

Fleet Community Notices



Wednesday 30th March 2022



This week... It's not too late to sign up to one of the many great Easter holiday programmes being run across Camden (including the one here)—see the information below for the Camden registered programmes. Page 5 has some football clubs running in various locations by Bloomsbury too that are available. Page 4 has information on some amazing fundraisers here at Fleet! While Page 6 has a new advert for some adult learning courses running in Camden after Easter. Enjoy the rest of your week.

PLEASE NOTE AFTER EASTER WE WILL RETURN TO A SINGLE POINT OF ENTRY TO SCHOOL AT THE BEGINNING AND END OF THE DAY—THE AGINCOURT ROAD SIDE WILL BE CLOSED WITH ENTRY ONLY VIA THE FLEET ROAD GATE—PLEASE FACTOR THIS IN TO YOUR JOURNEY PLANNING TO AVOID BEING LATE IN THE MORNING

Camden Easter Holiday Programmes—HAF

The successful HAF Holiday programme is running again all over Camden with a number of providers local to us here at Fleet, including one sports camp running here over the 11-14th April (with a hot meal each day). There are also other sport and arts courses running close by at Rhyll/Carlton and the School of Mosaic both round the corner. To sign up for the scheme at Fleet or search/sign up for any of the other courses running across Camden FREE OF CHARGE, visit the following link:

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



Q Event Search

Sign In/Register



FLEET PRIMARY SCHOOL - EASTER SPORTS CAMP



11/04/2022 to 14/04/2022

WEEK 1

Legacy Sports Camps

Fleet Rd, London, NW3 2QT

11/04/2022 to 14/04/2022

Age Range: 5-12

Availability - Limited

Book Now

Free oral Hygiene Products

A major pharmacy-led health and beauty retailer are handing out free oral hygiene products to those in need. 'Ask for Jesse' is a new campaign fronted by Boots, aimed at helping to close the poverty gap by assisting vulnerable families. Working in collaboration with The Hygiene Bank, customers can simply 'ask for Jesse' when in store. A member of the Boots team will discreetly provide oral hygiene products to customers with children aged three to five years old.

School Dinners—Price Rise & Taster Session

The new price will be **£2.29 per day** from the beginning of the Summer Term (when we come back on Wed 20th April).

We have organised a 'Caterlink School dinner Tasting Session' for **Wednesday 27th April from 3.15pm** so parents and carers can come in and have a sample of the types of food the children are eating. Please remember if you wish to change either from or to school dinners you need to let the office know beforehand so that you aren't charged for meals you do not need. The food is cooked fresh to order each day so if the office and the kitchen, do not know a child doesn't need a lunch cooked, it gets cooked and you will be charged. Thanks.

School Clubs after half term

We will be sending a letter home the first week back after Easter with the clubs offer for the Summer Term. We will want those requests in by the Friday with a view to being able to offer you your clubs by the end of the day so clubs can start the following Monday (the 25th April). If any parents are in a position to volunteer to run a club please do come and speak to us before the end of term.

