

Fleet Community Notices



Wednesday 15th December 2021



Here are this week's community notices. Reminder about the 'Short Story' competition advertised on Page 3 from our local book shop Daunt—this is a lovely activity. Please encourage your children to have a go. Please also see the consultation on the Pavement widening at the bottom of this page. Would be good if some of you were able to take time to look at this and give your comment to the council. Also, Bloomsbury Football have added two new holiday programmes to those that were already advertised here in previous weeks, at the Royal Free Rec Centre along the road from here and at Parliament Hill School—see page 12 for more details. Please see the leaflet previously sent out (also available on the front page of the school website) on all the other play schemes available over the winter break including the Fuzion academy course running here in Fleet.

A big thank you to all of you for your support and patience this term. We wish you all a happy healthy break and look forward to welcoming all back in January 2022.

Reminder:

School finishes this Friday (17th) at 2pm



School reopens to the children on Wednesday 5th January at normal time for all children

Request for help from our neighbours at Kentish Town City Farm


Dear Fleet,

As your neighbour and because we are a community hub at the heart of our local area we wanted to let you know about an important fundraiser.



Last year we trialled The Big Tree Takeaway and it is back! Kentish Town City Farm launches The Big Tree Takeaway again as part of our Festive Fun season and the first fundraiser of 2022 when we celebrate our 50th year! Farm volunteers collect trees locally with proceeds helping the farm. Our goats love trees for snacking and we've partnered with Hampstead Heath who responsibly recycle the rest. Last year they chipped about 700 trees for use in their green spaces. Over 600 locals raised £8000 and we want to do even better this time. This is a fun way to dispose of your tree and it reminds us all how important it is to reuse and recycle. So we are looking for support from local schools, many of who visit us in the summer months.

School's out soon but if you have one last e-newsletter going out to your pupils and parents we really hope you could mention

The Big Tree Takeaway.  Here is a link to download some of the visual stuff including a brilliant little movie about how not to recycle your tree which had 1000s of views last year! There are pics of goats <https://we.tl/t-TLztFYEb0Z>

Bookings for collections are through Eventbrite and this is the link <https://www.eventbrite.co.uk/e/kentish-town-city-farm-the-big-tree-takeaway-2022-tickets-223413785647>. The QR code takes bookers straight to that page. Thank you.

Pavement Widening on Agincourt Road



The pavement widening the council did to make the Agincourt Road entrance to the school safer is a temporary measure. The council are now consulting on whether this change should be made permanent. Please take some time to read through the information and make a response. The school has submitted a response in favour of the plan as we believe the pavement being wider makes it much safer for those families travelling to school along Agincourt Road and using this entrance. As it was before, families often had to step in to the road to pass people due to the narrow nature of the pavement as it approached the junction. Click this link for more information and to leave your response:

<https://consultations.wearecamden.org/supporting-communities/fleetprimary/>

Lateral flow testing before returning on January 5th

On Friday we will send a box of LFD test kits home to every family. We ask that in the last 5 days before coming back to school on the 5th January that you administer 2 tests to your child with the second on either the night before or morning before they come in to school. This is on the advice of Public Health Camden to support the identification of asymptomatic cases picked up over the holidays and avoid them coming in to school and spreading. Thank you for your support with this.



Dear Parents/ Guardians,

Do you know a girl aged 5-18 who loves fun, adventure and making new friends? Girlguiding is for her!

Girlguiding (Rainbows, Brownies, Guides and Rangers) units in Gospel Oak, Kentish Town and across London have spaces! We learn new skills, help in our community, enjoy nature, go on adventures, make new friends and much more!

Our units are run by volunteers, meet on weekday evenings, with some weekend activities including trips, sleepovers and holidays. We are a volunteer run organisation and work actively to include girls from all backgrounds including those with additional needs and our activities are very financially accessible.

To find out more, visit: <https://www.girlguiding.org.uk/information-for-parents/register-your-daughter/> or contact: guides7thstpancras@live.co.uk

Best wishes,

Tash

St Pancras Girlguiding Leader



Girlguiding Registered Charity Number: 306016





HOME FOR THE HOLIDAYS.



SUNDAY 19 DECEMBER
KICK OFF 12:15PM

KICK OFF THE HOLIDAYS AT KINGSMEADOW!

