

# Fleet Community Notices



Wednesday 13th July 2022



## New this week...

Lots of new notices this week as we approach the end of the year—see the many new items of interest on this page. Then page 6 a family day at the October Gallery; page 7 has the HVH Arts (great locally based charity) has their summer schedule out for activities and it is packed—highly recommend; page 8 has information on cycling courses running for children by Camden over the summer; page 9 has summer football club information from Bloomsbury Football; page 9 has Camden Health Kick—Healthy Families Summer course information and page 10 the timetable for the events on this summer at 'The Dome'; page 12 has information on an event at Lauderdale House. Then the remainder of this week's community notices has a number of other notices of local groups and courses running regularly in the area of over the summer. Well worth reading through in case you've missed any of them.

## Childhood Vaccinations

If you have children, please make sure that they're up to date with their vaccinations – including vaccinations against measles, mumps and rubella, and polio. Vaccinations are safe, effective and prevent serious illness. If you have any questions, or need to check your child's vaccination status, speak to your GP or health visitor. Find out more here: [NHS vaccinations and when to have them - NHS \(www.nhs.uk\)](https://www.nhs.uk).

## MIND & Brandon Centre—Parent Support Group 11-18 year olds

ind and The Brandon Centre have teamed up to offer a support group for parents of children and young people on the CAMHS waiting list for treatments. The Parents Support Group is an 8-week programme aimed to provide support to parents/carers of children/ young people aged 11-16 who have already been assessed by CAMHS and are on the waiting list for treatment. This pilot online group currently only includes children and young people who present with depression, anxiety, self-harm or suicidality, see attached for more information.

## Bangladesh Flood Appeal

In mid may a devastating flood crisis in Bangladesh left many homeless, with 68 people losing their lives from flood-related causes, including drowning, electrocutions, and landslides, government data show. More than 4,000 people have been infected with water borne diseases. Crops have been devastated and 4 million are now stranded in Sylhet.

Parents and Carers of Fleet are organising a tea party in aid of the Bangladesh Flood Crisis to support the children and families that have been severely affected. All donations will go direct to Islamic Relief a UK registered charity that is working on the ground delivering humanitarian aid to families affected in Sylhet, Bangladesh. Any donations are welcome and please also bring in any pre packaged snacks and treats for the tea party on Wednesday 20th July from 3:30-4:30pm we will be taking all donations at the class tea.

We would love parents to sign up to help on the day sell items, please get in touch with Sabiha (Suhas mum year 1) or Shami through [admin@fleet.camden.sch.uk](mailto:admin@fleet.camden.sch.uk) by the 19th July.

For quick online donations please donate at <https://www.justgiving.com/fundraising/bangladeshfloodcrisis>

Many thanks!  
Fleet Parents and Carers

**Buy raffle tickets, bid on Golden Tickets and donations for the summer fair:**  
[go.rallyup.com/fleet-summerfair2022](https://go.rallyup.com/fleet-summerfair2022)

## Camden Advice Fair

If you're struggling and need some support, please come along to the Camden Advice Fair on **Thursday 21 July, from 11am to 5pm, at the London Irish Centre, NW1 9XB**. Local organisations will be on hand to give on-the-spot advice on a range of issues. You'll be able to find out about financial help and benefits so that you can make sure you're accessing all the support that you're entitled to. Just turn up on the day and drop in at a time that works for you. If you're not free but want some help or advice, please get in touch. Call the Council on 020 7974 4444 (option 9), visit [camden.gov.uk/advice](https://camden.gov.uk/advice), call Citizen's Advice Camden on **0800 278 7835** or find out how to get in touch with other organisations in [Camden Advice Network](https://camden.gov.uk/advice).

## Not received your £150 energy rebate payment? Apply today

If you live in a property in Camden in council tax bands A to D and you haven't yet received your £150 energy rebate payment, the deadline to apply is 1 August. You can apply online at [camden.gov.uk/energyrebate](https://camden.gov.uk/energyrebate) or you can call us on **020 7974 4444 (option 9)** to organise an appointment to apply in person. Please also pass this message on to friends and family who live in Camden.

## Give it a Go Festival returns to Hampstead Heath on 17 July

After a two-year break, Hampstead Heath's Give it a Go Festival is back – taking place on Sunday 17 July, from 1pm to 4.30pm at Parliament Hill.

Organised by the City of London Corporation, this free health and wellbeing event is an opportunity for children, young people and adults to try out a new sport or activity or have a health check. There will also be music on the bandstand, food stalls and other activities.

All age groups are welcome and partner organisations, such as the NHS and Camden Council, will be on hand with advice and information for visitors on a range of topics.

Sports that will be on offer include: croquet, fencing, fishing, fitness classes, football, ping pong, rugby, tennis and much more. Young people can collect a stamp for each activity they try, with the opportunity to win a medal.

# Dates for your diary this term...

Please bear in mind that occasionally trips may be arranged or cancelled last minute. This can happen for any number of reasons and we try, where possible, to give as much notice as we can. We also will often need adult volunteers to support on these trips so please do look out for notices on class windows or sent out via parent hub closer to the date of a trip for requests for help and contact the office if you are able to accompany. Thank you.

- . **13<sup>th</sup> July:** Parent—Teacher drop in after school
- . **13<sup>th</sup> or 14<sup>th</sup> July:** Year 2 Seaside trip—provisional dates—weather dependent—to be confirmed nearer the time
- . **14<sup>th</sup> July:** Nursery Class Tea
- . **15<sup>th</sup> July:** Reception Summer Heath Walk
- . **15<sup>th</sup> July:** Nursery to the Zoo (rescheduled)
- . **16<sup>th</sup> July:** Summer Fair (Saturday)
- . **18<sup>th</sup> July:** Reception to Little Angel Theatre
- . **19<sup>th</sup> July:** Year 3 & 4 to Go Ape
- . **20<sup>th</sup> July:** Class Tea in aid of Bangladeshi Floods—more info to follow
- . **21<sup>st</sup> July:** Year 6 Leaver's Assembly @2pm
- . **21<sup>st</sup> July:** Year 6 BBQ @ 6pm
- . **22<sup>nd</sup> July:** Last day of school year—finish @ 2pm
- . **1st September:** INSET day—school closed
- . **2nd September:** INSET day—school closed
- . **5<sup>th</sup> Sept:** start of Academic Year 2022-23



# SUMMER FAIR

**SATURDAY 16TH JULY  
12-3PM**

**FLEET PRIMARY SCHOOL  
FLEET ROAD, NW3 2QT**

- BOUNCY CASTLE •
- GAMES AND PRIZES •
- FACE PAINTING •
- ARTS & CRAFTS •
- BBQ • ICE LOLLIES •
- QUALITY SECOND-HAND GOODS •  
AND MUCH MORE!

**£1 entry**



## JOIN US FOR LOTS OF FUN!



# Raise FREE donations for

**FLEET PRIMARY SCHOOL**

every time you **shop online**

Find us on **easyfundraising.org.uk**

<http://www.easyfundraising.org.uk/causes/fleetps>

**4,300** online sites will give us a free donation  
when you shop with them - at no extra cost to you!



Download the easyfundraising App





# Fleet Primary School

would like you to join their channel on Parent Hub.

Just tap “Add a School ” in the app and enter the handle below...

@FleetPrimary

The Parent Hub app is FREE to download and use.



## What is Parent Hub?



Parent Hub is a FREE app that helps keep you up to date with what's going on at school. You'll receive messages, pictures, documents and newsletters, all in one handy place.

## Instructions for Parents



1. Download the Parent Hub app from your app store (iPhone or Android).
2. Create yourself an account.
3. Choose “Add a School” and enter the school handle (above).

Visit [www.parenthub.co.uk](http://www.parenthub.co.uk) to find out more

# Family Art Day

Art and Fun at the October Gallery



With OG Education Exhibition

# ROCK

# PAPER



# SCISSORS

**Free Drop-in for For All Ages**

Saturday 30 July 2022, 10am-3pm

October Gallery,  
24 Old Gloucester St, London WC1N 3AL

[www.octobergalleryeducation.com](http://www.octobergalleryeducation.com)





Patrons:  
Helen McCrory OBE  
Damian Lewis

HVVH ARTS

OLYMPUS

## SUMMER HOLIDAY SCHEDULES 2022

### Supporting all our young people by offering our free courses and workshops in the Arts.

To enrol for our FREE courses go to [www.hvharts.org/courses](http://www.hvharts.org/courses).

We are pleased to be able to offer the following courses FREE and continue to support our young people in Camden. We must ensure that we follow up on our courses by giving our young people access to the arts projects that we deliver to encourage and inspire our future generation!

Please take note of age groups according to course/workshops as this is important when enrolling your child/young person. Our courses/workshops are designed to inspire individuals who want to learn the incredibly exciting courses that we offer and therefore we design them accordingly!

Please see location and times according to workshops in schedules below.

#### STOP ANIMATION: writing a story, creating a stop animation film with artist in residence

##### Emily Hollingsby

An exciting workshop designed for young people creating their very own stop animation film! In this workshop they will get to try out different creative roles: writing their own story, building sets, making characters, and using stop animation technology to create a film! At the end of the workshop, they'll receive a link to their film to share!

Location: HVH ARTS Gallery, 44 Ashdown Crescent, NW5 4QE

Times: 11am to 3pm

Dates: 25th, 26th, 27th July

Cohorts: 10 yrs to 18 yrs

#### ART WORKSHOPS: Mixed Media Stencilling

##### With artist in residence Emily Hollingsby

Children will learn the art of colourful stencilling! Using mixed media children will create their own stencils and learn how to use graffiti spray, fabric and acrylic paints to showcase their designs on canvas and t-shirts!

Location: HVH ARTS Gallery, 44 Ashdown Crescent, NW5 4QE

Times: 11am to 3pm

Dates: 28th, 29th, 30th July

Cohorts: 5 yrs to 10 yrs

#### QUEENS CRESCENT STREET ART PROJECT:

##### with Sam Sure

We continue with our street art murals along the Queens Crescent shutters that have been a local success story in the neighbourhood! We are so excited by this project as it has been hugely popular. Young people learn the skills of spray painting, seeing the whole process through from beginning to end; they begin with mocking up designs and then transfer these on to the shutters, inspired by the shop owners and creating beautiful artwork.

Location: HVH ARTS Gallery, 44 Ashdown Crescent, NW5 4QE

Times: 11am to 3pm

Dates: 31st July

Cohorts: 9 yrs to 18 yrs

#### FASHION ILLUSTRATION: with Professional

Fashion Illustrator Stuart McKenzie who has the Victoria and Albert Museum and created illustration for Vivienne Westwood and numerous fashion magazines.

Location: HVH ARTS Gallery, 44 Ashdown Crescent, NW5 4QE

Times: 11am to 3pm

Dates: 1st, 2nd, 3rd, 4th August

Cohorts: 10 yrs to 18 yrs

#### ART: with artist in residence Lee Matthews and

##### Yla Shah

Creating canvases, collaborating to create a board of Where we Live using mixed medium.

Location: HVH ARTS Gallery, 44 Ashdown Crescent, NW5 4QE

Times: 11am to 3pm

Dates: 5th, 6th, 7th August

Cohorts: 5 yrs to 11 yrs

To Enrol on our courses from July 25th to August 7th please visit:

[www.hvharts.org/courses](http://www.hvharts.org/courses)

## AUGUST HAF PROGRAM - SUMMER 2022

We will be supplying healthy lunches, snacks and drinks every day to support the wellbeing of our beneficiaries this Summer. The BOOK on the Projects you will need to use the blue booking link beside each project.