Action Youth Boxing Intervention 4th to 7th April, Age Range: 5-16 Rhyll Primary School, Rhyll Street, London NW5 3HB	Bloomsbury Football 4th to 8th April, Age Range: 7-13 Kings Cross Academy 4 Wolstonecraft St, London, N1C 4BT	Bloomsbury Football 4th to 14th April, Age Range: 7-15 Acland Burghley School 93 Burghley Rd, London, NW5 1UJ
Calthorpe Community Garden 11th to 14th April, Age Range: 5-11 258-274 Grays Inn Road, London, WC1X	Camden Sports Development Team 4th to 14th April, Age Range: 8-12 Talacre Community Sports Centre, Dalby Street, Camden, NW5 3AF	HVH Art 11th to 14th April, Age Range: 5-18 Rhyll Community Primary School, 196 Grafton Road, London, NW5 4AX
Legacy Sports Camps 11th to 14th April, Age Range: 5-12 Fleet Primary School, Fleet Rd, London, NW3 2QT	Kentish Town Community Centre 4th to 14th April, Age Range: 5-16 23 Castlehaven Rd, Castlehaven Community Centre, NW1 8RU	Maze Academy 11th to 14th April, Age Range: 4-11 Rhyll Community Primary School, 7-31 Rhyll St, London, England, NW5 3HB
Legacy Sports Camps 11th to 14th April, Age Range: 5-12 Argyle Primary School, Tottenham Rd, London, WC1H 9EG	PACE Consortium 4th to 14th April, Age Range: 5-12 Across 10 venues. Please visit HAF booking page for more information	Our Parks 11th to 14th April, Age Range: 5-11 St Mary's Kilburn CE Primary School, Quex Road Kilburn London NW6 4PG
ProTouch SA 11th to 14th April, Age Range: 6-15 RFC Recreation Club, Fleet Road, Hampstead, London, NW3 2QG	ProTouch SA 11th to 14th April, Age Range: 6-15 Netley Primary School, 74 Stanhope St, London, NW1 3EX	Pro Touch SA 4th to 7th April, Age Range: 6-15 Christopher Hatton Primary School, 38 Laystall St, London, EC1R 4PQ
Queens Cresent Community Association 4th to 7th April, Age Range: 8-14 The Dome Youth Centre 170 Weedington Road, Camden, NW5 4NU	Fit For Sport 4th to 7th April, Age Range: 5-13 Brookfield Primary School, Chester Rd, Camden, London N19 5DH	Kentish Town City Farm 4th to 7th April, Age Range: 8-16 Kentish Town City Farm, 1 Crossfield Close, London, NW5
KCBNA 6th, 8th, 13th 14th April, Age Range: 11-16 Youth Centre Kings Cross Neighbourhood Centre, 51 Argyle Street WC1H 8EF	SHAK 4th to 14th April, Age Range: 8-16 ARC Youth Club, Alexandra Resource Centre, Opposite 109 Rowley Way, NW8 0SW	Dragon Hall 4th to 18th April, Age Range: 8-16 17 Stukeley Street, WC2B 5LT
Learning and Development Centre 4th to 7th April, Age Range: 5-15 71 Kingsgate Road, London, NW6 4JY	Platform Cricket 11th to 13th April, Age Range: 7-11 Somers Town Community Sports Centre, Chilton Street, Somers Town, NW1 1RX.	YMCA 4th to 7th April, Age Range: 4-12 112 Greet Russell Street, London, WC1B 3NP
Somali Youth Development Resource Centre 4th to 7th April, Age Range: 9-16 Ground floor, Plimsoll Building Handyside Street N1C 4BQ	Newham Futsal Sports Club 11th to 14th April, Age Range: 7-12 West Hampstead Primary School, Dornell St, London, NW6 1QL	Ball Out of the Box 4th to 7th April, Age Range: 8-16 UCL Academy Adelaide Rd, London NW3 3AQ
Ball Out of the Box 4th to 7th April, Age Range: 8-16 Hamslead School Westbere Rd, London NW2 3RT	Ball Out of the Box 11th to 14th April, Age Range: 8-16 William Ellis School Highgate Road, London NW5 1RN	

Dates for your diary this term...

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

- **31st March:** Year 3 Class Assembly (rescheduled)
- **1st April:** KS2 Talent Show to Juniors
- **1st April:** Last Day of Term—children finish at 2pm
- **20th April:** Summer Term Starts—children back
- **25th April:** Year 6 Parent Meeting about Gower Residential Trip @ 6pm
- **27th April:** year 1 to ICCUK Mosque
- **27th April:** Parent Workshop @9.30am in the hall—'Managing Challenging Behaviour'
- **27th April:** Caterlink Taster Session for Parents in the hall from 3.15pm—come and taste a school dinner!
- **29th April:** KS2 Camden School's Swimming Galal
- **2nd May:** Bank holiday—School Closed
- **3rd May:** Morris Dancing workshops in school for all classes
- **4th May:** Year 5 Pedestrian Training
- **5th May:** ICCF visits—Y5, Y4, Y3, Y2
- **9th-12th May:** Year 6 SATS
- **12th May:** International Food Evening
- **16th-27th May:** Year 6 Swimming
- **19th May:** Y3 and Y4 to ICCUK Mosque
- **23rd May:** Y5 and Y2 to ICCUK Mosque
- **27th May:** School Closed—INSET
- **30th May-3rd June:** Half Term holiday
- **6th-10th:** Year 6 to Gower for Residential week
- **13th June:** School closed—additional bank holiday
- **29th June:** Year 3 & 4 to the Heath with St Christopher's School
- **22nd July:** Last day of school year—finish at 2pm

