

Fleet Community Notices



Wednesday 1st December 2021

Every Wednesday we will share with you some general notices—some from school, some from local community organisations, some from the council. We hope the information included is of use—it includes courses for children and adults, mental health resources and sign-posting, terms date and other useful information. By sharing this information on a Wednesday, our Friday newsletter can focus solely on the children and their work through the week.

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**

easyfundraising
feel good shopping

Raise FREE donations for

FLEET PRIMARY SCHOOL

every time you **shop online**

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

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

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

Fleet facts tracker

Track your progress through the Fleet Facts stages using

Your teacher will sign to show when you have passed a

Once you've passed a test, start learning the next fact f

Parents/Carers: For your information and so you can best support your child this is the order of key facts and number knowledge the children learn for their Fleet Facts. They will know what stage they are but if unsure just check with the teacher. Practice at home is key to them making swift progress.

Stage 1					
Test 1 - Adding and subtracting 1	Test 2 - Doubles of numbers to 5	Test 3 - Adding and subtracting 2	Test 4 - Number bonds to 10		
Stage 2					
Test 1 - Adding 10	Test 2 - Adding 0	Test 3 - Near doubles and ones without a family (the tricky ones!)			
Stage 3					
Test 1 - Doubles of numbers to 10 and near doubles	Test 2 - Bridging and Compensating				
Stage 4					
Test 1 - 2 x tables	Test 2 - 10 x tables	Test 3 - 5 x tables			
Stage 5					
Test 1 - 3 x tables	Test 2 - 4 x tables	Test 3 - 8 x tables			
Stage 6					
Test 1 - 6 x tables	Test 2 - 7 x tables	Test 3 - 9 x tables	Test 4 - 11 x tables	Test 5 - 12 x tables	
Stage 7 – mixed times tables					
Test 1	Test 2	Test 3	Test 4	Test 5	Test 6
Stage 8 – mixed times tables					
Test 1	Test 2	Test 3	Test 4	Test 5	Test 6

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 12 – Body Scan (Part 2)