#### PHOTOGRAPHY with Debbi Clark, Leah Band and Jude Wacks

We will be using the OLYMPUS EP-L8 cameras with 45mm Lens and the 14-44 mm lens. We will be learning Street Photography, Portrait photography, Fashion and Editorial photography and creating artwork of all our skills which will be on show at our end of Summer exhibition "Access All Areas"

Location: London School of Mosaic, 181 Mansfield Road, NW3 2HP

Time: 11am to 3pm

Dates: 8th Aug - 12th Aug, 15th Aug - 19th Aug, 22nd Aug - 26th Aug

Ages: 11yrs to 18yrs

We will be going out on locations for shoots; therefore we have a minimum age requirement of 11yrs. All students on this course will need parents permission to come out on location.

Booking Link: <https://hvhart.coordinate.cloud/project/31542>

#### Creativity in the ARTS: with Emily Hollingsby

Arts and Sculpture project creating sculptures using recycled cardboard creating giant sculptures with professional artists. We will be learning all medium of the arts. We will be working with artists at LSdM creating our own unique designs using screen printing techniques to be printed on your child's very own HVH ARTS T-Shirt. We will also be using oils, acrylics, charcoal to create fantastic canvases for each child on this workshop.

Location: London School of Mosaic, 181 Mansfield Road, NW3 2HP

Time: 11am to 3pm

Dates: 8th Aug - 12th Aug, 15th Aug - 19th Aug, 22nd Aug - 26th Aug

Ages: 5yrs to 18yrs

Booking Link: <https://hvhart.coordinate.cloud/project/31544>

#### Fashion Design and Printing "Deconstruction": with Lola Turner and Yla Shah

Collaborating to make a banner from repurposed fabrics - from old bed sheets to odd football socks - you can bring in whatever materials you want to re-imagine! Each day the children will be learning and playing with a new form of printing to overlay onto their material. This will be a fun, hands on collaborative summer project and we will have a wacky banner to show off at the end of it!

Location: HVH ARTS Gallery, 44 Ashdown Crescent, NW5 4QE

Time: 11am to 3pm

Dates: 8th Aug - 12th Aug, 15th Aug - 19th Aug, 22nd Aug - 26th Aug

Ages: 5yrs to 18yrs

Booking Link: <https://hvhart.coordinate.cloud/project/31541>

#### Music - Band Jam: with Piers and Spider

Music project aimed at young people who have a passion for music. We are offering a music project teaching young people to write, play musical instruments, vocal training, and performance training. Collaborating as a band with professional musicians supporting this project. We will be having a musical performance at our end of Summer exhibition to show off our talents.

Location: London School of Mosaic, 181 Mansfield Road, NW3 2HP

Time: 11am to 3pm

Dates: 8th Aug - 12th Aug, 15th Aug - 19th Aug, 22nd Aug - 26th Aug

Ages: 11yrs to 18yrs

Booking Link: <https://hvhart.coordinate.cloud/project/31547>

#### Cooking in the Community: with Justine Kanter

We will be offering a fantastic cooking project with chef Justine Kanter. Working with children and young people in the kitchen, teaching them how to cook, and getting them excited and inspired around food. Cooking with children is a great way to educate them about good nutrition, what's in season, planning and preparing meals, and reading food labels. It can encourage them to eat healthy foods, especially ones they may normally refuse to try.

Location: Rhyll Kitchen Classroom, Rhyll Community School, Rhyll St, NW5

Time: 11am to 3pm

Dates: 8th Aug - 12th Aug, 22nd Aug - 26th Aug

Ages: 10yrs to 18yrs

Booking Link: <https://hvhart.coordinate.cloud/project/31548>

#### Let's Dance: with professional choreographer

This is a very exciting opportunity to learn dance and choreography using street/dance style moves, to give each child their own form of expressing dance. We will be performing our show at the end of the programme to our parents and other young people to celebrate their achievements on this project over the summer.

Location: To Be Confirmed

Time: 11am to 3pm

Dates: 15th Aug - 19th Aug, 22nd Aug - 26th Aug

Ages: 10yrs to 18yrs

Booking Link: <https://hvhart.coordinate.cloud/project/31525>

#### "ACCESS ALL AREAS"

##### HVVH Arts Summer Exhibition

Celebrate our end of summer and enjoy performances with our talented musicians. Come see the amazing body of work our children and young people have created over Summer. We'll be having our annual celebration with Cake, Popcorn and Candy Floss. Lots of party food and drinks. Join us for FREE taster art workshops and have your photo taken in our booth to celebrate the end of Summer!

Location: HVH ARTS GALLERY 44 Ashdown Crescent, NW5 4QE

Time: Midday to 4pm

Date: Saturday 27th August

EVERYONE WELCOME!

hvharts.org  
Registered Charity No: 1149607







## Summer holiday cycle training for children

Free cycle training sessions for children during the Summer Holidays 2022. The course is free of charge and is delivered over two days; however booking is required to secure a place.

Aimed at children and young people aged 8 or over who can ride unassisted and want to improve their safe cycling skills. We also offer courses for children who are still learning to start, stop and balance.

Tuesday 26th & Wednesday 27th July

Tuesday 2nd and Wednesday 3rd August

Thursday 4<sup>th</sup> and Friday 5<sup>th</sup> August



VENUE: Haverstock School, 24 Haverstock Hill. Chalk Farm. NW3 2BQ

For more information, or to book onto a course,  
<https://www.camden.gov.uk/cycleskills>

We also offer training for adults at weekends.

**Please ensure you bring your own roadworthy bike.  
There are some bikes available to borrow.**

JOIN **BLOOMSBURY BEARS** THIS SUMMER FOR **FUN, ACCESSIBLE AND AFFORDABLE** SUMMER CAMPS FOR ALL!

SCAN ME



TO BOOK



FLIP FOR MORE DETAILS



**FREE SPACES** FOR YOUNG PEOPLE WHO RECEIVE **FREE SCHOOLS MEALS** AND **FINANCIAL ASSISTANCE** AVAILABLE.  
PLEASE REACH OUT TO: [HOLIDAYS@BLOOMSBURYFOOTBALL.COM](mailto:HOLIDAYS@BLOOMSBURYFOOTBALL.COM) OR CALL 07724 608600

# Bloomsbury Football Summer Camps...

JOIN **BLOOMSBURY FOOTBALL** THIS SUMMER FOR **FUN, ACCESSIBLE AND AFFORDABLE** SUMMER CAMPS FOR ALL!

SCAN ME



TO BOOK



FLIP FOR MORE DETAILS



**FREE SPACES** FOR YOUNG PEOPLE WHO RECEIVE **FREE SCHOOLS MEALS** AND **FINANCIAL ASSISTANCE** AVAILABLE.  
PLEASE REACH OUT TO: [HOLIDAYS@BLOOMSBURYFOOTBALL.COM](mailto:HOLIDAYS@BLOOMSBURYFOOTBALL.COM) OR CALL 07724 608600

# SUMMER FOOTBALL

**MARKET ROAD FOOTBALL PITCHES, N7 9PL**

**AGE: 3-6**

**GENDER: MIXED**

**TIME: 10.30<sup>AM</sup> - 1.30<sup>PM</sup>**

**WEEK 1: TUESDAY 26<sup>TH</sup> - THURSDAY 28<sup>TH</sup> JULY**

**WEEK 2: TUESDAY 2<sup>ND</sup> - THURSDAY 4<sup>TH</sup> AUGUST**

**WEEK 3: TUESDAY 9<sup>TH</sup> - THURSDAY 11<sup>TH</sup> AUGUST**

**WEEK 4: TUESDAY 16<sup>TH</sup> - THURSDAY 18<sup>TH</sup> AUGUST**

**WEEK 5: TUESDAY 23<sup>RD</sup> - THURSDAY 25<sup>TH</sup> AUGUST**

**WHAT TO WEAR?**

**BEARS T-SHIRT AND SPORTS CLOTHES**



**BLOOMSBURY FOOTBALL BEARS**

**MARKET ROAD FOOTBALL PITCHES, N7 9PL**

MONDAY 25<sup>TH</sup> JULY - FRIDAY 26<sup>TH</sup> AUGUST (MON-FRI), 10AM - 3PM, AGES 7 - 15

**HARRIS ACADEMY ST. JOHN'S WOOD, NW8 0NL**

MONDAY 25<sup>TH</sup> JULY - THURSDAY 18<sup>TH</sup> AUGUST (MON-THURS), 9.30AM - 3.30PM, AGES 7 - 15

**KINGS CROSS ACADEMY, N1C 4BT**

MONDAY 25<sup>TH</sup> JULY - FRIDAY 19<sup>TH</sup> AUGUST (MON-FRI), 9.30AM - 3.30PM, AGES 7 - 12

**CAPITAL CITY ACADEMY, NW10 3ST**

MONDAY 15<sup>TH</sup> AUGUST - THURSDAY 25<sup>TH</sup> AUGUST (MON-THURS), 10AM - 3PM, AGES 7 - 15

**WESTWAY FOOTBALL PITCHES, W10 6RP**

MONDAY 1<sup>ST</sup> AUGUST - THURSDAY 25<sup>TH</sup> AUGUST (MON-THURS), 10AM - 3PM, AGES 7 - 15

**ST. JAMES' CATHOLIC HIGH SCHOOL, NW9 5QW**

MONDAY 8<sup>TH</sup> AUGUST - THURSDAY 25<sup>TH</sup> AUGUST (MON-THURS), 10AM - 3PM, AGES 7 - 15



**BLOOMSBURY FOOTBALL FOUNDATION**





# HEALTHY FAMILIES (25TH JULY - 26TH AUGUST) Summer



## MONDAY

Family  
Multi-Sports  
4pm - 6:30pm  
@ Malden Pitches



## WEDNESDAY

Family Picnic's +  
Sports  
1pm - 3:30pm  
@ Hampstead Heath

Mixed Family  
Badminton  
6:30pm - 8pm  
@ The Dome



## THURSDAY

Female  
Only Yoga  
11:30am - 12:30pm  
@ The Dome



## FRIDAY

Female Coffee  
Morning  
11am - 12pm  
@ QCCA  
(Every other week)



Female & Child  
Multisport  
with Zumba  
4:30pm - 6pm  
@ The Dome



If you are interested in any of the classes

Please contact to register:

Call - 020 7267 6635 OR Email - frances@qcca.org.uk



## HOW TO FIND US

THE DOME:  
170 Weedington Rd  
London NW5 4NU



QCCA:  
45 Ashdown Crescent  
London NW5 4QE



Registered Charity No: 1096655  
Registered CLG: 04393769

Registered Address:  
QCCA Ltd.  
45 Ashdown Crescent  
London, NW5 4QE

Email: info@qcca.org.uk  
Tel: 0207 267 6635  
Web: www.qcca.org.uk





# 2022 Summer TIMETABLE

SESSION                      TIME                      AGE

Summer Holiday Club	11:00 - 3:00pm	8 - 14's
Senior's Youth Club	6:00 - 9:00pm	13 - 19's
Senior's Gym Training	6:00 - 7:00pm	13 - 19's
Senior's Multi Sports & Football	7:00 - 9:00pm	13 - 19's



Senior Youth  
Club & Sports

## MONDAY

## TUESDAY

Summer Holiday Club	11:00 - 3:00pm	8 - 14's
Outdoor Football (Malden pitches)	5:00 - 6:30pm	8+



Junior Sports

## WEDNESDAY

Summer Holiday Club	11:00 - 3:00pm	8 - 14's
---------------------	----------------	----------

## THURSDAY

Summer Holiday Club	11:00 - 3:00pm	8 - 14's
---------------------	----------------	----------



Summer  
holiday Club

## FRIDAY

Middlesex Cricket (Malden Pitches)	4:00 - 5:30pm	8 - 14's
Senior's Youth Club	6:00 - 9:00pm	8 - 14's
Senior's Gym Training	6:00 - 7:00pm	13 - 19's
Senior's Multi Sports & Football	7:00 - 9:00pm	13 - 19's

To sign-up please email [youth@qcca.org.uk](mailto:youth@qcca.org.uk) or call 0207 267 6635



# Open-Air Thursdays

## Hegley & Cannelloni Family Show

An abundance of fun and laughter with music, magic, poetry and participation, this musical cabaret is a fabulous night out for the whole family!