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
Additional Days Holiday for the Queen's Platinum Jubilee	Monday 13 th June 2022 – school closed
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

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

Fundraising Superstars!



Congratulations to Jannah, Amina, Suha, Zaida, Jazzy and Emmy who have completed their 10,000 steps and earned their CRUK medal and certificate. Thanks to those of you who have supported them already—they have raised £300 so far. It's not too late to show your support, just click on the link below and make your donation to help this worthy cause.

<https://fundraise.cancerresearchuk.org/page/walk-all-over-cancer-4-our-loved-ones>

KINGS CROSS ACADEMY



OPEN TO BOYS AND GIRLS OF ALL ABILITIES

DATE & TIME

Week 1: Monday 4th - Friday 8th April

Week 2: Monday 11th - Thursday 14th April

09:30am - 15:30pm

VENUE

King's Cross Academy, 4 Wallstonecraft St, London, NIC 4BT

NEAREST STATION

King's Cross / St Pancras

AGES

7 - 14 YEARS

COST

£50 per day (financial assistance available)

WHAT TO BRING

Bottle of water, lunch and a snack, any medical instruments (such as inhaler or epi-pen)

EVENT CONTACT

Ben Chambers - +447724608600

info@bloomsburyfootball.com

BOOK
NOW!



HARRIS ACADEMY



OPEN TO BOYS AND GIRLS OF ALL ABILITIES

DATE & TIME

Week 1: Monday 4th - Friday 8th April

Week 2: Monday 11th - Thursday 14th April

09:30am - 15:30pm

VENUE

Harris Academy St Johns Wood, Marlborough Hill, London NW8 ONL

NEAREST STATION

Swiss Cottage/St. John's Wood

AGES

7 - 14 Years

COST

£50 per day (financial assistance available)

WHAT TO BRING

Bottle of water, lunch and a snack, any medical instruments (such as inhaler or epi-pen)

EVENT CONTACT

Ben Chambers +44 7724 608 600

info@bloomsburyfootball.com

BOOK
NOW!



MARKET ROAD



OPEN TO BOYS AND GIRLS OF ALL ABILITIES

DATE & TIME

Week 1: Tuesday 5th - Thursday 7th April

Week 2: Tuesday 12th - Thursday 14th April

10:30am - 13:30pm

VENUE

Market Rd, London N7 9PL

NEAREST STATION

Caledonian Road

AGES

3-6 YEARS

COST

£25 per day (financial assistance available)

WHAT TO BRING

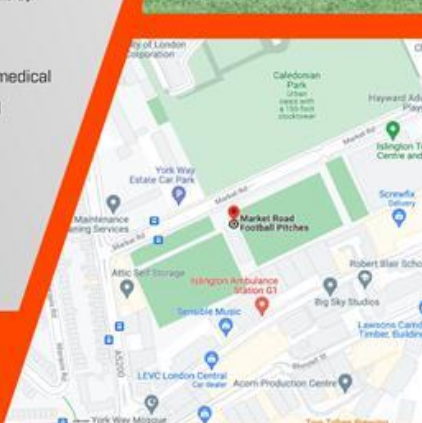
Bottle of water, lunch and a snack, any medical instruments (such as inhaler or epi-pen)

EVENT CONTACT

Ben Chambers - +447724608600

info@bloomsburyfootball.com

BOOK
NOW!