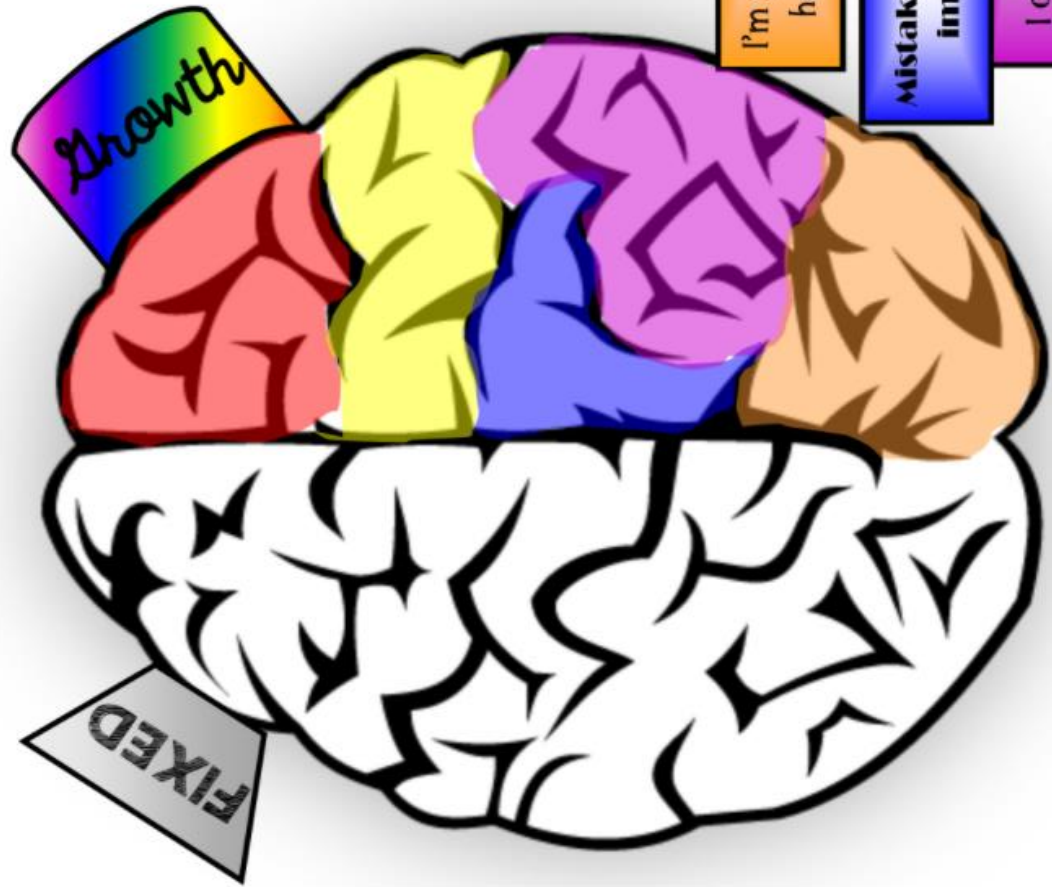
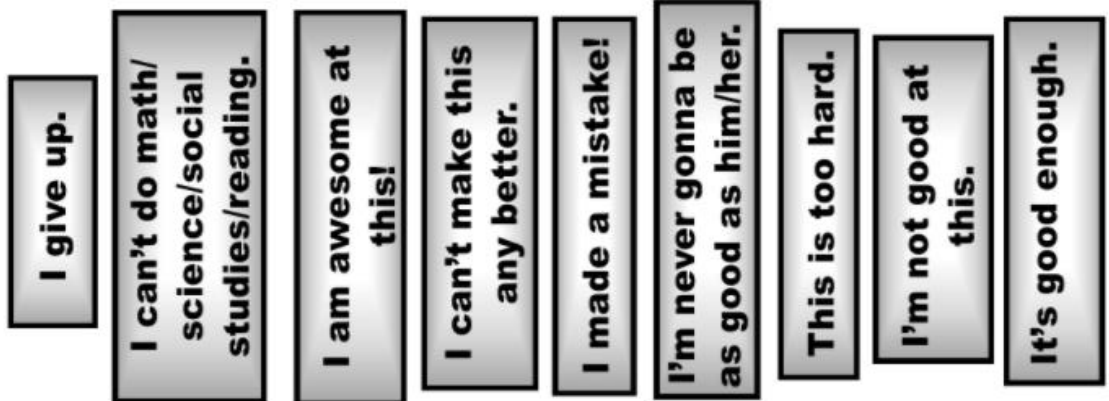
Following on from last week's Wellbeing Tip of the Week. Here are some instructions for how to do a Body Scan. You can try it at bed-time, as a technique to help you sleep, or any point in the day to help clear your mind or manage difficult feelings.

- Start by trying to clear your mind by taking a few deep breaths
- Either lying down on your back, or sitting in a chair with your back resting on the back of the chair and with your feet flat on the floor, start at the bottom of your body and work your way up:
 1. Curl your toes up as tight as you can and as you do this, take a deep breath in through your nose, hold it there for as long as you can (aim for at least 5 seconds).
 2. Release your breath through your mouth and release your toes at the same time, this exhale should be longer than the inhale (aim for at least 7 seconds). This may seem hard at first, but you can build up to it.
 3. Then, repeat this process but by engaging different muscles within the body.
 4. Next move on to your right calf, squeeze it to create tension in the muscle, inhale through your nose and then exhale when you release the tension.
 5. Move on to your left calf and repeat.
 6. Then move on to your right thigh and then the left, repeating the breathing technique.
 7. Raise both of your shoulders up to your ears, whilst continuing to breathe deeply.

Finally, clench your fists together, again taking a final deep breath in and then release the breath and your fingers at the same time.

You can repeat these steps until you fall asleep or as a way to practice being mindful.

Change your words Change your *Mindset*



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
Understanding Adolescent Development		Friday 10 th December	12.00 to 13:00 Q and A 13:00 to 13.30
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)

Search 'On the Fence Podcast Camden' 🔍

Made with and for young
Camden residents

On the fence about getting the COVID-19 vaccine?



SCAN TO WATCH
OUR PODCAST →



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.