We're inviting everyone - teachers, pupils and their families - to join us for festive celebrations as Chelsea F.C. Women take on West Ham in the Women's Super League.

Tickets from just **£1**

Get your tickets today and enjoy live football, live music, mince pies, trophy photo opportunities, and hopefully a sledge-load of goals!

Kingsmeadow Stadium, KT1 3PB | Sunday 19 December | Kick off 12:15pm

Ticket prices: Adults from £9 Juniors/Seniors from £1



Book Tickets Now!

Use this link to book tickets, and share with all your families and other staff. We welcome everyone to join in the festive fun.

We've got lots to celebrate!

During the 2020/21 campaign, Chelsea FC Women won the domestic quadruple!

- The Community Shield
- League Cup
- Women's Super League
- And most recently the Women's FA Cup

All four trophies will be on display and available for photo opportunities with fans on 19th December. Get the perfect family portrait, just in time for the Holidays!



FESTIVE FARM FUN

17TH TO 20TH DECEMBER

12 - 3 PM

NO BOOKINGS REQUIRED

17TH - 20TH DECEMBER

MULLED WINE & MINCE PIES

HOME-MADE JAMS & CHUTNEYS

STOCKING FILLERS

CONSTELLATION TREASURE TRAIL

POST YOUR LETTER TO SANTA'S GROTTO

18TH & 19TH DECEMBER ONLY:

MEET SANTA - OUTDOOR GROTTO £3

SANTA ARRIVES - 12:15 PM

HOME BAKED SWEET & SAVOURY CAFE

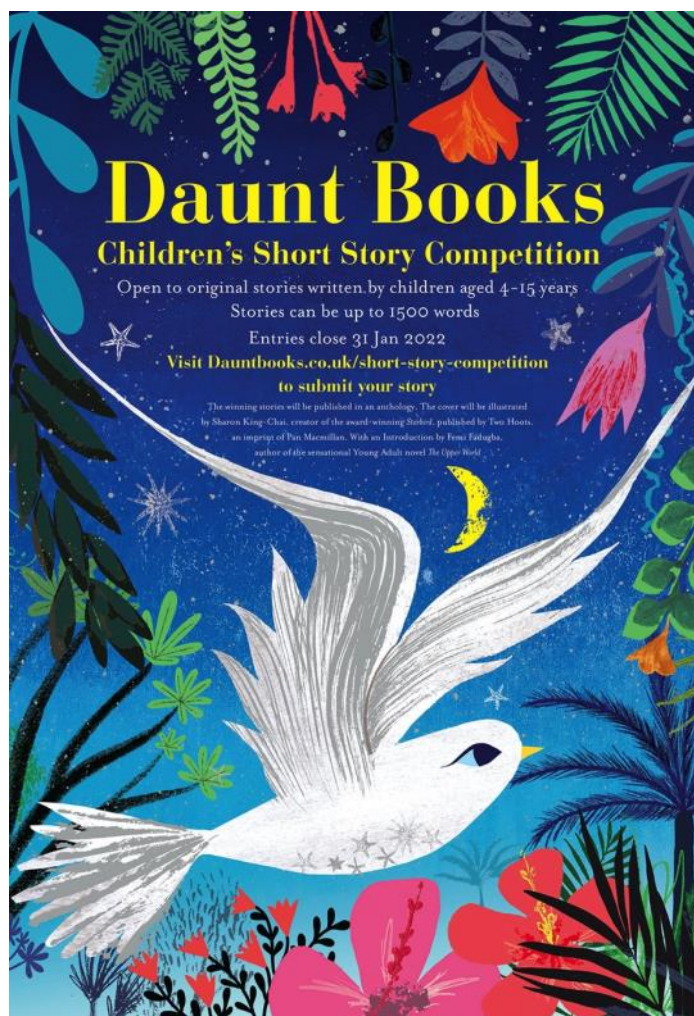
LIVE MUSIC WITH LITTLE VENICE

MAKE YOUR OWN RECYCLED WRAPPING PAPER

WELLIES ADVISABLE



1 CRESSFIELD CLOSE, NW5 4BN - 020 7916 5421



Daunt Books

Children's Short Story Competition

Open to original stories written by children aged 4-15 years

Stories can be up to 1500 words

Entries close 31 Jan 2022

Visit dauntbooks.co.uk/short-story-competition

to submit your story

The winning stories will be published in an anthology. The cover will be illustrated by Sharon King-Chai, creator of the award-winning *Shed*, published by Two Hoots, an imprint of Pan Macmillan. With an Introduction by Femi Fajana, author of the sensational Young Adult novel *The Upper Hand*.