**Starring John Hegley, Otiz Cannelloni,  
and Lorraine Bowen**



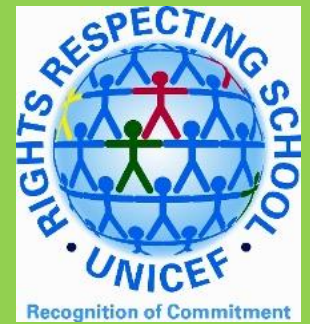
**Thursday 28 July @ 7pm on the Tea Lawn**  
**Tickets £15 / £12 conc.**

 **Lauderdale House, Waterlow Park**  
020 8348 8716 | [lauderdalehouse.org.uk](http://lauderdalehouse.org.uk)





# TEDDY TIME!



Please donate soft toys for the teddy tombola at the summer fair. Please Bring them to nursery by Monday 11th.



We will appreciate all of your donations. We will donate all of the money to a school in Ethiopia. They have suffered a lot and the children have to take their chairs from home to school and need more supplies as they have been in a tragic war.



**SO PLEASE DONATE!!**



# ART CLASSES FOR KIDS 7-11



*YOUNG ARTIST SOCIETY*

ART CLASSES FOR KIDS AGED 7-11 LED BY PROFESSIONAL ARTISTS.

UNLOCK CREATIVITY, GROW CONFIDENCE, NURTURE SKILLS AND HAVE FUN!

**SUMMER WORKSHOPS + AFTER SCHOOL CLASSES**



YASARTCLUB.COM



*YOUNG ARTIST SOCIETY ART CLASSES FOR KIDS 7-11*

## SUMMER WORKSHOPS

10AM - 4PM @ SWISS COTTAGE COMMUNITY CENTRE  
£250 PER WEEK OR £450 FOR 2 WEEKS

### WEEK 1: AUGUST 15TH-19TH DRAWING FACES

THIS COURSE WILL EXPLORE A VARIETY OF PORTRAIT DRAWING TECHNIQUES AND ARTISTS, DEVELOPING DRAWING AND MEASUREMENT SKILLS AND WORKING TOWARDS A FINAL PORTRAIT PIECE.

### WEEK 2: AUGUST 22ND-26TH THE URBAN LANDSCAPE

THIS COURSE WILL LOOK AT DIFFERENT WAYS TO INTERPRET YOUR SURROUNDINGS, EXPLORING A RANGE OF ARTISTS, STYLES AND MARKMAKING, AND WORKING TOWARDS A FINAL CITYSCAPE.

## AFTER-SCHOOL CLASSES

MONDAYS & TUESDAYS, 4-5PM @ SIR RICHARD STEELE'S PUB  
SEPT 5TH - DEC 20TH EXCLUDING HALF TERM £140 (€10/CLASS)

FUN AND INSPIRING ACTIVITIES TO UNLOCK CREATIVITY, GROW CONFIDENCE AND NURTURE SKILLS, WITH AN EMPHASIS ON DRAWING AND COVERING A RANGE OF STYLES. EACH TERM WILL WORK TOWARDS A FINAL EXHIBITION!

## BOOK NOW USING QR CODE

or call: 07970737926

email: [sophie@yasartclub.com](mailto:sophie@yasartclub.com)



@yasartclub



YASARTCLUB.COM



# COOPERATION TOWN

Thank you to those of you able to come along to this morning's information session on the Food Co-op. We know a number who wanted to come were not able to—see below for details of meeting every Thursday at St Martin's Church where you can find out more

## Cooperation St Martin's is your new community food co-op.

A food co-op is a neighbourhood buying group, where members get quality groceries at very affordable prices.

Co-ops buy food and household products in bulk and, in addition, get free supermarket surplus.

Co-op members save up to 40% off their weekly food costs by organising with their neighbours.

Food co-ops are run by members, who together decide what to buy and how to run the project. No bosses, no managers!

**Meeting every Thursday, 7pm**

**At St Martin's Church, Vicar's Road NW5 4NN**

To find out more and join the co-op contact Martin on 07901 001754

[www.cooperation.town](http://www.cooperation.town) | [info@cooperation.town](mailto:info@cooperation.town) | @CooperationTown



## Draft Local Area SEND Strategy - consultation

Have your say on our draft strategy by 22 September

Respond via the link below or email us at [sendstrategy@camden.gov.uk](mailto:sendstrategy@camden.gov.uk)



[camden.gov.uk/sendstrategy](https://camden.gov.uk/sendstrategy)



Camden

### Camden SEND Strategy

Calling all parents of children with special educational needs and disabilities. We want to hear your views. Camden has developed a draft Local Area Special Educational Needs and Disabilities strategy for children and young people aged 0-25. The strategy sets out plans for the next 5 years, including education, health and social care. Read the strategy and fill in [a short survey](#) by 22nd September [here](#) for a chance to win a £20 voucher. A virtual public workshop with parents will also be held over zoom on 12 July 2022 at 10:30am. Click this link [here](#) to join the zoom meeting. The workshop will share the key ideas in the strategy and ask parents for their views. If you have any questions, or would prefer to send your views direct, please email [sendstrategy@camden.gov.uk](mailto:sendstrategy@camden.gov.uk)



# Term Dates for next Academic Year...

## SCHOOL TERM DATES 2022/2023 - provisional

### AUTUMN TERM

First day of term	Monday 5 <sup>th</sup> September 2022
Half term (inclusive)	Monday 24 <sup>th</sup> Oct – Friday 28 <sup>th</sup> Oct 2022
Last day of term	Friday 16 <sup>th</sup> December 2022

### SPRING TERM

First day of term	Wednesday 4 <sup>th</sup> January 2023
Half term (inclusive)	Monday 13 <sup>th</sup> Feb – Friday 17 <sup>th</sup> Feb 2023
Last day of term	Friday 31 <sup>st</sup> March 2023

### SUMMER TERM

First day of term	Tuesday 18 <sup>th</sup> April 2023
May Day Bank Holiday	Monday 1 <sup>st</sup> May 2023 - school closed
Half term (inclusive)	Monday 29 <sup>th</sup> May – Friday 2 <sup>nd</sup> June 2023
Last day of term	Friday 21 <sup>st</sup> July 2023

### STAFF INSET DAYS – SCHOOL CLOSED

	Autumn Term	Spring Term	Summer Term
1 <sup>st</sup> half term	Thursday 1 <sup>st</sup> & Friday 2 <sup>nd</sup> September 2022	Tuesday 3 <sup>rd</sup> January 2023	Monday 17 <sup>th</sup> April 2022
2 <sup>nd</sup> half term			Monday 5 <sup>th</sup> June 2022

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

# Camden Holiday Activity & Food Programme

Camden HAF booking link:  
<https://haf.youngcamdenfoundation.org.uk/>

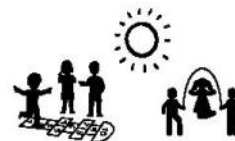
All HAF participants will receive **free access** to physical and enriching activities and nutritional education each day. In addition, some providers will do onsite cooking where children and young people will be involved in activities and make their lunch on the day. In addition, there are various activities, including sports such as football, basketball and cricket, and creative activities including photography, drama, dancing, and arts and crafts. Camden's providers are organising many enriching workshops, trips, and fun-packed experiences, all waiting to kick off this summer.

**YOUNG  
CAMDEN  
FOUNDATION**

## Camden Holiday Activity and Food Programme (HAF) Camden Summer 2022 From 25th July to 31st August

### Camden HAF Summer providers

Provider name	Age Range	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
KCBNA and British Library	Age 11 to 16			✓			
Ball Out of the Box- UCL Academy	Age 11 to 16		✓	✓	✓	✓	
Ball Out of the Box- Hampstead School	Age 11 to 16		✓	✓	✓	✓	
Somers Town Community Association	Age 11 to 16	✓	✓	✓	✓	✓	
Youth Early Help - Somers Town	Age 11 to 16		✓	✓	✓	✓	
Youth Early Help - Netherwood Youth & Family Hub	Age 11 to 16		✓	✓	✓	✓	
Youth Early Help - Ingestre Community Centre	Age 11 to 16		✓	✓	✓	✓	
London Zoo	Age 12 to 15				✓		
Kentish Town Community Centre	Age 5 to 11	✓	✓	✓	✓		
Maze Academy- Kentish Town Congregational Church	Age 5 to 11	✓	✓	✓			
Calthorpe Community Garden	Age 5 to 11		✓	✓	✓	✓	
Fit for Sport - Brookfield Primary school	Age 5 to 11	✓	✓	✓	✓		
Sidings	Age 5 to 11	✓	✓	✓	✓		
Kentish Town C.E Primary school	Age 5 to 11		✓	✓	✓	✓	
Moving Waves - St Pancras Community Association	Age 5 to 11		✓	✓			
Torriano Primary school	Age 5 to 11	✓	✓	✓	✓		
Legacy Sports- Fleet Primary School	Age 5 to 12		✓	✓	✓	✓	
PACE Consortium -10 venues (Please visit the HAF booking page for information)	Age 5 to 12	✓	✓	✓	✓	✓	
Learning and Development Centre	Age 5 to 15	✓	✓	✓	✓		
HVH Arts- Rhyl Community School	Age 5 to 16			✓	✓	✓	✓
Centre 404	Age 5 to 16		✓	✓	✓	✓	
Old Diorama	Age 5 to 16	✓	✓				
Maiden Lane Community Centre	Age 5 to 16	✓	✓	✓	✓		
Pro Touch SA - Netley Primary	Age 6 to 13		✓	✓			
Pro Touch SA - Christopher Hatton Primary	Age 6 to 13	✓	✓	✓			
Pro Touch SA - Gospel Oak Primary	Age 6 to 13			✓	✓	✓	
Action Youth Boxing Intervention	Age 6 to 16	✓	✓	✓	✓		
Platform Cricket-Somers Town Community Sports Centre	Age 7 to 11	✓	✓	✓	✓		
Bloomsbury Football - Acland Burghley school	Age 7 to 14	✓	✓	✓			
Bloomsbury Football - Kings Cross Academy	Age 7 to 14	✓	✓	✓	✓		
Camden Sports Development Centre	Age 8 to 12	✓	✓	✓	✓		
Queens Crescent Community Association	Age 8 to 14		✓	✓	✓	✓	
Dragon Hall	Age 8 to 16		✓	✓	✓	✓	
Kentish Town City Farm	Age 8 to 16		✓	✓	✓	✓	
SHAK	Age 8 to 16	✓	✓	✓	✓		
Global Generation	Age 8 to 16	✓	✓	✓	✓		
Somali Youth Development Resource Centre	Age 9 to 16	✓	✓	✓	✓	✓	



Sports, leisure and cultural activities and nutritional education this Summer!