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

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

10 Tips for Safe Shopping Online on CYBER MONDAY

Cyber Monday is often thought of as a tacked-on afterthought to Black Friday. Last year, however, online shoppers in the US spent a combined \$10.8 billion – making Cyber Monday 2020 the most lucrative e-commerce event in human history. Even in the UK, where year-on-year sales actually fell, an estimated £2.5 billion changed hands in cyberspace. Clearly, figures of that magnitude are always likely to attract unscrupulous individuals looking to make a dishonest profit from excited online shoppers.

Here's National Online Safety's top ten tips for protecting yourself (and your money) while hunting down the deals this Cyber Monday ...

1. MAKE SURE THE SITE IS SECURE



When you're buying online, look for a padlock icon near the address bar – or check if the URL includes "https" or "shttp". The extra 's' or the padlock mean you can rest easy: you're sending your card details and personal info via a secure channel.



2. TRUST YOUR INSTINCTS



It's safest to stick with well-known, reputable retailers. If a site doesn't look professional, or has weird pop-up ads, it's best to steer clear – no matter how tempting their prices. If something seems too good to be true, it probably is!



3. WATCH OUT FOR PHISHING ATTACKS



Email inboxes are flooded on Cyber Monday by retailers publicising their deals. Hackers often try to use this traffic as camouflage – take care when you're blitzing through all your sale emails that you don't click on something before you're sure what it is!



4. PLAN YOUR SHOPPING



Make a list of what you're looking for before you go online – and stick to it. With enticing deals everywhere you look, it's easy to get carried away bargain hunting and run up a massive total spend by the time you log off.



5. CHECK IT'S A REAL "DEAL"



Consumer group Which? found that 85% of Black Friday and Cyber Monday "bargains" had actually been on sale at the same price (or cheaper) in the previous six months. Check other retailers or price comparison sites to see if an item really does have money off.



6. CHECK THE SMALL PRINT



Make sure you check out details like a seller's returns policy. It's so easy to shop impulsively on Cyber Monday and then be stuck with things you don't want because of a very small window for returning goods.



7. READ THE REVIEWS



We've all bought something which sounded amazing online, only for it to be far less impressive when it actually arrived. Take time to read other buyers' views on an item – and think twice about anything that only has a small number of comments about it.



8. LOOK OUT FOR LOOT BOX SALES



If your child can buy things through their devices (making in-game purchases, for example), it's wise to talk to them in advance. Gaming companies also offer Cyber Monday deals, and it's easy for young people to be swayed by seemingly unbelievable prices.



9. CREATE SECURE PASSWORDS



On Cyber Monday, there's more chance of you needing to create accounts on sites you've not used before. Use a different, strong password for each – mixing upper- and lower-case letters, symbols and numbers. It might seem like a chore, but it will be harder work for hackers, too.



10. IGNORE INFLUENCER PRESSURE



Influencers can be great for finding out where the best deals are. But don't forget that sometimes they're being paid by retailers, and they can often cause people to feel under pressure to buy something – anything – just because it's Cyber Monday.



National
Online
Safety®

#WakeUpWednesday



SOURCE: www.which.co.uk/news/2020/11/85-of-black-friday-products-were-the-cheapest-theyve-ever-been/

www.nationalonlinesafety.com Twitter - @natonlinesafety Facebook - /NationalOnlineSafety Instagram - @nationalonlinesafety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 29.11.2021



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 back grounds 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



DO YOU KNOW AN ECO CHAMPION?

Is there someone in your community who goes above and beyond to protect our environment? If yes, then nominate them today!



MINI WARRIORS

Win a VIP tour for six
at Kentish Town City
Farm plus more



JUNIOR HEROES

Win a free Youtube
tutorial to develop your
channel plus more



LOCAL LEADERS

Win four free tickets to
the Jazz Cafe plus
more

FIND ALL INFORMATION AND THE APPLICATION FORM ON OUR WEBSITE:
www.camdencleanair.org/community/camden-eco-champion-awards/



THIS POSTER IS FULLY RECYCLABLE 

Family Participants Wanted

How YouTube Collects and Processes Children's Data

Interested? Please contact oxfordccai@cs.ox.ac.uk for more information



Are you a parents of a 7-13 year old,
who loves watching YouTube videos?