SCHOOL TERM DATES 2021/2022

AUTUMN TERM

First day of term	Friday 3 rd September 2021
Half term (inclusive)	Monday 25 th Oct – Friday 29 th Oct 2021
Last day of term	Friday 17 th December 2021

SPRING TERM

First day of term	Wednesday 5 th January 2022
Half term (inclusive)	Monday 14 th Feb – Friday 18 th Feb 2022
Last day of term	Friday 1 st April 2022

SUMMER TERM

First day of term	Wednesday 20 th April 2022
May Day Bank Holiday	Monday 2 nd May - school closed
Half term (inclusive)	Monday 30 th May – Friday 3 rd June 2022
Last day of term	Friday 22 nd July 2022

STAFF INSET DAYS – SCHOOL CLOSED

	Autumn Term	Spring Term	Summer Term
1 st half term	Wednesday 1 st & Thursday 2 nd September 2021	Tuesday 4 th January 2022	Tuesday 19 th April 2022
2 nd half term			Friday 27 th May 2022



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).

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



Raise FREE donations for

FLEET PRIMARY SCHOOL

every time you **shop online**

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

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

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



Over £32 million raised

Trustpilot **★★★★★**

1.8 million users

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

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
	Barking & Dagenham, Havering, Redbridge and Waltham Forest	0800 995 1000
South West London	Kingston, Merton, Richmond, Sutton and Wandsworth	0800 028 8000
South East London	Croydon, Lambeth, Lewisham and Southwark	0800 731 2864
	Bexley, Bromley and Greenwich	0800 350 8590



Online learning resources and homework

- Mathletics: 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/lgfl-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



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 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) if you have any suggestions.



New Tip...

Wellbeing Tip of the Week!

An initiative brought to you by Camden Learning's Health and Wellbeing Team—a new one each week!

Week 14 – Taking care during the holidays

Christmas, New Year and the holiday period can be a good opportunity to connect with different people. For some of us, it can also be stressful and trigger difficult feelings. Here are a few tips from <https://www.mind.org.uk/> that might help to look after your wellbeing at this time of year:

- **Press pause** – We can sometimes find ourselves taking on too much or planning lots of social activities, remember if things become too much, you can press pause and give yourself a break at times.
- **Get enough sleep:** Sleep is vital for our wellbeing. Try to use this time to recharge your batteries and aim for at 7-9 hours each night.
- **Full Moon** - It's a full moon on Christmas Day, so have a look at that if the sky is clear and take notice of how it looks to you. (It won't happen again for 19 years.)
- **Give yourself a present** - Make sure you make some time to do something that you really want to do, or buy yourself a small gift as a treat. Think about what you want to get out of the break and set this as a goal to achieve.
- Finally and most importantly, relax, unwind and have some fun!

For more wellbeing tips over this period, visit: <https://www.mentalhealth.org.uk/christmas>

Dear parent/carer,

Mental Health Support Team (MHST) Webinar Series for Parents/Carers of Primary School aged Children and Secondary School aged Young People

The MHST are pleased to offer parents/carers a series of workshops to support their children's well-being. There are 8 topics in total with workshops being offered from this point until the end of Spring term.

Webinars that are for both Parents/Carers of Primary and Secondary aged children and young people:

- Why Early Intervention Matters
- Introducing the MHST
- All about sleep
- Therapeutic conversations with your child and young person
- Screen Time

Webinars for Parents/Carers of Primary aged children:

- Parent-child interactions
- Managing child worries

Webinars for Parents/Carers of Secondary aged Young People:

- Supporting your Anxious Young Person
- Understanding Adolescent Development

Each workshop will last up to 60 minutes and have an optional follow-up of 30 minutes for parents/carers to ask questions or discuss the topic further.