MARKET ROAD



OPEN TO BOYS AND GIRLS OF ALL ABILITIES

DATE & TIME

Week 1: Monday 4th - Friday 8th April

Week 2: Monday 11th - Thursday 14th April

10am - 3pm

VENUE

Market Rd, London N7 9PL

NEAREST STATION

Caledonian Road

AGES

7 - 14 Years

COST

£50 per day (financial assistance available)

WHAT TO BRING

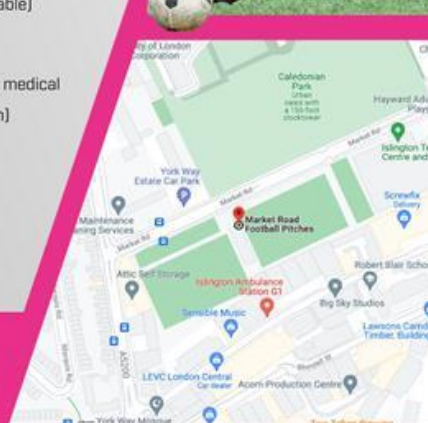
Bottle of water, lunch and a snack, any medical instruments (such as inhaler or epi-pen)

EVENT CONTACT

Ben Chambers - +447724608600

info@bloomsburyfootball.com

BOOK
NOW!





Free adult learning courses in Camden

Come along and enrol on a free course!

Are you interested in gaining a qualification or improving your digital skills? Improving your spoken English? Supporting your child with reading, writing and maths? Or learning more about yourself, your wellbeing and your local area?

Enrolment dates

Wednesday 20 April 2022

Thursday 21 April 2022

Friday 22 April 2022

Time

9am - 12pm

Venue

Adult Learning Centre, Netley Campus, 74 Stanhope Street, NW1 3EX

For more information

Please call 020 7974 2148 or visit www.webenrol.com/camden for a full list of courses.

Web: camden.gov.uk/adultlearning | **Email:** adultlearning@camden.gov.uk | **Instagram:** [wearecamdenacl](https://www.instagram.com/wearecamdenacl) | **Phone:** 020 7974 2148

Delivered by Camden Adult Community Learning



SUPPORTED BY
MAYOR OF LONDON





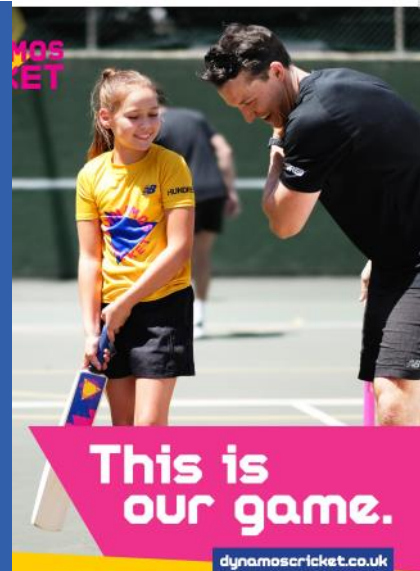
All Stars Cricket provides a fantastic first experience for all children aged 5-8 years old where they're guaranteed 8 weeks of jam-packed fun, activity and skills development!

The programme is designed to introduce children to the sport, teaching them new skills, helping them make new friends and have a great time doing so.

Every child that registers will receive a backpack full of goodies!

Sign up to your nearest All Stars Cricket Centre today.

Sign up today at
allstarscricket.co.uk or at the centre



We are Canons CC, a parent-run Junior Girls Community Cricket Club based at NW2 2BH and affiliated to Middlesex Cricket for ages 5-11 year olds.

During summer half-term holidays and on Sundays during the summer holidays, we are the only club in NW London who are running *Girls* All Stars Cricket and Dynamos Cricket programmes at suitable open space park venues in NW6 and NW11.

Cricket for Girls aged 5-8 years.