Are you interested to find out how
YouTube uses your children's data as
they watch videos on YouTube?

WHO? We are looking for children living in
the UK, between 7 and 13, who spend at
least 2 hours per week on YouTube

WHERE? The participants will have the
option to take the study either in-person
or online.

HOW LONG? ~40 mins



WHAT WILL MY CHILDREN LEARN?
Your children will learn about how
their data is collected and processed
on YouTube

WILL I GET PAID? A small gift
voucher will be provided as a thank-
you gift

CHRISTMAS HOLIDAY CAMPS



ACLAND BURGHELEY

EXPERT COACHING | OPEN TO ALL ABILITIES | AFFORDABLE

ACLAND BURGHELEY

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 BURGHELEY 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



**Christingle Family Service,
4:00pm, on Sunday 5th December
at St John's Downshire Hill NW3 1NU**

**Come along and make your own Christingle
and hear an advent message as we get
ready for Christmas!**

All are welcome! This service is
particularly suitable for younger children.

Please email David Rue (davidr@sidh.org)
if you are planning to come or have any questions.



ST JOHN'S
DOWNSHIRE HILL



WinterFEST

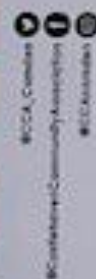
Friday 10th December 2021 • 3:30 - 7pm

Festive entertainment
and FREE activities for all ages.

- Delicious Food & Drink
- Festive Stalls
- Special Performances
- Sports Challenges
- Santa's Grotto



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



Castlehaven WinterFEST 2021

Join us for a festive extravaganza at Castlehaven Community Centre on ~~Friday~~ 10th December 3:30 - 7 pm and online activities on the 6th - 9th December.

Santa's Grotto

Santa will return to the grotto! Little ones will get the chance to meet Santa in his magic sleigh and receive a gift to take home (subject to availability).

Castlehaven Community Association is a vibrant community association in the heart of Camden offering fun & interactive activities to people of all ages, cultures & backgrounds. For more information about WinterFEST please visit www.castlehaven.org.uk or call 0207 485 3386.

How To Find Us:

Underground:
Camden Town or
Chalk Farm Stations
(Northern Line)
Trains:
Camden Road Station
Kentish Town West Station
(London Overground)
Bus:
24, 27, 31 or 14824



Funded by the local authority, charitable trusts & donations

#WinterFEST

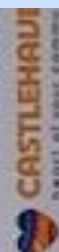
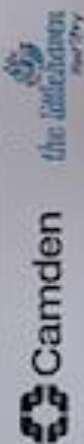


Photo: Jon White - Community Art Project

Keats Community Library

Autumn 2021  Story Time



Saturdays at 3pm
in the **GARDEN** or in the **Children's Library**

Beginning Saturday 18 September

Children of all ages are welcome (as long as they can sit for stories)!

POETRY READINGS on the first Saturday of each month with Moragh Gee!!
Beginning 2 October at 3 pm.

Keats Community Library

Join us for

Mandarin Language

Classes - FREE TRIAL with Anqi La



This class is designed for students with no prior knowledge of Mandarin Chinese. In each session we will explore engaging and fun ways to learn basic Chinese characters, day-to-day vocabulary, common phrases, and Chinese culture. We will focus mainly on speaking and acting, and each class will be based on a theme, i.e. food, sports, animals.



Saturday 20 Nov 2021

11:30 am-12:15 pm

In the Children's Library

(for children ages 6+ and their families)

Sign up is required to secure your spot.

Please let us know which date (or both!), ages and names.

Spaces are limited!

Rsvp kelchildrenslibrary@gmail.com

Keats Community Library is a registered charity (1146702) and a company limited by guarantee (07889559)
We are at: The Library, Keats Grove, London NW3 2RR.

Keats Community Library

Join us for the return of

Children's Chess

With Bryan Ellis



Saturdays during term time

(Beginning 25 September)

2-3 pm

(for children ages 5-11 years of age)

£10 per child/lesson

(£7/lesson if 4 lessons purchased in advance)

Payment made directly to the instructor.

Sign up is recommended to secure your spot.

Spaces are limited to 15!

