyes, no tears, drowsy or passing less urine than usual)
- Is becoming drowsy (excessively sleepy) or irritable (unable to settle them with toys, TV, food or picking up) - especially if they remain drowsy or irritable despite their fever coming down
- Has extreme shivering or complains of muscle pain
- Babies under 3 months of age with a temperature above 38°C / 100.4°F
- Infants 3-6 months of age with a temperature above 39°C / 102.2°F
- For all infants and children with a fever above 38°C for more than 5 days.
- Is getting worse or if you are worried
- Has persistent vomiting and/or persistent severe abdominal pain
- Has blood in their poo or wee
- Any limb injury causing reduced movement, persistent pain or head injury causing persistent crying or drowsiness

You need to contact a doctor or nurse today.

Please ring your GP surgery or call NHS 111 - dial 111

The NHS is working for you. However, we recognise during the current coronavirus crisis at peak times, access to a health care professional may be delayed. If symptoms persist for 4 hours or more and you have not been able to speak to either a GP or 111, then take your child to the nearest A&E



GREEN

If none of the above features are present

- You can continue to provide your child care at home. Information is also available on NHS Choices
- Additional **advice** is available to families for coping with crying of well babies
- Additional **advice** is available for children with complex health needs and disabilities.



Self care

Continue providing your child's care at home. If you are still concerned about your child, call NHS 111 - dial 111

Building Relationships for Stronger Families

A New Programme For Parents

Available online by webcam during social distancing

FREE COURSE ►



"Deciding to do something about the relationships I care most about has not only supported my own parenting but has made a huge impact on my family."

Building Relationships for Stronger Families

A service provided by TAVISTOCK RELATIONSHIPS

Find out about FREE support

Email: referralsbrsf@TavistockRelationships.org

<https://TavistockRelationships.org/free-services>

Further information

Courses are free and support will be offered online by webcam (on your laptop, smartphone, tablet or desktop computer) during times of social distancing measures. Once social distancing is over, where possible, support may be offered in your home or local community.

Parents are encouraged to commit fully to the course in order to gain the most benefit.

Sessions range from individual one-on-one, to group sessions between 6 to 12 parents depending on your particular needs.

Programmes are open to all eligible parents, mothers and fathers, and same-sex parents. These opportunities are for couples who are together in a relationship or those who are separated.

Privacy

We only share information in accordance with our Privacy Notice and Consent forms which you will be given as part of the referral process.

Contact us today

If you have a question, comment or enquiry about the programme, please contact us at:

referralsbrsf@TavistockRelationships.org

020 7380 6099

<https://TavistockRelationships.org/free-services>

Please note that this service is only on offer to residents and those who access services in the following London boroughs: Westminster, Kensington & Chelsea, Camden, Hammersmith & Fulham, Croydon, Brent and Lambeth.

Relationships matter

Being a parent is tough.

Being a parent when your relationship with your partner or ex-partner isn't going well is even tougher.

There are times when we are all under stress but whilst conflict is part of normal family life, sometimes it can become destructive and get in the way of managing everyday life.

Conflict between couples might range from lack of warmth or emotional connection to shouting or swearing at each other. Often this can be frequent, intense and poorly resolved.

How parents interact with each other, regardless of whether they are together or separated, has a big impact on their children.

Evidence shows that parental conflict has a negative impact on children, particularly in terms of mental health, problems at school, sleep difficulties and poorer health.



How can we help?

The 'Building Relationships for Stronger Families' programme may be able to help you if you feel that stress and conflict in your relationship are affecting your family.

The programme offers parents support to suit their circumstances to address conflict within their relationship, as well as strengthening their parenting skills to bring up their children.

Support can be individually, with your partner/co-parent, or in group sessions delivered by experienced facilitators who are skilled in encouraging discussion around the modern struggles that parents and couples face.

During the programme, you will work on your relationship, whether you are together or separate, and find ways to manage stresses and disagreements. You will explore patterns of behaviour to develop tools and techniques to improve your parenting skills and help your family succeed.

How to get help?

If you live in one of the specified London boroughs, you can refer yourself online via the Parenting Together website: <https://tavistockrelationships.org/free-services>

You don't need to have a key worker to refer yourself, but if you have a key worker working with you, speak to them about the programme. They can help you to complete a questionnaire which asks you for details about your relationship and your circumstances.

Your questionnaire is sent to the programme, and a parenting practitioner will be in touch to arrange a meeting at a time and place that is suitable, or to arrange an online meeting by webcam.

When you meet you'll talk through your questionnaire in more detail and together you will agree a plan to support you, based on your circumstances and the needs you identify.

If you haven't got a key worker working with you, please don't let this stop you getting the support you need, the programme is open to all parents in the specified London boroughs.

What can I expect?

- + Support that is tailored to you
- + Support that is proven to improve relationships
- + A supportive and experienced professional
- + Delivered at a time and place to suit you
- + A quick response



Courses are free and run locally or online via webcam. Contact us now for details...

referralsbrsf@TavistockRelationships.org

020 7380 6099

<https://TavistockRelationships.org/free-services>

How are you?

Covid-19, Communities and You

The Covid-19 pandemic is changing the way we go about our day-to-day lives and can be a challenging time for many of us.

Camden and Islington's Public Health team would like to **invite you to share your experiences** of daily life during the pandemic through an online discussion.

Sharing your experiences will help us to ensure we offer the right support to residents over the coming months.

We will be holding **online group discussions** in July and August to learn more about how the pandemic is affecting you during this time.

Taking part is an opportunity to share your experiences and also listen to other's experiences too.

If you decide to take part in a discussion you will be provided with a £10 shopping voucher as a thank you for your time.

Please get in touch on the contact details below if you'd like to take part in a discussion.



If you'd like any further information/support or to take part in a group discussion, please contact us on: covid19survey@islington.gov.uk.