FREE for Camden residents who are eligible for free school meals!

4 hours a day, 4 days a week for 4 weeks during the Summer holidays!



Free healthy hot meal everyday!



Book your place soon!

To find the venue addresses, delivery dates and other information, please visit the Camden HAF booking page

<https://haf.youngcamdenfoundation.org.uk/>

For any queries please send us an email to [info@youngcamdenfoundation.org.uk](mailto:info@youngcamdenfoundation.org.uk)



# Is your child ready for summer?

- Sun cream
- Sun hat
- The MMR Vaccine?



## Don't let measles ruin your summer

Measles is a highly infectious virus that can lead to serious complications

**Protect your child through vaccination**

**Contact your GP to book an appointment today**

For more information contact your local GP surgery or visit:  
[www.nhs.uk/mmr](http://www.nhs.uk/mmr)





# DISCOVER SCIENCE

with the Francis Crick Institute

THE  
FRANCIS  
CRICK  
INSTITUTE

The Crick is a research institute in King's Cross. Our scientists are finding out how we can treat, diagnose and prevent human diseases.

Each year, our scientists visit schools to deliver inspiring workshops to Years 1 to 6. Our hands-on, exciting activities get children thinking like scientists.

We really enjoyed visiting Fleet primary school, and hosting Year 5 in the Discovery Lab at the Crick.

Which Crick scientist did your child meet? What did they learn about? If they enjoyed their workshop, why not explore science further with them? Here are some ideas to get you started.



## Online activities

- Easy experiments for younger children – [CBeebies](#); [Science Museum](#)
- Cool things to watch – [Operation Ouch](#); [The Kids Should See This](#)
- Discover nature with these activities – [RPSB](#); [Woodland Trust](#)
- For older children – [Fun Kids Science Weekly](#) podcast; [The Scientific Teen](#) podcast and articles
- Games and apps – [Scratch Jr](#) app; [Science Museum](#)

Check out our [Family Zone](#). From exciting experiments to curious quizzes, there's something for all the family to try!



**"All the children adored the workshops, they came away buzzing about being tiny scientists"**

*Teacher at Brookfield Primary School*

Our free education programme aims to engage with all young people in state schools in our home borough of Camden.

## What's On - in & around the Crick

Come on down with the family this summer to hang out in our Curiosity Space  
**10 & 24 August 2022 @ the Crick**

We'll be popping up in August with free, relaxed activities for all the family, where you get to be hands-on, making, creating and discovering the sunny side of science.

Take a look at what's in store [on our website](#).

Sign up for our [What's On Newsletter](#) to be the first to know about our free events.

## Local places to visit

- [Wellcome Collection](#) – best for 14s and over, this museum explores connections between science, medicine and art.
- [Grant Museum of Zoology](#) – this small museum is packed full of weird and wonderful animal specimens.
- [Medicinal Garden at the Royal College of Physicians](#) – a calm space to learn about plants with medicinal properties.

Entry to these places is free, but you may be required to book a visiting time.

## Get in touch!

Do you have any suggestions for useful science resources or places to visit? What did your child(ren) enjoy most about our visit? Email us via [education@crick.ac.uk](mailto:education@crick.ac.uk) and your comments may appear in a future newsletter.





# KINETIKA BLOCO JUNIOR SUMMER SCHOOL

Join us for **Junior Summer School** with 100 young people from South London learning Brass, Woodwind, Steel Pans and Drums together to create a carnival performance in just 5 days.

**25-29 July 2022**  
**10am-4pm**

Suggested donation of £15  
(free places available for those who need it)

**Who**

Young people  
aged 8-13 years

**Where**

Streatham Wells Primary School,  
50 Palace Road, London, SW2 3NU

**What to do**

**You MUST book in advance.** For more information and  
to sign up visit [www.kinetikabloco.co.uk/join-us](http://www.kinetikabloco.co.uk/join-us)

We also run a Summer School for young people aged 14-25. Check out the website for more info!



KinetikaBloco



KinetikaBloco



kinetika\_bloco



KinetikaBloco

If you have any questions or need help with the form please get in touch  
Tamzyn French 07795 142535 [tamzyn@kinetikabloco.co.uk](mailto:tamzyn@kinetikabloco.co.uk)



Supported using public funding by  
**ARTS COUNCIL  
ENGLAND**



dImdd



The Knoll  
Family







**KINETIKA  
BLOCO**

## THROUGH THE FIRE

Kinetika Bloco Summer School brings young people together to play brass and woodwind instruments, steel pans, drums and dance to create a spectacular costumed show. Our theme for 2022 is Through The Fire. The last two years have brought restriction, constraint, loss, and pain. This Summer, we come together with hope. As a new spark catches, life is born again and we rise, on the edge of new beginnings: hopeful, stronger, and full of wonder. Come and be a part of building into a new future, that is yet to be written.

Performances will include Notting Hill Carnival, the London Jazz Festival and many more.

### Senior Summer School

**When** 1-12 August 2022  
10.30am-5.30pm

**Where** Southbank Centre  
Closest tube: Waterloo

**Who** Young people from London  
aged 14-25

**How much** £35  
(Subsidised places available on request)

For some people £35 is very reasonable, so if you would like to help someone else to attend and able to sponsor them with an additional amount please get in touch to find out how.



### What to do

Visit [kinetikabloco.co.uk/join-us](http://kinetikabloco.co.uk/join-us)  
and fill in the application form

If you have any questions or need help with the form  
please get in touch

Contact Tamzyn French  
on 07795 142535 or at  
[tamzyn@kinetikabloco.co.uk](mailto:tamzyn@kinetikabloco.co.uk)

 KinetikaBloco  KinetikaBloco

 kinetika\_bloco  KinetikaBloco



Supported using public funding by  
**ARTS COUNCIL  
ENGLAND**

**SOUTHBANK  
CENTRE**



# Now the sun is out and the days are getting hotter...



Follow these five sun ready tips to stay safe in the sun

In partnership with  
**MACMILLAN**  
CANCER SUPPORT



**Use 5-star rated, high-SPF sun cream**



**Drink plenty of water**



**Cover up with a hat and long sleeves**



**Wear sunglasses to protect your eyes**



**Stay in the shade between 11 to 3**



# Fleet Primary School Calendar Competition 2023

New Entries for  
Summer Term  
now being  
accepted...

The Calendar Art Competition for creating a school calendar at the end of the year is still on. Due to lockdowns over the last 2 years this popular annual event has not been possible so it's great to bring it back.

Children can use any art medium in their entries as long as it is A4 in size and they can enter as many times in a term as they want.

Prizes will be awarded termly, with a selection of winning entries chosen to go in the calendar for 2023 at the end of this year.

Entries should be handed in to the school office and should have the child's name and class on the back (in pencil) along with an indication of the person or event that inspired it.



## This year's theme...Lifting Limits!

This year the theme links in with the 'Lifting Limits' gender equality work we are doing in all classes and also with the racial equality work that runs throughout our curriculum. We are asking that the subject of the art be inspired by a historical figure—contemporary or older.

Think about GENDER EQUALITY - a man or woman who did something amazing and at the time, unusual or not the norm, for someone of their sex.

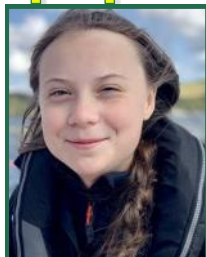
Think about RACIAL EQUALITY - someone again who was a trailblazer and didn't let their race, colour of their skin or religion stop them from doing something.

It could be someone we have talked about in assembly, or someone you have learnt about in class or even someone you have learnt about from your own reading or investigations.

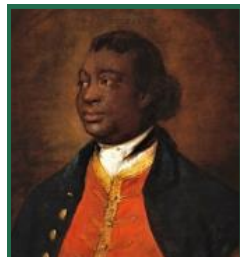
## Ideas from people looked at already this year in assemblies or topics...



Flora Sandes



Great Thunberg



Ignacious Sancho



Septimus Severus



Amanda Gorman



Colin Kaepernick



Mae Jemison



Amy Johnson



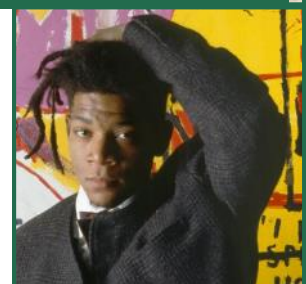
Marcus Rashford



Frida Kahlo



Beryl Burton



Jean-Michel



# Seeking a new Career?

KX Recruit is the recruitment agency that matches employers with jobseekers at King's Cross.

We are passionate about King's Cross and are here to help **local business** to find the right staff, and at the same time help **local people** to access the job opportunities created by the redevelopment of King's Cross. Our service is **personal, highly-specialised and completely free-of-charge**. We help companies to recruit at all levels and have a track record of successfully working with a range of companies, from small businesses to multi-national organisations.

Contact us today

Call **020 36914000**

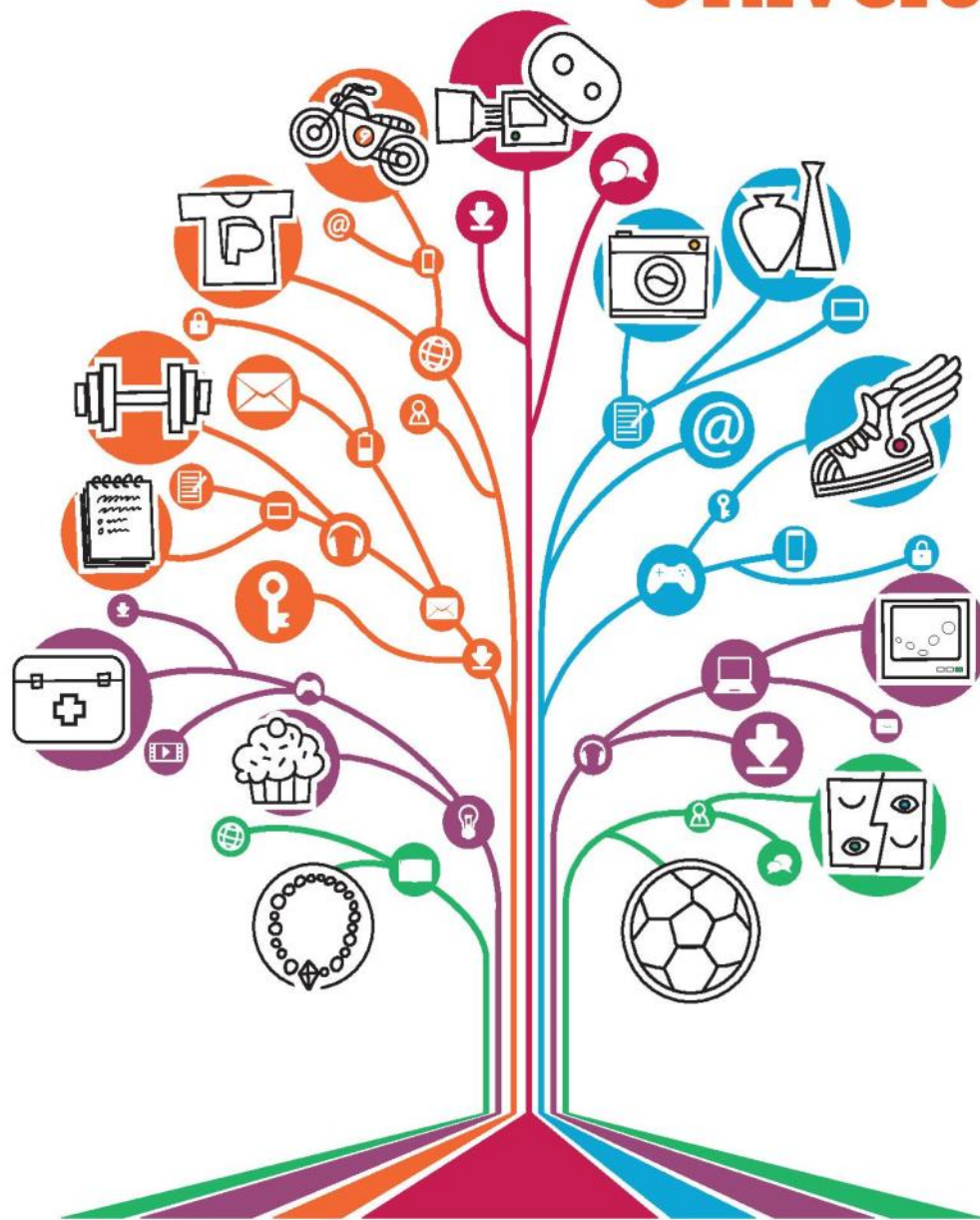
Email **[reception@kxrecruit.co.uk](mailto:reception@kxrecruit.co.uk)**