27 May - 3 June during Summer Half Term Holidays Cricket for Girls aged 5-8 years All Stars *Girls* 5-8yrs, 2pm-3pm Sign up at <https://bit.ly/3JMZsaY> £40, 8 Days, At the RRP. No markup.

27 May - 3 June Summer half-term,

Cricket for Girls aged 8-11 years.

Dynamos *Girls* 8-11yrs, 2.30pm-4pm Sign up at <https://bit.ly/3HfVbuV> £40, 8 Days, 90 minutes. At the RRP. No markup.

With kindest regards,

Bharath

for Canons CC

Twitter @CanonsCC

canons.play-cricket.com 07818488159 (WhatsApp)

Sprint, run, throw and jump into athletics!



At Parliament Hill Track on

Sunday 6 March, 3 April, 1 May, 5 June, 3 July, 7 August, 4 September 12-2 pm

Registration is £3 and opens at 11:30 or register on line at:

<https://webcollect.org.uk/highgate>

How fast can you sprint?

How far can you throw?

What's your longest long jump?

Got the stamina to race for two minutes?

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

For further details email Brenda Myers quadkids@highgateharriers.org.uk



North London
Athletics Network



Highgate Harriers
www.highgateharriers.org.uk



London Heathside
www.londonheathside.org.uk



Shaftsbury Barnet Harriers
www.sbarriers.co.uk



FREE



WOMEN'S ONLY YOGA

Every Thursday (term time only)

11:30am - 12:30pm



 The Dome, 170 Weedington Road, London, NW5 4NU



For registration and inquiries:

Call: 020 7267 6635

Email: frances@qcca.org.uk

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



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

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

Day: Tuesdays

Time: 4-5pm

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

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

Sessions have already started!

FREE FOOTBALL FOR GIRLS

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

EVERY WEDNESDAY (excluding half terms)
Ages: School years 5 & 6
Start date: Wednesday 6th October,
5-6.30pm

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

All sessions are FREE of charge.

Training takes place outside on Astroturf.

All participants must wear shin pads.

Register via www.playthearsenalway.com

For more information please contact
jwarnock@arsenal.co.uk



THE DOME YOUTH CLUB

FREE SPORTS SESSIONS IN THE DOME

Sign up now by emailing frances@qcca.org.uk



WHEN: JAN - FEB 2022

A variety of ages and abilities are welcome to join us in sports sessions including basketball, football cricket and more, all delivered by professional coaches!



JUNIOR SPORTS TIMETABLE 2022

TUES

Girls Only (10-15's)

6:30pm – 8pm

The Dome

WED

Basketball (9-13's)

5pm – 6pm

The Dome

THU

Cricket (8-12 yrs)

5pm – 6.30pm

The Dome

Football (8-12 yrs)

6:30 pm – 7.30pm

The Dome

WANT TO TRY SOME NEW SPORTS?

JOIN US AT THE DOME!

The Dome Youth Club
170 Weedington Rd, Kentish
Town, London NW5 4NU

Registered Charity No:
1096655

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

@THEDOMEYOUTH

OR VISIT OUR WEBSITE: WWW.QCCA.ORG.UK



REPAIR, REUSE & RECYCLE WORKSHOPS.

Book online now!

Workshops are for Children and Adults alike...



Funded by
NORTH LONDON
MAYOR
COUNCIL

Join our new & exciting programme here at Kentish Town City Farm to learn how to repair, reuse & recycle your items rather than send them to landfill.

Workshop Programme & Dates

Camden Cyclists' Bike Workshop

Feb 24th & March 16th
2-4pm

Learn how to check & fix your bike with experienced mechanics.



Mend Along Kids: Mouse Making!

Feb 26th 11am-1pm

Make a cute mouse out of a lone sock or outgrown T-shirt.



Mend Along: Nifty Knitwear

Feb 26th 3-5pm

Make your favourite jumper last for a lifetime by learning how to fix holes with style.



Grow Food for Free

March 8th 12-2pm

Collect seed and grow food from your every day waste at home for FREE.



Radical Screen Printing

March 6th 12-3pm

Screen print a design you cherish.