Rsvp to bryan.t.ellis@me.com

To be added to the chess mailing list please email
keatscommunitylibrary@gmail.com

Keats Community Library is a registered charity (1146702) and a company limited by guarantee (07889559)
We are at: The Library, Keats Grove, London NW3 2RR.

Free virtual sessions for the whole family

2



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.



4



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.



or



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

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

Community Vision for Gospel Oak and Haverstock Consultation

GOSPEL OAK & HAVERSTOCK COMMUNITY VISION

Visit bit.ly/gohvision
to have your say on
the draft planning
framework!

COMMUNITY VISION: PRINCIPLES FOR CHANGE



Delivering homes



Making the best use of land



Fostering a strong community



Inclusive economy



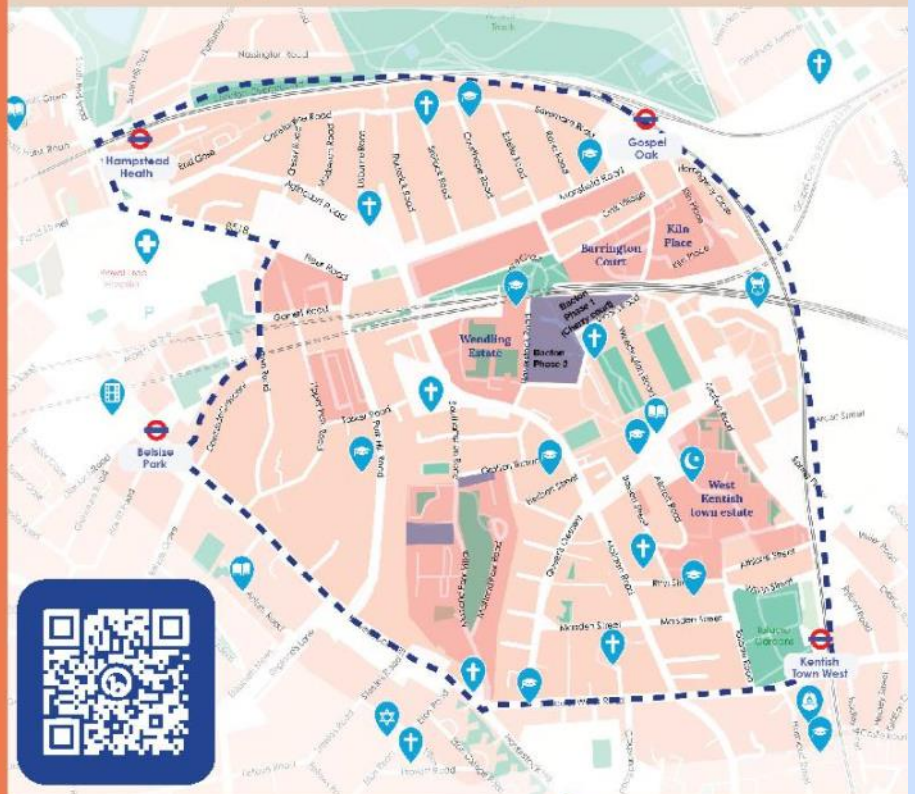
A healthy and safe neighbourhood



Sustainable neighbourhood



A planning framework to support
neighbourhood's regeneration.



bit.ly/gohvision



0203 735 7629

make:good



Camden

Gospel Oak and Haverstock Community Vision

After listening to and learning from local people Camden Council has developed the first draft of the Community Vision for Gospel Oak and Haverstock - a planning framework to support the neighbourhood's regeneration. This will help to guide where and how money is invested in the neighbourhood to make it a better place to live, work and visit.

We know that local people know their area better than anyone else, which is why we want you to get involved and help shape the future by helping us to refine the draft Community Vision before a final version is formed.

Where to have your say

The consultation is now live and will run until 17th December. Have your say by visiting bit.ly/gohvision. Copies will also be available to read and paper copies of questions can be taken away and dropped-off from the Queen's Crescent library. If you require translation services please give us a call.

Public Exhibition



25 November 2021



St Martin's church



3pm -6pm

This exhibition will also showcase the work of young people who took part in the Photovoice project this summer.