KX Recruit, 11 Stable St, London, N1C 4AB

**[www.kxrecruit.co.uk](http://www.kxrecruit.co.uk)**

**FREE courses for eligible  
13 to 19-year-olds in Camden  
25 July to 26 August 2022**

# Camden Summer University



**London's most creative and exciting  
summer youth programme**

Hotline: 020 7974 6543

Visit [www.cmdn.co.uk](http://www.cmdn.co.uk)



@camdensummeruniversity



Camden



## Audition Workshops for ROH Youth Opera Programmes 27<sup>th</sup> and 28<sup>th</sup> August 2022

The Royal Opera House is delighted to invite children aged 7-13 with a passion for the performing arts to audition for our Youth Opera programmes this August. No experience or knowledge of opera is required, just a love of singing and performing and an enthusiasm to explore and create opera with the ROH.

We would like to invite your pupils to attend an audition. Please read the following for more information on our programmes and how to register interest for an audition workshop. Please also consider forwarding to any individuals or networks who you think this will be of interest to.

### **ROH Youth Opera Programmes**

There are two programmes available for young performers:

**ROH Young Voices** is a singing programme for 7-8 year olds, developing participants' vocal control, musical literacy and performing skills. As well as performing at concerts and other ROH

events, participants receive gain a grounding in the skills required to progress into our older ensemble, the ROH Youth Opera Company. **Audition workshops for the ROH Young Voices will be held on Saturday the 27<sup>th</sup> of August from 11-1pm**

**ROH Youth Opera Company** offers participants an all-round training in the performing arts, covering vocal technique, language coaching, acting and stage craft, musical literacy, and creative processes for developing new work. **Auditions for the ROH Youth Opera Company will be held on Saturday the 27<sup>th</sup> of August from 2-4pm, and Sunday the 28<sup>th</sup> August from 11-1pm and 2-4pm.**

Both groups meet for half day rehearsals on Saturdays during term time at Covent Garden and participate in an online music theory class after school on Wednesdays. A high level of attendance is expected so please bear this in mind when applying to join the programmes. For more information on the programmes and how they support the development of young performers watch this video—<https://www.youtube.com/watch?v=dyxuybDEtSM>

### **TO REGISTER YOUR INTEREST**

To give your children an insight into the ROH Youth Opera programmes we ask that you share with them our '[What is Opera](#)' video workshop—<https://www.youtube.com/watch?v=yUaHe1TRaKE&t=1s>

To register interest complete this form—<https://forms.office.com/pages/responsepage.aspx?id=iZe2pGg4AkODQ0F4OOYhCLVsiGfGtpKrz5ER6LOzOJURVNJUjBaNVICNzhLMlIBRjBGOEdSWVVHWS4u>

Should they be invited to attend an audition workshop, they will need to be familiar with the song explored in this video as this will be explored further in the workshop. Our audition workshops are relaxed, welcoming spaces inviting attendees to explore opera with our YOC Associate Artists. Children may be asked to sing in small groups, but not on their own. Please note that audition places are limited and based on a range of considerations.

**To register your child's interest in attending an ROH Youth Opera audition workshop:**

1. Please complete [this form](#)
2. Please ensure your child has watched the 'What is Opera' workshop in class: <https://www.youtube.com/watch?v=yUaHe1TRaKE&t=1s>

For more information on the ROH Youth Opera programmes email [youthopera@roh.org.uk](mailto:youthopera@roh.org.uk)

Thank you and good luck!

All the best,  
Jimena and Tom  
Opera Team  
Learning and Participation  
The Royal Opera House



ROYAL  
OPERA  
HOUSE

Sapphire community group UK.

We would love to offer your young people our new sapphire meetups where they can attend a zoom once a week on Thursdays 5pm-8pm and come and meet new people and build connections. This is a first come first serve basis.

Here is the sign up form - <https://forms.gle/k9PJYGc9ES9bSFTk7>

Please see below an overview of what we do.

The Sapphire Community Group seeks to help young people find out what they are meant to do in life. We aim to do this through mentoring, coaching, publishing literature, film and media, through multiple events, technological development and hosting workshops. We aim to provide a platform and pathway for young people all over the world to find their callings. Additionally, we will attempt to help each individual believe that they can create the change for the extraordinary. We aim to teach and inspire individuals to believe within and to help maximise them to their fullest potential.

The Sapphire Wellbeing Academy is purposed to help ensure children and young people, aged 13-30 years old don't only survive in life, but also thrive.

This is achieved through 5 initiatives:

- Counselling and Mentoring
- Food Initiatives and Donations
- Housing Support
- Funding and Bursaries
- Fitness and Nutrition

THE UK SAPPHIRE FOUNDATION / THE SAPPHIRE COMMUNITY GROUP  
MOBILE: 07713733278

E: [info@sapphireministriesrtwv.org](mailto:info@sapphireministriesrtwv.org)

W: [www.sapphirecommunitygroup.org](http://www.sapphirecommunitygroup.org)

**Weekly on Thursdays 5pm-8pm**

young  
hackney

& CAMDEN  
GIVING

L&Q

Sapphire  
Community Group

# SAPPHIRE MEETUPS

*Do you or someone you know want some additional wellbeing support in a fun, welcoming group setting and to make new friends?*

*If yes contact us and we can get you registered to Sapphire Meetups!*

**Sapphires Meetups offers group support  
with fun activities all online on zoom!**

**Please email to receive registration form and zoom link :  
wellbeingacademy@sapphireministriesrtwv.org  
or call 07713 733278**



[sapphirecommunitygroup.org](http://sapphirecommunitygroup.org)



# Peter Pan holiday courses

Drama, dance and singing  
summer courses for 4–10s



— Ella had a fabulous time,  
it's given her such a burst  
of confidence and joy.

Michele Meldrum

[perform.org.uk/peterpan](http://perform.org.uk/peterpan)

## Summer holiday fun for 4–10s

'Let's have fun' said Peter Pan and that's exactly what your child will do this summer as they fly off to Neverland on an adventure with Tinker Bell, the Lost Boys and Captain Hook.

We'll add a sprinkle of Perform fairy dust, imaginative costumes, songs and original music as your child stars in a wonderful show for family and friends.

Your child will enjoy:

- Three or five full days of drama, dance and singing
- Energetic friendly team of actors, dancers and musicians
- Colourful performance on the last day for friends and family with original music and costumes
- Personalised certificate of achievement for every child

## How to book

To book or find out more, call 020 7255 9120  
or visit [perform.org.uk/peterpan](http://perform.org.uk/peterpan)

Course T-shirts are required at a cost of £8.50. We offer a 25% discount for siblings attending the same holiday course at the same venue. Payment can be made by credit/debit card or childcare vouchers. See our website for Terms & Conditions and our refund policy.

\*Owing to class size restrictions, Highbury is priced at £380 for five days.  
Your child should bring a water bottle and a nut-free packed lunch.



## Venues

Three Day Courses £285 (10am–3pm)

Monday 3rd – Wednesday 5th August  
Wednesday 24th – Friday 26th August  
Notting Hill

Five Day Courses from £365\* (10am–3pm)

Monday 25th – Friday 29th July  
Beaconsfield, Blackheath, Chiswick,  
Clapham South, Hampstead Garden Suburb,  
Highbury; Kensington, St John's Wood,  
Wimbledon and Winchester

Monday 1st – Friday 5th August  
Ealing, Earlsfield, East Dulwich, Hackney,  
Richmond, Sevenoaks, St Albans,  
West Hampstead and Wokingham

Monday 8th – Friday 12th August  
Beckenham, East Finchley, Eastcote, Fulham,  
Hammersmith, Kensington, Primrose Hill,  
Tufnell Park, Twickenham and Wanstead

Monday 15th – Friday 19th August  
Battersea, Chiswick, Clerkenwell, Dulwich,  
Highgate, Kensal Rise, Kensington,  
Primrose Hill, Richmond and Sevenoaks

Monday 22nd – Friday 26th August  
Barnes, Chelsea, Highbury; Muswell Hill, Oxford,  
St John's Wood, Streatham and Wimbledon



— Thank you for  
making it such  
an enjoyable  
few days, the  
performance was  
really magical.

Selina Vernal



[perform.org.uk/peterpan](http://perform.org.uk/peterpan)

020 7255 9120





Due to popular demand we have decided to re-start our mini ballers session!

Venue: Royal free Recreation club  
Fleet road, nw3 2qg

Day: Tuesdays

Time: 4-5pm

Fee: first session is FREE then £20 monthly fee.

For more information or to book your space please  
Del - 07932431748

Sessions have already started!

# FREE FOOTBALL FOR GIRLS

**Venue: Tufnell Park Primary, 31 Carleton Road, London N7 0HJ**

**EVERY WEDNESDAY** (excluding half terms)

Ages: School years 5 & 6  
Start date: Wednesday 6th October, 5-6.30pm

**EVERY SATURDAY MORNING**

Ages: School years 3 & 4 - 9-10.15am followed by years 5 & 6 - 10.30am-12pm  
Start date: Saturday 9th October

**All sessions are FREE of charge.**

Training takes place outside on Astroturf.

**All participants must wear shin pads.**

Register via [www.playthearsenalway.com](http://www.playthearsenalway.com)

For more information please contact [jwarnock@arsenal.co.uk](mailto:jwarnock@arsenal.co.uk)



## Sprint, run, throw and jump into athletics!

At Parliament Hill Track on  
Sunday 6 March, 3 April, 1 May, 5 June, 3 July, 7 August, 4 September  
12-2 pm

Registration is £3 and opens at 11:30 or register on line at:  
<https://webcollect.org.uk/highgate>

How fast can you sprint?

How far can you throw?

What's your longest long jump?

Got the stamina to race for two minutes?

QuadKids is an England Athletics endorsed athletics format for children of all abilities. It is quick, fun and a great way to measure progress over time.

For further details email Brenda Myers [quadkids@highgateharriers.org.uk](mailto:quadkids@highgateharriers.org.uk)

We hope to see you there!