Parents and carers can register for any of the above webinars through Eventbrite for free at:

<https://www.eventbrite.co.uk/e/mhst-parent-and-carer-webinar-series-2021-2022-tickets-184684756077>

Parents and carers can opt in for all topics, or whichever most appeals to them. The webinar series will run from **Friday 12th November 2021 until Thursday 10th March 2022**.

The scheduled topics, dates and times are:

Webinar topic	Intended Parent Audience	Date	Time
Parent-child interactions	Primary	Thursday 20 th January	12.00 to 13:00 Q and A 13:00 to 13.30
Managing child worries	Primary	Thursday 27 th January	12.00 to 13:00 Q and A 13:00 to 13.30
Supporting your Young Person with Anxiety	Secondary	Thursday 3 rd February	12.00 to 13:00 Q and A 13:00 to 13.30
Understanding Adolescent Development	Secondary	Thursday 10 th February	12.00 to 13:00 Q and A 13:00 to 13.30
Therapeutic conversations with your Child and Young Person.	Primary & Secondary	Thursday 24 th February	12.00 to 13:00 Q and A 13:00 to 13.30
Screen Time	Primary & Secondary	Thursday 3 rd March	12.00 to 13:00 Q and A 13:00 to 13.30
All about sleep	Primary & Secondary	Thursday 10 th March	12.00 to 13:00 Q and A 13:00 to 13.30

Advertising the webinars

We are aiming for the process to be as convenient as possible for school, parents and carers so we are using the online booking platform Eventbrite to advertise and allocate requested places. If you feel your parents and carers may be interested in the webinar series please include the attached information in your next newsletter, school website or other accessible media. Please could you also recommend to any parents and carers who you think might be interested.

If you have any questions or suggestions please do contact us.

With many thanks,

Alessia Potere (Counselling Psychologist- MHST)

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 they feel it is needed. This guide focuses on one issue of many which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.

What Parents & Carers Need to Know about AGE-INAPPROPRIATE CONTENT

"Inappropriate" means different things to different people. What's acceptable for one age group, for example, may be unsuitable for a slightly younger audience. Online, young people can chance upon inappropriate content in various ways – from pop-up ads to TikTok videos. The increasingly young age at which children become active in the digital world heightens the risk of them innocently running into something that they find upsetting or frightening. Trusted adults need to be able to help children be aware of what to do if they're exposed to age-inappropriate content.

WHERE IS IT FOUND?

SOCIAL MEDIA

Age-inappropriate content is easily accessible through many social media platforms. TikTok, for instance, is hugely popular with young people but is arguably best known for clips featuring sexualised dancing or profanity. Some social media users also express hate speech or promote eating disorders and self-harm, which could cause lasting damage to a child's emotional and mental health.

GAMING

Gaming is an enjoyable source of entertainment, but many popular titles can expose children to inappropriate material such as violence, horror, gambling or sexually explicit content. Playing games unsuitable for their age risks normalising to children what they are seeing. Some games also include in-game chat, where other (usually older) online players often use language that you probably wouldn't want your child to hear or repeat.

STREAMING

The range of video streaming services available online means that users can find almost anything they want to watch on demand. Children are therefore at risk of viewing TV shows and movies which contain nudity, drug and alcohol abuse, explicit language and extreme violence. Unfortunately, these streaming platforms can't always determine that it's not an adult who's watching.

ADVERTS

Online adverts frequently include age-inappropriate content: usually gambling and nudity or partial nudity, although adverts for alcohol or e-cigarettes are also common. Some search engines also feature adverts that are responsive to your search history; so if you've recently looked up a new horror movie, shopped for lingerie or ordered alcohol online, then the ads appearing on screen could reflect this the next time your child borrows your device.

Advice for Parents & Carers

TALK IT THROUGH

Embarrassment or fear of getting into trouble can make it difficult for children to talk openly about age-inappropriate content they've watched. Remind your child they can always come to you if they're troubled by something they've seen online, without worrying about consequences. Before offering advice, discuss what they saw, how they felt and how they came to find the content in question.

CONNECT, DON'T CORRECT

If your child's been particularly distressed by exposure to content that wasn't suitable for their age, it's important to offer guidance to prevent them from repeating the same mistake – but it's equally vital to help them deal with the emotions that the situation has raised. You could tell them about any similar experiences you might have had at their age, and how you dealt with it.