Mend along: Decorative Denim

March 13th 1-3pm

Learn how to mend & upcycle, denim jeans.



The workshops are free – book online at www.ktcityfarm.org.uk/bookings



FREE

WOMEN'S ONLY YOGA

Every Thursday (term time only)

11:30am - 12:30pm



The Dome, 170 Weedington Road, London, NW5 4NU

For registration and inquiries:

Call: 020 7267 6635

Email: frances@qcca.org.uk



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

Need support? We're here for you



Mental health



Homelessness



Money worries



Accessing food



Employment support



Energy bills

➔ camden.gov.uk/advice ☎ call 020 7974 4444 (option 9)

➔ For employment support, visit goodwork.camden.gov.uk



From National Online Safety

At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to have an informed conversation about online safety with their children, should the need arise. It is needed. This guide focuses on one of many issues 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 PHONE SCAMS

In a three-month period during 2021, no fewer than 45 million people in the UK experienced a suspicious attempt at being contacted via their mobile. Phone scams are a common form of cyber-attack where fraudsters engage directly with their intended victim through their smartphone. As our phones carry so many sensitive (and therefore potentially valuable) details about us, it's vital that trusted adults are alert to the tactics that scammers use to get access to user accounts, personal data and private information for financial gain.

WHAT ARE THE RISKS?

SMISHING

SMS phishing, or 'smishing' is one of the most common forms of mobile-based cyber-attack. Smishing is when a scammer texts their target, pretending to be a reputable person or organisation. They aim to trick the victim into supplying sensitive data such as bank details and personal information, so that they can then access the target's bank accounts and remove money.

IMPERSONATION

Fraudsters often impersonate someone else to trick the victim into actually transferring money directly. They might claim, for example, to be a friend or relative using a different number who urgently needs funds. Other common cons include sending fake texts informing the target that they have a package which requires a fee to be delivered, or that they have an unpaid bill to settle.

NUMBER SPOOFING

Here, the scammer takes impersonation one step further by cloning the phone number of a genuine company, so when the target receives a call or text, their phone recognises the sender's number as legitimately belonging to Amazon, HMRC, the NHS or the DVLA (who have all been impersonated in these cons). This makes the scam far harder to spot and the victim much more inclined to comply.

FAKE TECH SUPPORT

Attackers contact a target, pretending to work for their employer's IT support team. They then advise them to download some software to fix 'a technical issue' with their device. In reality, however, the software grants the scammers access to the victim's private data and sensitive information. This can be more common on desktop and laptop devices, but is still possible to accomplish on mobiles.

SIM HIJACKING

SIM hijacking switches control of a phone account from the victim's SIM card to one in the scammers' possession. Criminals use personal details pieced together from social media (birthday, address, pet's name and so on) to pose as you, then instruct your phone network to transfer your number to their SIM - giving them access to all calls and texts meant for you, including one-time login passcodes.

Advice for Parents & Carers

DO SOME DIGGING

If you've received a call or text asking for specific information, research the caller's number. There are several websites that allow you to enter a phone number and will then display any relevant information about it - this usually includes feedback and comments from other people, so you can easily see if that particular number has been implicated in potential scams.

TRY A CALL BLOCKER

If a suspicious call comes through on your mobile, you can manually block the number if you believe it to be dubious or a nuisance caller. Alternatively, you could consider installing a call blocker service on your phone. They automatically stop calls getting through from numbers which have been reported as suspicious, halting potential scammers in their tracks before they can reach you.

VERIFY THE SOURCE

Never disclose confidential details to an individual or organisation you're unfamiliar with. If the caller claims to represent a company you trust but is still asking for personal information or payment on an outstanding charge, end the conversation. Then find the company's genuine number on a bill or on their website and call them directly to confirm if there really is an issue you need to address.

BREAK OUT THE TECH

Lots of anti-virus software now also protects mobiles. Some anti-virus apps can detect phishing links in text messages and alert you to the risk. When you're out and about, try not to use public Wi-Fi for sensitive transactions: it's far less secure than your home Wi-Fi network. Instead, you could consider installing a VPN (virtual private network), which encrypts all data travelling to and from your phone.