Library drop-in



1st December 2021



Queen's Crescent Library



6pm-9pm

Consultation is now
live and will run
until the 17th
December.

Need assistance, have a question or want to
join our mailing list to be kept informed?

Email us at:

GOHCommunityVision@camden.gov.uk

or call us on 0203 735 7629

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



Giving
disabled children
a brighter future

HvH Art - Autumn Courses

HvH Arts, located less than 5 minute walk from Fleet have some amazing FREE opportunities for your children to be involved in art based classes. See below for details of the courses they are running this term up to Christmas. Get in quick by visiting their website: www/hvharts.org/courses/

STYLING and MAKE-UP with the fabulous Patricia Jones(stylist) and Ciara (MUA)

We will be running a fun workshop learning the art of putting together your Christmas party outfit with fashion stylist Patricia Jones. And a Make-up workshop with fashion MUA Ciara creating lots of fun party styles and looks getting ready for our up-and-coming Christmas Party at HvH ARTS!

DATE: 4th December 2021 **Time:** 12pm to 4pm **(AGES: 8yrs to 18 yrs)** **Location** HvH ARTS GALLERY

HvH ARTS CHRISTMAS PARTY EXTRAVAGANZA! (Sponsored by The Childhood Trust)

We are delighted to invite our young people and parents to our Christmas Party this year being supported by Goldman Sachs/ CHILDHOOD TRUST! Join us and dress up for lots of fun and games, with a special appearance by Father Christmas who will be with us to give all our beneficiaries a Christmas Present from us at HvH ARTS at our Santa's Grotto being held at our studios in London School of Mosaic. We will be showing our artwork, and our films and music videos with photography videos all created by our young people!

DATE: 8th DECEMBER 2021 **Time:** 4.30pm to 7pm **Location:** LSoM, 181 Mansfield Road, NW3 2HP

All ages welcome!

OILS/ACRYLICS/WATERCOLOURS on canvas with prolific NYC ARTIST: LEE MATTHEWS

Prolific artist Lee Mathews will be back at HvH ARTS gallery, to teach our young people the art of painting in the medium of oils, acrylic and watercolours onto canvas. This workshop is designed to teach young people how the different textures of paint and how you envisage your final piece of art.

DATES: 11th December 2021 **Time:** 12 to 4pm **(Age: 8yrs to 14yrs)** **Location** HvH ARTS GALLERY

FASHION /COLLAGE Design workshop with prolific fashion designer Melanie Press

This workshop will be run by Melanie Press Fashion Designer from PRESS in Primrose Hill.. Melanie has very kindly offered to teach our young people the art of creating their own 'croquis' as they say in the Fashion World - meaning a sketch - a template from which they work on to design their own fabulous ideas. We will then choose their favourite design and create a sample in the workshop.

Dates to be confirmed – register your interest by email: courses@hvharts.org

TO ENROL PLEASE VISIT OUR WEBSITE: www.hvharts.org **Email:** courses@hvharts.org

YOU MUST ENROL TO JOIN ANY OF OUR FREE COURSES at HvH ARTS!

www.hvharts.org

Registered Charity No: 1149607



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 5th & 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**Thursdau****4.00pm-4.55pm** for five to seven years old**5.00pm-5.55pm** for nine to eleven years old**THANK YOU**Jubilee Hall Trust Ltd.
30 The Piazza, London WC2E 8BE
Registered in England and Wales
Registration no. 1310649

Registered as a charity, no. 273562

Trustees:
David Alcock, Steve Cabrera,
Jane Cochrane, Gareth Davies,
David Guy, Judy Hargadon,
Alec Kazantzis, Nicki Landau,
John McQuillan, Tim Mitchell,
Jo Weir.

Local Gymnastics Club at the Armoury is back up and running and looking for new children to take part in their classes. See the details above. The Armoury have always been great supporters local support of Fleet through donations to our fairs. Give them a call if you are interested in your child joining their club.

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



CAMDEN HEALTH



KICK

Please sign up in advance for all sessions!