BLOCK, REPORT, CONTROL

After discussing the problem, you and your child can take action together. This could include blocking any inappropriate sites and reporting any content which violates a platform's rules. To further safeguard your child online, set up parental controls on internet-enabled devices that they use. This will significantly reduce the chances of your child being exposed to age-inappropriate content in future.

GET SPECIALIST HELP

Age-inappropriate content can potentially have a negative impact on a child's mental health, which is sometimes displayed through changes in their behaviour. If the problem becomes more severe, you might consider reaching out to a mental health professional or an expert in this field who can provide you and your child with the proper support.

STAY CALM

Even though it is obviously difficult to stay rational in a situation where your child has been put at risk, it's essential to think before you react. Your child may well have hesitated to open up to you about watching inappropriate content for fear of the consequences, so being calm and supportive will reinforce the notion that it would be easy to talk to you about similar issues in the future.

Meet Our Expert

Coyley Jorgensen is a Registered Counsellor with The Health Professions Council of South Africa, and she runs a private practice offering counselling to children, teenagers and families. Her main focus is creating awareness and educating the community on the mental health pressures of today's world, as well as resources and techniques to understand and cope better.



NOS National Online Safety®
#WakeUpWednesday

Sources: <https://www.nationalonlinesafety.com/media/2022/04/child-in-media-the-year-2021.pdf> | <https://www.nationalonlinesafety.com/media/2022/04/child-in-media-the-year-2021.pdf> | <https://www.nationalonlinesafety.com/media/2022/04/child-in-media-the-year-2021.pdf>



www.nationalonlinesafety.com



@natonlinesafety



/NationalOnlineSafety



@nationalonlinesafety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 01.12.2021

Alyssia Fleur

School Of Dance

Fun and creative Ballet and Jazz
Classes for ages 2+ & Beginner
Adult Ballet Classes

Promoting a positive learning
environment through praise
based teaching.

To register your interest please email: a.f.schoolofdance@gmail.com
or call: 07565 365622

alyssiafleurschoolofdance.co.uk

St John's Wood

Marylebone



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!



Date: 17/11/21

Dear Parent/Guardian,

Our popular gymnastics classes are back up and running.

As with most things these days we have had to adapt the class & timings to
suit our Covid-19 compliant guidelines.

The new term will start on Wednesday & Thursday 5th & 6th January 2022.
We ask of you the following:

- Classes are limited to 8 children & will be 55 minutes
- That you arrive with the intention of dropping off the children
- All children must be signed in
- There is a 5 minute gap between classes for cleaning
- No loitering & we have no seating area
- The class will end on time & children should clear the studio and change promptly
- All kids must sanitise their hands, we have a low level sanitiser just for them

New term begins:
Wednesday 6th & Thursday 6th January 2022
Half Term: Wednesday 16th & Thursday 17th February 2022
Term ends: Wednesday 30th & Thursday 31st March 2022

12 classes

Price: £160.00 for the course

Drop in/Trial per session: £16.00

Wednesday
4.00pm-4.55pm for five to seven years old
5.00pm-5.55pm for seven to nine years old
6.00pm-6.55pm for nine to eleven years old
Thursday
4.00pm-4.55pm for five to seven years old
5.00pm-5.55pm for nine to eleven years old

THANK YOU

The Armoury
25 Pond Street,
Hampstead,
London. NW3 2PN
thearmoury@jubileehalltrust.org
Tel: 020 7431 2263
Fax: 020 7794 4294

Jubilee Hall Trust Ltd.
30 The Piazza, London WC2E 8BB
Registered in England and Wales
Registration no. 1310648

Trustees:
David Alcock, Steve Calverley,
Jane Cochrane, Gareth Davies,
David Goy, Judy Hargaden,
Alan Kuznetsov, Nicki London,
John McQuillan, Tim Mitchell,
Jo Weir.



The Metropolitan Police

Christmas Tree Appeal 2021

This year is the 10th anniversary of the Metropolitan Police Christmas Tree Appeal.

We have nearly 17,000 children (aged from birth to 17 years old) to provide a gift for. These children come from many different backgrounds and many are living in poverty.