REPORT INCIDENTS

If you or a family member does give out confidential information to a caller you aren't sure about, contact the actual company mentioned to check if the call was genuine. If they confirm that the call was not made by their organisation, you should report it as a potential scam via the Action Fraud website and (depending on exactly what information was divulged) consider involving the police.

BE WARY OF LINKS

If you get a message from an unknown number asking you to click on a link, report it as spam and do not open the link. One recent example 'warned' victims they'd been exposed to the Omicron variant and needed to click a link to buy a special test - only to find they had paid their money to scammers. Links can also install malware onto your device, so always treat them with extreme caution.

Meet Our Expert

Formed in 2018, KryptikCloud provides cyber security and resilience solutions to its customers. With offices in the UK, the company offers managed service operational packages including cyber security monitoring and testing, risk audit, threat intelligence and incident response.



National Online Safety

#WakeUpWednesday

Source: <https://www.actionfraud.org.uk/news/2021/04/15/more-than-45-million-people-experienced-a-suspicious-attempt-at-being-contacted-via-their-mobile-phones-in-the-first-quarter-of-2021>



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: 23.03.2022

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.





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



Raise FREE donations for

FLEET PRIMARY SCHOOL

every time you **shop online**

Find us on [easyfundraising.org.uk](https://www.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



Fleet Primary School

would like you to join their channel on Parent Hub.

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

@FleetPrimary

The Parent Hub app is FREE to download and use.



What is Parent Hub?



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

Instructions for Parents



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

Visit www.parenthub.co.uk to find out more

Weekly Wellbeing Update

New Tip...

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.



Wellbeing Tip of the Week!

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

Week 27 – Prioritising Self-Care

Self-care looks different to everyone, and sometimes it's difficult to know what self-care techniques work best for us. However, if we don't give ourselves time to relax and rejuvenate, we may feel overwhelmed and exhausted. This could lead to burnout with work or school, feeling low and unmotivated and difficulties with our relationships. Here are some little tips to help us make sure we don't prioritise other things over self-care:

- Plan in your self-care activities to your weekly schedule, calendar or diary and announce your plans to increase commitment
- Don't allow yourself to feel guilty or selfish for taking the time to do something for yourself
- Remember that we won't be able to help or support others, if we haven't looked after ourselves



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

Fleet's Forest School Request



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

WELCOME TO CAMJAM!

The Camden Music Junior Saturday Centre



JOIN US ON SATURDAYS

at Brecknock School, NW1 9AL

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



www.camden.gov.uk/saturday-music-centres



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



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

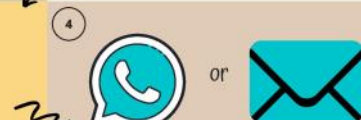


Follow along
online with
your family at
a time that's
convenient
for you.



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:

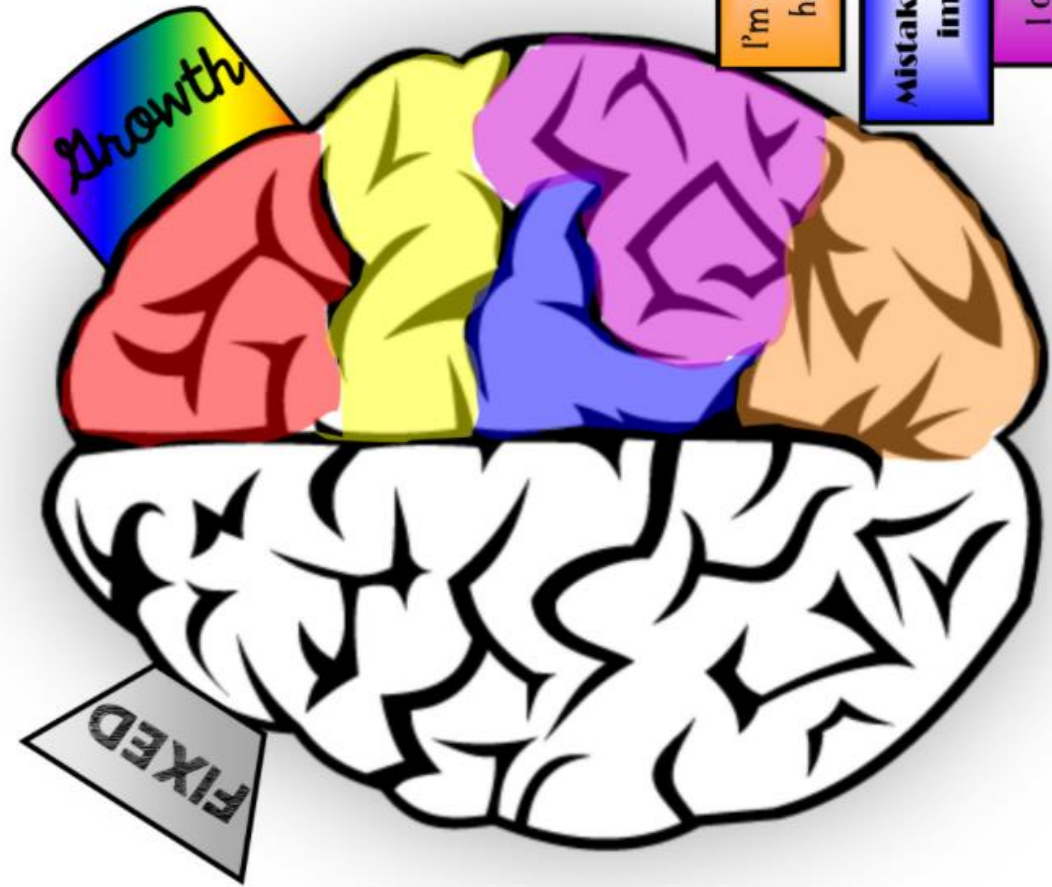
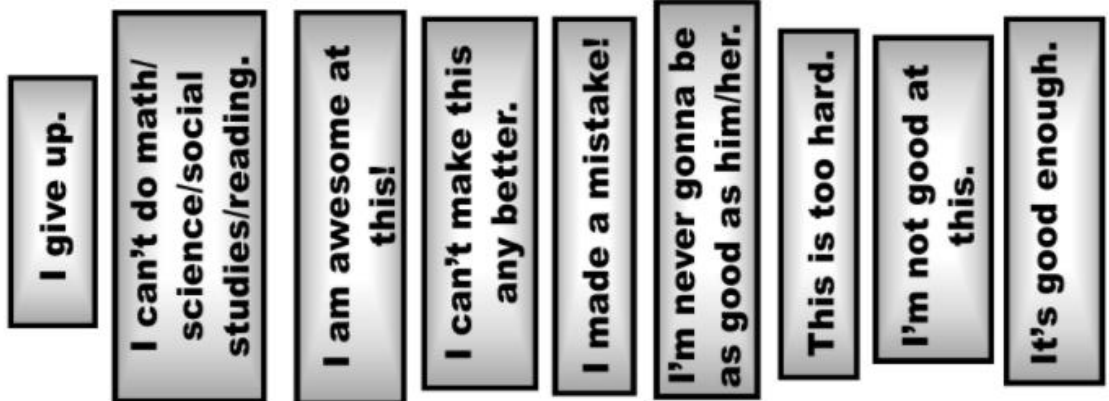
- 1 Ask your GP or school nurse for an asthma management plan
- 2 Ask your pharmacist, GP or nurse how to use their inhaler correctly
- 3 Ask your GP, asthma nurse or consultant for an annual asthma review for your child



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

Produced by Creative Services 1251 23

* free childcare places for eligible 2 year olds



What's Early Help?

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

What can you help with?

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

What does Early Help do?

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

Early Help services include:

Sure Start

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

Early Help Co-ordinators

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

First 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.