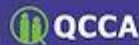
Highgate Harriers  
[www.highgateharriers.org.uk](http://www.highgateharriers.org.uk)



London Heathside  
[www.londonheathside.org.uk](http://www.londonheathside.org.uk)



Shaftsbury Barnet Harriers  
[www.sbarriers.co.uk](http://www.sbarriers.co.uk)



## FAMILY ACTIVITIES

Join us for our FREE family sporting activities

### WEDNESDAY'S

MIXED BADMINTON  
7PM - 8PM

### FRIDAY'S

WOMEN'S ONLY FAMILY ZUMBA  
4.30PM - 6PM



TO REGISTER PLEASE CONTACT

EMAIL: [frances@qcca.org.uk](mailto:frances@qcca.org.uk)

CALL: 0207267 6635

FREE



170 Weedington Road, London, NW5 4NU

Registered Charity No 3096655  
Registered CLG 04991799

Registered Address  
QCCA Ltd  
45 Ashdown Crescent  
London, NW5 4QE

Email: [info@qcca.org.uk](mailto:info@qcca.org.uk)  
Tel: 0207 267 6635  
Web: [www.qcca.org.uk](http://www.qcca.org.uk)



# From National Online Safety

At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should it be needed. This guide focuses on one of many platforms which we believe trusted adults should be aware of. Please visit [www.nationalonlinesafety.com](http://www.nationalonlinesafety.com) for further guides, hints and tips for adults.

## What Parents & Carers Need to Know about STEAM

Steam is a computer gaming digital distribution platform and storefront. It is the biggest platform for desktop- or laptop-based gaming, with a range of more than 30,000 games available. The platform has become a lively social environment for many gamers, and allows people to trade, sell and buy gaming items for real money. Valve, the developers behind Steam, have also released different hardware that works with the platform, including the Steam Deck - a hand-held console that lets users play their favourite games while away from their computer.

### WHAT ARE THE RISKS?

#### UNSUITABLE GAMES

Among the 30,000+ games on the platform, there are many that aren't appropriate for children, individuals can view and download games featuring adult content if they verify their age - but, of course, it's easy to enter a false date of birth online. This can lead to children and young people finding games that they shouldn't have access to: featuring violence or profanity, for example.

#### SPENDING SPREES

Steam hosts regular sales - including some where game prices are reduced by up to 80%. Some sales promotions also include a mini-game or event which encourages users to spend more money. The sales can be an excellent time for young gamers to purchase the titles they've been wanting, but the attractive discounts can also promote impulsive buys driven by the fear of missing out.

#### CONTACT WITH STRANGERS

Steam isn't a social media site, but it certainly shares some of their elements. Users can add other people as 'friends', for example (whether they know them in real life or not), and then communicate privately with them using text or voice chat. The platform also hosts public discussions and groups for socialising. Steam users can also leave comments on the profiles of other players.

#### POTENTIAL SCAMS

Sadly, Steam's immense popularity has made it a lucrative destination for internet scammers. The most common ruse is phishing: scammers send links to other users, aiming to trick them into entering their login details - which are then stolen. Once in control of the account, the scammer sends messages to everyone on the victim's friend's list, in an attempt to hijack their accounts too.

#### SHADY TRADERS

The Steam Community Market is a built-in trading area where players can trade resources for their games on the platform. Gamers can exchange items, or buy and sell them using real-world currency. It's possible for unwise users to be scammed through bad trade deals, and Steam doesn't usually get involved when this happens. There are also third-party trading websites, which can be risky to use.

#### SPARSE AGE RATINGS

Steam is a digital distribution platform for games of all kinds, including ones not rated by regulatory bodies. Getting a game rated takes a long time, and can be expensive, so developers only tend to follow that process when releasing a title that will be physically sold in shops. Most games on Steam, therefore, don't have an advisory age rating on the store page.

## Advice for Parents & Carers

#### ENABLE PARENTAL CONTROLS

Steam does have some limited parental controls that can restrict exactly what games someone's account can view and access. This can be set up by navigating to the 'Family' tab in 'Settings', then selecting 'Manage Family View'. The platform then allows parents and carers to share a Steam account with their child and limit them to age-appropriate games.

#### USE GIFT CARDS

Having payment methods (like card details or PayPal) linked to a Steam account makes it very easy for a child to purchase new games or spend money on items in the marketplace. An excellent and safe alternative would be to buy a Steam gift card and let your child make their purchases with that instead - putting a manageable cap on how much they can spend on the platform.

#### APPLY STEAM GUARD

Steam Guard is an optional additional layer of security that protects accounts. Enabling it ensures that anyone attempting to log in to that account also needs to provide authorisation via their phone or email. The computer that your child uses Steam on can be authorised to prevent having to provide separate authentication for each login.

#### SHARE A LIBRARY

Using Family Library sharing lets everyone at home share games across accounts (while still keeping their accounts separate). The entire game library from each account is shared with the other account holders - a great way to avoid having to purchase a different copy of the game for each of your children. However, if two users want to play the same game separately, you would need to buy it twice.

#### SAFE MODDING

Modifying a game to customise it or to introduce new content - known as 'modding' - is common on Steam. There's nothing inherently bad about modding, but installing the wrong mods can be disastrous: they can stop games from working properly, or at all. Steam's mods are unlikely to contain viruses or malware, but it's still possible - so ensure your child reads the mod's reviews first to avoid anything dangerous.

### Meet Our Expert

Claire Boehm (aka Lunawolf) has worked as an editor and journalist in the gaming industry since 2015, providing websites with event coverage, reviews and gaming guides. She is the owner of Lunawolf Gaming and is currently working on various gaming-related projects including game development and writing non-fiction books.



Source: <https://www.gamesindustry.biz/news/1000-1000-1000-1000>  
<https://www.gamesindustry.biz/news/1000-1000-1000-1000>





## Free 24/7 urgent mental health support for young people

The last 18 months have been particularly hard for young people's mental health and wellbeing. Young people and their families in need of urgent help with their mental health can get free 24/7 support from trained NHS professionals by telephone.

The NHS has set up free telephone lines across London for young people in distress, open all day, every day, and staffed by trained mental health professionals. They can provide immediate support, or refer people to other sources of help if needed.

Find your local crisis line number [here](#).

**URGENT MENTAL HEALTH SUPPORT 24/7**

**Worried about your mental health?**

Young people and their parents can get urgent support and advice from trained NHS mental health advisors, any time, day or night.

Every mental health trust in London has put in place a telephone line for people in urgent need – including children, young people and their parents. The lines are free to call and open 365 days a year.

AREA	BOROUGHES COVERED	24/7 SUPPORT NUMBERS
North West London	Brent, Hillingdon, Harrow, Kensington & Chelsea and Westminster	0800 023 4650
	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
South West London	Barking & Dagenham, Havering, Redbridge and Waltham Forest	0800 995 1000
	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 350 8590



## Online learning resources and homework

- Mathletics: [login.mathletics.com](https://login.mathletics.com) or download app for mobile
- Times Table Rockstars: <https://play.ttrockstars.com/auth/school> or download app for mobile
- Numbots (EYFS/KS1): <https://play.numbots.com/#/account/school-login/33442>
- Bug Club Reading Resource: <https://www.activelearnprimary.co.uk/login?c=0>

The sign in details for the three resources above are the same (for Bug Club you will also need the school code which is **tpgk**)

- Seesaw: <https://app.seesaw.me/#/login> or download app
- Busy things: <https://www.busythings.co.uk/lgfi-login/>

If you do not have working internet or a device for your children to access these resources on (tablet, laptop or computer) please speak to their class teacher as soon as possible.

## FREE SCHOOL MEALS

You may be entitled to Free School Meals if you receive one of the following:

- Income Support
- Income-based Job Seeker's Allowance
- Income-related Employment and Support Allowance
- Universal Credit – your household income must be less than £7,400 a year (after tax and not including benefits)
- Child Tax Credit with a taxable income of no more than £16,190 and not in receipt of Working Tax Credit
- the Guaranteed Element of State Pension Credit support from the National Asylum Support Service (NASS)

**Clue**

There are hundreds of different ones out there, you will find them near home printers

and when not hiding inside printers they usually look like this

[www.recycle4charity.co.uk](http://www.recycle4charity.co.uk)

Recycle 4 Charity

**Treasure Hunt**

Attention to all children and teachers!

Find some empty ink cartridges and bring them to the school to turn them into gold!

Your school will receive money for them, and you will help the environment with your recycling!

If you receive Working Tax Credit you will not be entitled to free school meals unless you have:

- stopped work in the last 4 weeks; or
  - reduced your hours to less than 16 hours in the last 4 weeks
- Free school meal entitlement will mean that you will not have to pay for school lunches and will receive concessionary rates for clubs and trips. It is also important for you to apply, as the school receives extra funding.

<https://accountforms.camden.gov.uk/freeschoolmeals/>

**Do you have any used printer cartridges lying around at home? Send them into the school office!**

## Parent group: Families, Food and Feelings

The Enhanced Healthy Living Service (EHLS) runs quarterly 6-week parent groups for Camden and Islington parents/carers of children aged 5-17 who struggle with excess weight. The group focuses on psychoeducation and strategies around boundary setting, healthy modelling, emotional eating and encouraging a healthy relationship with food. Referrals are accepted by professionals and parents can also self-refer via the [brandoncentre.healthyliving@nhs.net](mailto:brandoncentre.healthyliving@nhs.net) email address.





# Weekly Wellbeing Update

We're delighted to be returning to school in a relatively 'normal' way this term and it's been so good to see so many of you at drop offs and pick ups. We hugely value our relationships with parents at Fleet so we're delighted that our staff are now able to see you in person more regularly. If there is anything that you'd like support with please don't hesitate to speak to your child's teacher or Miss Wall and we will do everything that we can to help.

These are great websites providing advice to parents who would like support with their child's wellbeing:

<https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/>

<https://www.youngminds.org.uk/parent/>

<https://www.careforthefamily.org.uk/family-life/parent-support>

<https://www.actionforchildren.org.uk/how-we-can-help/get-parenting-support/>

## Parent Workshops

We're keen to provide parent workshops where we can, to work together in order to best support your child's mental health and wellbeing. In the past we've hosted workshops on areas such as self-esteem and resilience and we'd really like to target the areas that most interest you. Please contact Miss Wall through the admin address ([admin@fleet.camden.sch.uk](mailto:admin@fleet.camden.sch.uk)) if you have any suggestions.



## Wellbeing Tip of the Month!

An initiative brought to you by Camden Learning's Health and Wellbeing Team

### June's Wellbeing Tip – The joy of laughter

It's true, laughter is a strong medicine. It draws people together in ways that trigger healthy physical and emotional changes in the body. Laughter strengthens our immune system, boosts mood, diminishes pain, and protects us from the damaging effects of stress. Nothing works faster to bring your mind and body back into balance than a good laugh. Here are some ways to start thinking about adding more humour to our routines this month:

- **Smile** - Smiling is the beginning of laughter, and like laughter, it's contagious. When you look at someone or see something even mildly pleasing, practice smiling.
- **Bring humour into conversations** - Ask people what funny things they have seen recently, or if anything funny has happened to them.
- **Engage with comical media** – If you know there are certain shows, video clips, writers, comedians that make you laugh, make time to engage with them.
- **Spend time with fun, playful people.** As humans, we take on the energies of people around us so try and spend time with those who laugh easily—both at themselves and at life, and who routinely find the humour in everyday events.

If you or any friends/family are tidying gardens and pruning trees please save and bring in any branches or logs for our Forest School. Any size! They are very useful for making dens and forest crafts. Thank you so much. If you have any questions, please pop over and speak to Rebecca Combes in Nursery.