MONDAY

WOMENS ZUMBA 11 am - 12pm at The Dome	VI GYM 1.00 pm - 4pm at The Dome	FAMILY FOOTBALL 4.30-6.30pm at Malden Pitch
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TUESDAY

FAMILY YOGA

5pm- 6pm at The Dome

WEDNESDAY

FAMILY MULTI - SPORTS

Men & Boys 4.00-6.00pm at The Dome

THURSDAY

HEALTH CHECKS

11am - 12pm at the Dome

WOMENS YOGA

11:30pm - 12:30pm at the Dome

FRIDAY

FAMILY SPORT INC ZUMBA

Women & Girls 4.30pm - 6pm at The Dome

**AUTUMN
2021**

Call: 020 7267 6635
or
Email: frances@qcca.org.uk

FREE

FAMILY SPORT'S ACTIVITIES

Do you want to become physically active?
We put on free activities throughout the week at the dome!

HOW TO FIND THE DOME 170 WEEDINGTON RD



CCA



Thrive LDN



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



CCA



Vision Foundation

London's sight loss charity established 1921

100
years



FROM SEPTEMBER 8TH HEALTH & WELLBEING CHECK

DATE: EVERY WEDNESDAY
TIME: 10:30AM - 11:30AM

PLEASE NOTE - These sessions will be an advise and guidance talk between yourself and a nurse. No physical checks will be taken place.



BOOK AN APPOINTMENT ADVANCE:

Call : 020 7267 6635

Email : Sarah@qcca.org.uk

ADDRESS: 170 WEEDINGTON ROAD
LONDON, NW5 4NU

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

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



camdenmusic

- 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

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 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



Instrumental Tuition at Fleet Primary School



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.





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

Starting Solids Virtual Sessions

Dates and Times:

October 2021

4th (Monday)	2-3:30pm
7th (Thursday)	11-12:30pm
15th (Friday)	10:30am -12pm
20th (Wednesday)	10-11:30am
26th (Tuesday)	1-2:30pm

November 2021

1st (Monday)	2-3:30pm
4th (Thursday)	11am-12:30pm
12th (Friday)	10:30am -12pm
17th (Wednesday)	10-11:30am
23rd (Tuesday)	1-2:30pm

December 2021

2nd (Thursday)	11am-12:30pm
6th (Monday)	2-3:30pm
10th (Friday)	10:30am -12pm
15th (Wednesday)	10-11:30am
21st (Tuesday)	1-2:30pm

The Department of Health recommends babies start on solid foods when they are around six months old. This free session supports parents of babies who have not yet started solid foods.

- Do you have a baby who is ready to start solids?
- Would you like to know more about when and how to start solids?
- Would you like to explore more about the types of food to start with and which foods to avoid?

If so, this free 90 minute session is for you! We'll explore all the above and more. There will also be opportunities to ask questions. Please advise us in advance if you would like an interpreter.



[CLICK HERE TO BOOK YOUR PLACE](#)



Starting Solids Next Steps Virtual Sessions

Dates and Times:

October 2021

12th (Tuesday)	10:30am -12pm
18th (Monday)	2 -3:30pm
28th (Thursday)	1-2:30pm

November 2021

3rd (Wednesday)	11am-12:30pm
9th (Tuesday)	10:30am-12pm
25th (Thursday)	1-2:30pm

December 2021

14th (Tuesday)	10:30am -12pm
20th (Monday)	2 -3:30pm
30th (Thursday)	1-2:30pm

This free session supports parents of babies who have already started solid food and are under 1 year. Please advise us in advance if you would like an interpreter.

Each 90 minute session covers:

- Moving on to more textured family foods and finger foods.
- Encouraging your baby to drink from a cup
- Overcoming baby feeding challenges
- Opportunity for questions and answers



[CLICK HERE TO BOOK YOUR PLACE](#)



Please contact Camden's Health and Wellbeing Team if you would like any further information:

020 7974 6736

healthandwellbeingteam@camden.gov.uk

<https://www.camden.gov.uk/health>



Both Starting Solids and Starting Solids Next Steps sessions are taking place virtually with Camden's Health and Wellbeing Team using Microsoft Teams.

Microsoft Teams is free to download on a computer, phone or tablet. Either visit your app store or go to:
<https://www.microsoft.com/en-gb/microsoft-365/microsoft-teams/download-app>
You can also join via phone, no internet required.

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

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.

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