In the last 10 years we have provided with the generosity of Londoners over 116,000 presents to children living in care, living in refuges or who are child carers.

Please donate a gift this year to a child who may otherwise not receive a gift

<https://givergy.uk/christmastreeappeal2021/?controller=home>

Help a child have a better Christmas

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



camdenmusic

020 7974 7239

camdenmusic@camden.gov.uk

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

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

Enrol online: www.webenrol.com/camden

Phone: 020 7974 2148

✉ adultlearning@camden.gov.uk ☎ 020 7974 2148 🌐 camden.gov.uk/adultlearning



CHRISTMAS HOLIDAY CAMPS



ACLAND BURGHLEY

EXPERT COACHING | OPEN TO ALL ABILITIES | AFFORDABLE

ACLAND BURGHLEY

DATE & TIME

MONDAY 20TH - THURSDAY 23RD DECEMBER 2021
DROP OFF - 10AM
PICK UP - 2PM

COST

AS A CHARITY WE PROVIDE FINANCIAL ASSISTANCE TO THOSE ELIGIBLE FOR FREE SCHOOL MEALS.

FULL PRICE - £40
PARTIAL BURSARY - £20
FULL BURSARY - £8
FREE SCHOOL MEAL CHILDREN - FREE

VENUE

93 BURGHLEY RD, LONDON NW5 1UJ

AGES

7 - 14 YEAR OLDS

CONTACT

BEN GELBART - 07724 608 600
INFO@BLOOMSBURYFOOTBALL.COM

**SCAN
NOW**



MARKET ROAD

DATE & TIME

WEEK 1: MONDAY 13TH - FRIDAY 17TH DECEMBER 2021
WEEK 2: MONDAY 20TH - THURSDAY 23RD DECEMBER 2021
DROP OFF - 10AM
PICK UP - 3PM

COST

AS A CHARITY WE PROVIDE FINANCIAL ASSISTANCE TO THOSE ELIGIBLE FOR FREE SCHOOL MEALS.

FULL PRICE - £40
PARTIAL BURSARY - £20
FULL BURSARY - £8
FREE SCHOOL MEAL CHILDREN - FREE

VENUE

MARKET ROAD PITCHES, LONDON, N7 9PL

AGES

7 - 14 YEAR OLDS

CONTACT

BEN GELBART - 07724 608 600
INFO@BLOOMSBURYFOOTBALL.COM

SCAN NOW

WEEK 1



WEEK 2



CHRISTMAS HOLIDAY CAMPS



MARKET ROAD

EXPERT COACHING | OPEN TO ALL ABILITIES | AFFORDABLE



CHRISTMAS HOLIDAY CAMPS

ROYAL FREE REC CLUB

EXPERT COACHING | OPEN TO ALL ABILITIES | AFFORDABLE

ROYAL FREE REC CLUB

DATE & TIME

MONDAY 20TH - THURSDAY 23RD DECEMBER 2021
DROP OFF - 10AM
PICK UP - 2PM

COST

AS A CHARITY WE PROVIDE FINANCIAL ASSISTANCE TO THOSE ELIGIBLE FOR FREE SCHOOL MEALS.

FULL PRICE - £40
PARTIAL BURSARY - £20
FULL BURSARY - £8
FREE SCHOOL MEAL CHILDREN - FREE

VENUE

FLEET RD, LONDON NW3 2QG

AGES

3 - 8 YEAR OLDS

CONTACT

BEN GELBART - 07724 608 600
INFO@BLOOMSBURYFOOTBALL.COM

**SCAN
NOW**



WINTER HOLIDAY CAMPS

PARLIAMENT HILL SCHOOL

EXPERT COACHING | OPEN TO ALL ABILITIES | AFFORDABLE

PARLIAMENT HILL SCHOOL

DATE & TIME

WEDNESDAY 29TH - FRIDAY 31ST DECEMBER 2021
DROP OFF - 10AM
PICK UP - 2PM

COST

AS A CHARITY WE PROVIDE FINANCIAL ASSISTANCE TO THOSE ELIGIBLE FOR FREE SCHOOL MEALS.