## Fleet's Forest School Request



PLEASE ENSURE YOU ALL HAVE THIS APP INSTALLED AND NOTIFICATIONS TURNED ON  
THIS IS OUR PRIMARY MEANS OF COMMUNICATING WITH YOU

## WELCOME TO CAMJAM! The Camden Music Junior Saturday Centre



## JOIN US ON SATURDAYS

at Brecknock School, NW1 9AL

- Music making sessions for children up to Year 5
- Instrumental lessons
- Bands, orchestras and choirs
- Music technology
- Adult choir
- Music groups for babies and very young children



[www.camden.gov.uk/saturday-music-centres](http://www.camden.gov.uk/saturday-music-centres)



camdenmusic

camdenmusic@camden.gov.uk

020 7974 7239

## Do you want to learn computer skills?

**Camden adult community learning have FREE courses starting in November! Just come along or sign up online!**

### Drop-in Digital Skills Workshops

Every Monday & Wednesday, 10am-12pm  
Netley Adult Learning Centre, 74 Stanhope Street, NW1 3EX

### Fun with Photos

Starts Wednesday 3rd November, 1pm-3pm  
Netley Adult Learning Centre, 74 Stanhope Street, NW1 3EX

### MS Excel & Money Management for Beginners

Starts Tuesday 2nd November, 10am-1pm  
Training Link, 54-56 Phoenix Road, NW1 1ES

### MS Word for Beginners

Starts Wednesday 3rd November, 10am-12pm  
Training Link, 54-56 Phoenix Road, NW1 1ES



### Easy Introduction to Coding with Scratch

Starts Thursday 4th November, 3pm-5pm  
Online course

**Enrol here:** [www.webenrol.com/camden](http://www.webenrol.com/camden)

We have lots of other courses and drop-in workshops to help you improve your digital skills. You can even get an Essential Digital Skills Qualification!

**Email:** [adultlearning@camden.gov.uk](mailto:adultlearning@camden.gov.uk)

**Enrol online:** [www.webenrol.com/camden](http://www.webenrol.com/camden)

**Phone:** 020 7974 2148

✉ [adultlearning@camden.gov.uk](mailto:adultlearning@camden.gov.uk) ☎ 020 7974 2148 🌐 [camden.gov.uk/adultlearning](http://camden.gov.uk/adultlearning)





# Family Kitchen at Home

Join our next free 90-minute online cooking sessions!  
Available for families with children aged 2 to 11 years.

To book your place and receive £30 food shopping vouchers to cover the cost of ingredients for the 4 sessions, contact us to register for the next programme:

0207 974 6736

healthandwellbeingteam@camden.gov.uk



Learn new and easy healthy recipes

Share and make nutritious and delicious meals as a family

Find out more about sugar and label reading when you're out shopping for food

Build confidence around handling knives safely



Please book your place on the programme by contacting the Health and Wellbeing Team on healthandwellbeingteam@camden.gov.uk 0207 974 6736.



# Free virtual sessions for the whole family

1



Fun, free and easy ways to keep primary school pupils healthy, happy and interested in cooking.

For children 5-11 years



2



Follow along online with your family at a time that's convenient for you.



3



Camden residents will receive a supermarket voucher to cover the cost of ingredients.

Then send in a picture of the food you've made and complete a short online survey to receive a £5 Love2Shop voucher.

4



Contact:

healthandwellbeingteam@camden.gov.uk or call

020 79746736

to get your link to the education and cook along sessions and request a food shopping voucher



Do you want to learn fun ways to be healthy as a family?

families for life



# KIDS Early Years

## Specialised Stay & Play sessions

The KIDS Portage team run two drop-in developmental stay and play sessions in Camden.

These are for pre-school children who have developmental delays or who have a diagnosed or an undiagnosed disability or condition.

Both groups provide a variety of play based activities aimed at supporting Children's learning and development.

We provide a support network for the parents and share information about local services.

If you would like more information, please contact:

[Karen.rodriques-avers@kids.org.uk](mailto:Karen.rodriques-avers@kids.org.uk)

### SUPERSTARS SESSION

Tuesday 10.30-12.30  
Harmood children centre  
1 Forge Place, Ferdinand St,  
London NW1 8DQ

Sessions are term time only

### AMAZING TOTS Session for under 2's

Thursday 10.30-12.30  
JW3 Centre  
341 - 351 Finchley Rd  
London NW3 6ET

Sessions are term time only

Keep up to date with us:

www.kids.org.uk KIDScharity  
0207 359 3635 KIDScharity

Registered charity number: 275936



NORTH LONDON PARTNERS  
in health and care



## Does your child have asthma? Your child will need:



an asthma management plan



the correct inhaler technique



an annual asthma review

### What you can do:

- 1 Ask your GP or school nurse for an asthma management plan
- 2 Ask your pharmacist, GP or nurse how to use their inhaler correctly
- 3 Ask your GP, asthma nurse or consultant for an annual asthma review for your child



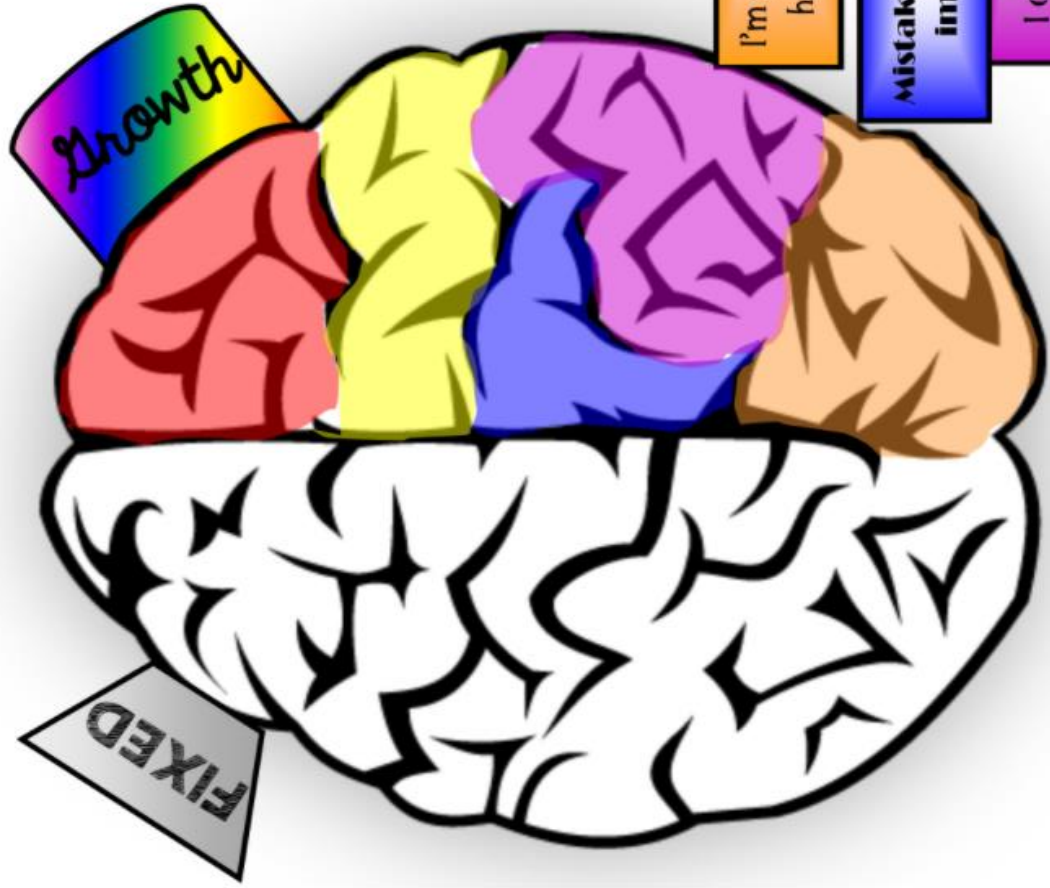
These three important steps can prevent an emergency admission to hospital and even save a life.

Thanks to Healthy London Partnership for the poster idea



# Change your words Change your *Mindset*

- I give up.
- I can't do math/science/social studies/reading.
- I am awesome at this!
- I can't make this any better.
- I made a mistake!
- I'm never gonna be as good as him/her.
- This is too hard.
- I'm not good at this.
- It's good enough.



- I AM GOING TO TRAIN MY BRAIN IN MATH/SCIENCE/SOCIAL STUDIES/READING!!
- Is this really my best work?
- This may take some time and effort.
- What am I missing?
- I'll use some of the strategies I've learned.
- I'm going to figure out what he/she does and try it!
- I'm on the right track!
- Mistakes help me improve.
- I can always improve; I'll keep trying!



## Gender equality: guide for families

### What are gender stereotypes?

Fixed and widely held ideas about roles and behaviours that society thinks appropriate for men and women, girls and boys. For example that boys are more active, adventurous and tough and that girls are more caring, emotional and concerned with appearance. These stereotypes are everywhere in children's lives – in clothes, toys, books, media and language.

Children learn what those around them expect of them as a girl or a boy and their brains adapt. What might look like a child's free choice of toys, friends, subjects or jobs is heavily influenced by the messages the child has absorbed from birth about what's suitable for their gender. **The good news is that we can change these messages.**



### Why are they bad for everyone?

Gender stereotypes can limit children's choices, behaviour, aspirations and even achievement. They are bad for individuals and for society. They steer girls and boys in different directions – feeding different subject choices, different job options and even different health outcomes.

#### Study and work:

- In childhood, construction and science toys are often sold 'for boys'. At A level, only 10% of computing and 22% of physics students are girls. At work, less than 10% of engineers are female.
- In childhood, children learn that dolls are 'girls' toys' and that women do more caring work. At work, fathers are twice as likely to be turned down in a request for flexible working. Only 11% of nurses are male.
- When it comes to children's career ideas, the gender divide is as strong at age 4 as at 14.



#### Health and mental health:

- In childhood, boys learn not to show their feelings except through anger. Boys are 6 times less likely than girls to seek Childline counselling about suicidal thoughts and feelings. Men account for 75% of all suicides.
- 1 in 4 women in the UK will be a victim of domestic violence in her lifetime.



### FAQs

- *But aren't girls and boys just different?*  
Despite popular perceptions, there is no credible scientific evidence of natural difference in interests or skills between genders. Children learn from the stereotypes surrounding them what is considered 'normal' for their gender – and their choices adapt accordingly.
- *What's wrong with girls and boys liking different things?*  
Nothing, so long as it is down to an individual child's preference rather than pressure to conform. Girls and boys are more alike than different.
- *Are you saying I should stop telling my daughter how pretty she is?*  
No – but if her appearance is what your daughter is most often praised for then she may start to think that society values her looks above her other qualities.
- *What about boys?*  
Statistically, boys are more likely than girls to achieve lower grades in school, to go to prison and not to seek help for mental health problems. Harmful gender stereotyping contributes to these outcomes.

**Our aim: that children be free to make their own way as individuals, unlimited by gendered expectations**



[www.liftinglimits.org.uk](http://www.liftinglimits.org.uk)

## Gender stereotyping: what can we do about it?

### Toys:

- Building blocks, puzzles and construction develop spatial awareness. Dolls and imaginary play help to develop empathy and communication. Introduce a range of toys for all children.
- Thinking about buying presents? For help avoiding gifts which reinforce gender stereotyping see the Let Toys be Toys website at [www.lettoysbetoysof.org.uk](http://www.lettoysbetoysof.org.uk) – especially their Gift Guides and recommended retailers.