FULL PRICE - £40
PARTIAL BURSARY - £20
FULL BURSARY - £8
FREE SCHOOL MEAL CHILDREN - FREE

VENUE

HIGHGATE RD, LONDON NWS 1RL

AGES

7 - 14 YEAR OLDS

CONTACT

BEN GELBART - 07724 608 600
INFO@BLOOMSBURYFOOTBALL.COM

**SCAN
NOW**



CCA CAMDEN HEALTH KICK

Please sign up in advance for all sessions!

MONDAY
SOCA EXERCISE DANCE
11 am - 12pm at The Dome

WEDNESDAY
FAMILY MULTI - SPORTS
Family Session - 4.00-6.00pm at The Dome

THURSDAY
WOMENS YOGA 11:30am - 12:30pm at the Dome
COFFEE MORNING 12:30pm - 1:30pm at the Dome

FRIDAY
FAMILY SPORT INC ZUMBA
Women & Girls 4.30pm - 6pm at The Dome

DECEMBER 2021 Call: 020 7267 6635 or Email: Sarah@qcca.org.uk **FREE**

CCA COFFEE MORNING

When - Thursday's 12:30pm- 1:30pm
Where - Upstairs Dome

GUEST SPEAKERS EVERY WEEK
9th December - Wellness & Self Care Charity
16th December - GP Practice

Come along to our coffee mornings where you can socialize with members of the community! All hot beverages and snacks will be provided.

170 Weedington Rd, London NW5 4NU

ThriveLDN towards happier, healthier lives

FREE WOMEN'S ONLY ZUMBA

Monday - 11am - 12pm.
&
Friday - 5pm - 6pm.

Registered Charity No: 1096655
Registered CLG: 04393769

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

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

WinterFEST

Friday 10th December 2021 • 3:30 - 7pm

Festive entertainment
and FREE activities for all ages.

- Delicious Food & Drink
- Festive Stalls
- Special Performances
- Sports Challenges
- Santas Grotto

Info@castlehaven.org.uk • 0207 485 3386
23 Castlehaven Road, Camden Town, NW1 8RU

@CCA_Camden
@CastleHavenCommunityAssociation
@CCACamden

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



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

For
children
5-11
years

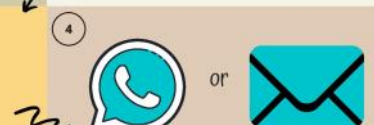


Follow along
online with
your family at
a time that's
convenient
for you.



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.



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

**change
4life**



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-ayers@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:

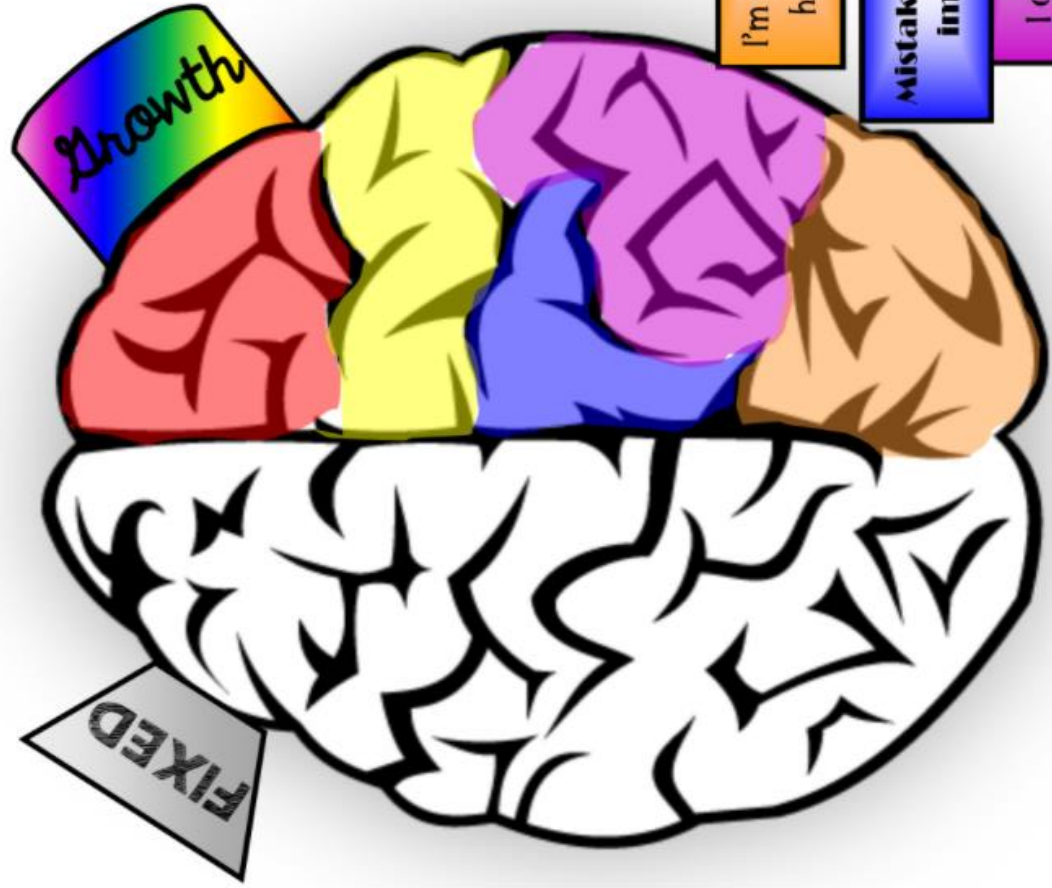
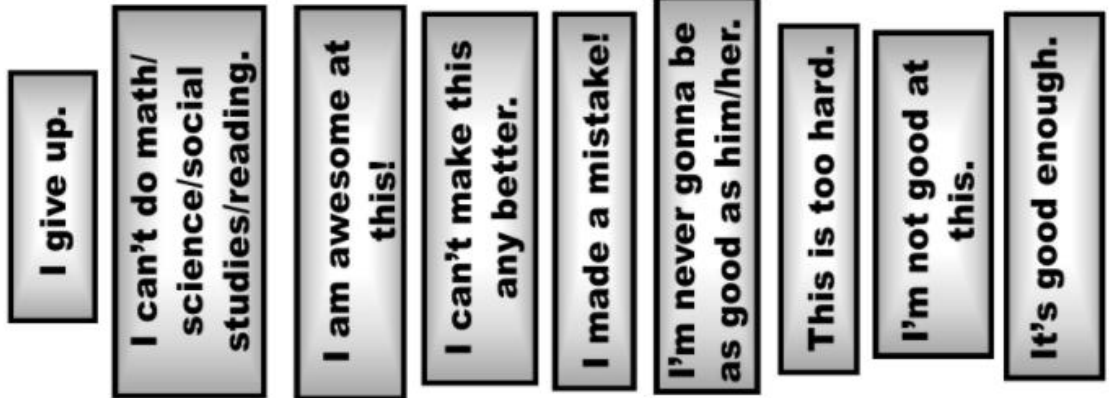
- 1 Ask your GP or school nurse for an asthma management plan
- 2 Ask your pharmacist, GP or nurse how to use their inhaler correctly
- 3 Ask your GP, asthma nurse or consultant for an annual asthma review for your child



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*



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.**



'That's not very ladylike'

'Man up'



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.

'You cry like a girl'

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

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 – 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

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

and here

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 installment 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



- 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



020 7974 7239

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

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 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

Sure Start 020 7974 8961
camden.gov.uk/surestart

* free childcare places for eligible 2 year olds



Produced by Creative Services 1251 23

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 Step 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.



Maybe you've moved on

but COVID-19 hasn't



camden.gov.uk/coronavirus



HELP STOP THE SPREAD OF COVID-19

GET A RAPID, LATERAL FLOW TEST



Amber Zed-Khan- Queens Crescent, NW5

- ✓ All tests are free
- ✓ It's fast – get results in 30 minutes
- ✓ These tests are for people without COVID-19 symptoms

Scan the QR code to find your closest test site, test pickup and delivery options.



☎ 020 7974 4444 (option 9)
🌐 camden.gov.uk/rapidtest

If you test positive or develop COVID-19 symptoms please book a PCR test within 2 days at: gov.uk/get-coronavirus-test or call 119



If you need these LFT kits see Lisa in the office. We have a number of these to give out to families so that the adults in the household can regularly test as the staff in school do.



Save a life

don't risk a life

Wear a face covering, unless exempt



camden.gov.uk/coronavirus