### Opportunities to challenge gender stereotypes:

- In role-play games with younger children, who plays what roles?
- Talk to children about what they are seeing on TV – in what roles are male and female characters shown? How are female and male characters dressed?
- Look for positive role models of female leaders, women in sport, men in caring roles.

### Language:

- Think about the messages language can suggest – e.g. 'man up' suggests that boys should not show their emotions. Never use 'girl' or 'girlie' as an insult.
- 'We need a strong man to open that' 'I can't do that with these nails' – throwaway comments can have a powerful impact on children.
- Use 'humankind' rather than 'mankind' or 'firefighter' rather than 'fireman' – avoid using the masculine to refer to everyone.

### Expectations and aspirations:

Beware assumptions which might influence children's aspirations – e.g. by suggesting certain jobs are more for women or men or by assuming a future role as carer for girls and breadwinner for boys.

### Books:

- Children's books still send very gendered messages about male and female roles.
- Look for books with strong female leads and boys in caring roles – for boys and girls.
  - Swap 'he' and 'she' where male-dominated.
  - Use books as an opportunity to question roles and attitudes.

### Around the home:

- Who do children see doing what work around the house?
- What chores are children given at home – are they different for girls and boys?
- Is different behaviour expected of sons and daughters?
- If newspapers and magazines show women and men in stereotypical roles, question these so that children don't assume that's just the way the world is.

### Attitudes:

- Teach children that caring roles are rewarding and important – and ensure that boys can see themselves in caring roles.
- All emotions are for everyone! Don't discourage boys from crying or expressing how they feel.
- What praise are children given? e.g. repeated praise of girls as pretty and boys as clever or strong teaches children what society expects of them.

### Clothes and shoes:

- Are girls wearing clothes or shoes which are more delicate – which they need to keep clean or which hinder them in climbing or kicking a ball?
- Think about slogans, colours and the messages they send.

### Similarities and differences:

- Don't set up girls and boys as 'opposite' or separate – there are more similarities between them than differences.
- Beware treating girls or boys as uniform groups.
- Friendships between genders are to be encouraged.



[www.liftinglimits.org.uk](http://www.liftinglimits.org.uk)



## Why learn music?

Learning a musical instrument can –

Support your child's literacy and numeracy

Help with concentration, co-ordination and mood

Lead to a career or be a lifelong, fulfilling activity where they will make friends.

## How can you help?

Your child will need to practise regularly to make progress. At first this will mean setting aside 10 – 15 minutes three or four times a week (a regular time is best) but as your child progresses, they will need to practise most days, for longer. Younger children will need you to help them – you don't need to be musical, just be encouraging.

## What else will help?

As soon as your child is able to play for more than a few minutes happily, and can play and read about eight notes, they could join one of our groups, make friends, and really develop their musicality.

Find out more here

[www.camden.gov.uk/saturday-music-centres](http://www.camden.gov.uk/saturday-music-centres)

and here

[www.camden.gov.uk/music-service-ensembles](http://www.camden.gov.uk/music-service-ensembles)

## Terms and conditions

All Camden Music staff have enhanced DBS clearance.

Payment for lessons must be made in advance. Lessons can only begin once a payment is received. You may pay in two instalments. You must have paid the second instalment by half term.

We offer ten lessons per school term. Most terms have more than ten weeks. In the event of us not being able to offer ten lessons we will credit your account or make a refund for lessons missed. If the school is closed for reasons relating to COVID-19, lessons will be taught online. If you are unable to access online lessons, it may not be possible to make up the missed lessons and no refund will be given.

If the tutor is absent we will try to find a suitably qualified temporary replacement. If this is not possible and your child does not receive the number of lessons paid for that term, you will be reimbursed automatically after the end of the term.

In the event of a pupil not attending a lesson for any reason the tutor will make up the lesson, provided written notice has been given to both the tutor and to the Music Service three weeks before the missed lesson. If this is not possible, the cost of the missed lesson will be credited to your account. Lessons missed without three weeks' notice will not be made up and no refunds will be made.

Camden Music and/or the school will monitor the attendance and progress of pupils receiving free or subsidised lessons, and subsidy may be withdrawn if attendance is unsatisfactory.

If you wish to cancel tuition we require at least half a term's notice.

If you have any queries or require further information, please contact the Camden Music Service – 020 7974 7239 – [camdenmusic@camden.gov.uk](mailto:camdenmusic@camden.gov.uk)



- LESSONS IN SCHOOLS
- SATURDAY CENTRES
- SUNDAY GROUPS
- HOLIDAY COURSES

Camden Music is delighted to offer a wide range of one to one and shared music lessons in your school.

### Getting started is easy!

Simply go to our website for more information and to register. Why not sign up for an exciting weekend or holiday group as well?

[www.camden.gov.uk/camdens-music-service](http://www.camden.gov.uk/camdens-music-service)



020 7974 7239

[camdenmusic@camden.gov.uk](mailto:camdenmusic@camden.gov.uk)

### Camden Music Service

The Crowndale Centre  
218 – 220 Eversholt Street  
London NW1 1BD  
Tel 020 7974 7239

[camdenmusic@camden.gov.uk](mailto:camdenmusic@camden.gov.uk)

[www.camden.gov.uk/camdens-music-service](http://www.camden.gov.uk/camdens-music-service)

# Individual Instrument Tuition at Fleet

## Welcome to the Camden Instrumental Service

The Camden Music Service aims to extend the range of high quality instrumental tuition available to children attending Camden schools.

## What instruments can my child learn?

We currently offer tuition on piano. Do let us know if your child is interested in starting a different instrument. If there is enough interest we can look to provide a tutor.

## Will my child need an instrument?

Yes, because to progress children need to practise between lessons. Camden Music Service has a stock of instruments available for hire at very reasonable cost. Unfortunately we are not able to hire pianos, keyboards or drum kits.

If you would like to buy an instrument we can help through our **Instrumental Purchase Scheme** which lets you buy a brand new instrument at a greatly reduced price. To make life even easier, we offer a 12-month interest-free repayment scheme.

## When and where will lessons take place?

Most instrumental lessons take place during the school day which means that pupils leave a classroom lesson for a short period.

## What types of lessons are there?

We offer shared or individual lessons. Shared lessons can only be offered where there is another child of a suitable age and standard to share with yours. If there isn't, we will arrange a 20-minute individual lesson for you.

### Shared lessons

- Ideal for beginners, especially for younger children
- Children learn from each other and have the opportunity to play together; excellent preparation for playing in ensembles later
- Children who start in a group can change to individual lessons later

### Individual lessons

- Ideal for children who benefit from individual attention
- Better for children who are easily distracted
- Any sense of competition is reduced
- Easier to arrange a lesson to suit the needs of the child

## What will it cost?

The following fees are based on 10 lessons during a school term.

Ten shared lessons (2 children) £84 per term  
Ten individual 20 min lessons £112 per term  
Ten individual 30 min lessons £168 per term

## How do I pay?

The Music Service will send you an invoice before the start of term. **Lessons will only start once you have paid.** Payment may be made online or over the phone.

## Is any financial help available?

Children eligible for Free School Meals may apply for a 50% reduction in fees.

## What about if we want to stop?

We will invoice you for the next term's lessons shortly after half term. If you don't want to continue, please let us know. Lessons are booked for a term at a time and it is not usually possible to stop lessons part way through a term.

## How do I apply?

- You can apply online
- Visit [www.camden.gov.uk/camdens-music-service](http://www.camden.gov.uk/camdens-music-service) and follow the link to instrumental and voice lessons in schools.
- We will put your child on our waiting list if there is not a lesson space available straight away.
- We will send you an invoice when a lesson is available. Your child's lesson will not start until you pay.



# Camden Early Help



Everyone needs a little help sometimes. If you're feeling worried about your child, or you want to make a change in your life, Camden Early Help is here for you, your children and your whole family.

- ▶ Free support service for families with children aged 0 to 19 in Camden
- ▶ Practical and emotional support with a range of life issues if they are starting to feel overwhelming
- ▶ Working with you and your family to help make whatever changes you want to make
- ▶ Helping you and your family develop friendships and feel connected with your community.

## Early Help



### As well as family workers, there's lots of other options:

- ▶ Early Help Family Group Conference – bring together a circle of family members, friends, neighbours or community members to help solve problems
- ▶ Parenting programmes – a range of programmes for parents to be, and parents with children from 0-19 to help you feel confident and positive about your parenting role
- ▶ Activities – to enjoy time together as a family
- ▶ Early Help Play – support to access holiday play schemes, breakfast clubs, after-school clubs, and free early education and childcare places\*
- ▶ Employment advice and welfare rights – access to our advisors to help with benefits and all things work-related
- ▶ Connections to housing support and homelessness services
- ▶ Connections to community organisations in your area.



### How do I get Early Help?

You can contact us today, or you can talk to someone in your life that you trust. This might be your child's teacher or nursery worker, your GP or health visitor, your housing or tenancy support worker or youth worker.

They can contact us on your behalf, and then you can work with us if you would like to.

If it feels like it's time to make a change, Camden Early Help would love to be by your side so the little things don't become big things.

### Other formats

If you require this leaflet in large print, Braille or in another language please contact us.

### Find out more

**T:** 020 7974 3317 (9am to 5pm, ask for Early Help)  
**E:** LBCMASHadmin@camden.gov.uk  
 For more information about Early Help visit:  
[camden.gov.uk/earlyhelp](http://camden.gov.uk/earlyhelp)  
 Sure Start 020 7974 8961  
[camden.gov.uk/surestart](http://camden.gov.uk/surestart)

Produced by Creative Services 1251/23

\* free childcare places for eligible 2 year olds



### What's Early Help?

Early Help is about family and being here for when families are experiencing things that are starting to feel overwhelming. Early Help is about whatever is important to you, whatever is causing you to feel distress or worry. Early Help is for families with children of any age, from 0 to 19. It's voluntary and your choice whether to have it or not.

### What can you help with?

Every family we work with is unique. We work with families experiencing relationship breakdown or conflict, violence in the home, children showing distressed behaviour, support for first time parents, housing, rent or money worries, difficulties at school, worries about a child's health or development, managing changes in circumstances, grief and bereavement, and mental health problems. Often it's a combination of many things. But whatever it is that you and your family want to change, we are here to work with you - to help you and your family get to where you want to be.

### What does Early Help do?

There are lots of Early Help services in Camden, so we'll work with you to figure out the one you think will be most helpful to you and your family. You can watch a video about Early Help made by a Camden young person here: [youtube.com/user/CamdenCouncil](https://www.youtube.com/user/CamdenCouncil)

### Early Help services include:

#### Sure Start

A full range of help and support in your local children's centre if you are pregnant or have a child under 5.

#### Early Help Co-ordinators

Someone to have a chat with to see how we can help and what Early Help service might be most useful.

#### First Stop Early Help

A team of family workers who will work alongside you for up to 12 weeks, and help you and the network of people around you to feel on the right track.

#### Families in Focus

A team of family workers who will work alongside you for 6 to 12 months.

#### Transformation Team

A team of family workers who will work alongside you for 12 months plus.

#### Youth Early Help

A full range of help and support for families with children aged 11 plus and young people.



### Every Early Help team will:

- ▶ Be with you through the tough stuff
- ▶ Listen to you and your family – we'll be led by you
- ▶ Focus on what's important to you and your family, and what a good life might look like for you
- ▶ Work with you to find out what's going well and what feels strong
- ▶ Work with you to explore and make sense of the things you want to change
- ▶ Make a plan with you, your children and your family so the changes can start to happen
- ▶ Make sure everyone involved works together to help you and your family best.

