

Fleet Community Notices



Wednesday 29th March 2023



New this week...

On this page are two new adverts (bottom)—one looking for parent helpers to organise an Eid celebration, the other about a fundraising event one of our parents is involved with that will support Fleet. Page 2 advertises the visit of the bike Dr's—get you bike booked in! Final call for the Easter Egg decorating competition—entries must be in by 9am this Friday (Page 5). New date for International Food Evening (Page 4). Pages 7-13 (and box to right) have details on many different activities running over half term (including 2 here at Fleet—right and page 7). Dates on page 14 have been updated with some new dates for next term—more will be added as teachers plan their new topics. See page 16 on details about drumming lessons here at school—would be great to get enough interest to be able to offer this. Page 19 is the latest parent information sheet from National Online Safety. Page 30 is a new advert from Camden's Strengthening Families Strengthening Communities Team about an online course aimed at parents to support 'Reducing Parental Conflict'. As usual the remainder of this newsletter contains more regular adverts from community organisations both from inside and outside of school.

Camden Holiday Access Fund (HAF) Easter Holiday Clubs

Check out the programme of activities running over the Easter Break, including one here at Fleet (use link below). Many of these are free of charge.

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

Once again there is a week long (3rd April—6th April) club as part of the HAF offer here at Fleet—use this link to go directly to it for information and booking:

<https://legacysportscamps.coordinate.cloud/project/40923>

Also other sports related holiday courses can be found here including many locally:

<https://www.camden.gov.uk/children-young-people#cmft>

CAMDEN

Struggling with the rising cost of living?

We're here for you:

- Visit camden.gov.uk/costofliving
- Contact one of the organisations in the Camden Advice Network. Visit camden.gov.uk/can
- Call us on **020 7974 4444 (option 9)**
- Call Citizens Advice Camden on **0808 278 7835**

Reminder:

School closes at 2pm this Friday

Summer Term starts for the children on Tuesday 18th April

Fundraising Event

Susan (mum to Jazzy and Zaida) is exhibiting artwork in an upcoming charitable art event. Susan, along with a number of the other artists at the event will be donating 25% of their sales to Fleet to support our Junior Playground renovation fund. Please support them by buying a ticket to attend the event or by visiting their Just giving Site.

<https://www.mindinharingey.org.uk/donations/the-art-of-giving-fundraiser/>

Ramadan and Eid

We know many of you are currently fasting for Ramadan and will be looking forward to your Eid celebrations to mark the end of the fasting period later in April.

Just over 40% of the Fleet community are Muslim and as such we are very keen to celebrate along with them at the end of Eid. As such, I would like to ask for any parent volunteers who would be happy to come together to plan an after school Eid celebration. If you would like to be involved in choosing a date and how to celebrate we would love to hear from you and help facilitate a planning meeting. Then we can support the communication to the wider school community for help and to come along.

Please give your name to Lisa in the office and we can then arrange the planning meeting for just after the Easter break with a view to holding the event second week back, once Ramadan has finished. The more parents who come forward to help arrange this the more successful the event can be in marking this important event. Thank you.

THE ART OF GIVING FUNDRAISING EVENT



**SATURDAY 29TH
APRIL 2023
18:30 - 23:00
METRE SQUARED
9 BEAUMONT
AVENUE
W14 9LP**

THE ART OF GIVING IS PROVIDING A NEW EXPERIENCE, WHERE CULTURE MEETS CHARITY. A FUN NIGHT OF MUSIC, ART, FASHION, PHOTOGRAPHY AND POETRY IN THE HEART OF WEST KENSINGTON. ONCE INSIDE YOU WILL BE ABLE TO BUY A DRINK AT THE BAR AND PURCHASE SOME BEAUTIFUL PIECES OF ART AND FASHION.

£10 ON THE DOOR
OR TO PURCHASE A TICKET & FOR MORE INFO, PLEASE EMAIL
the_art_of_giving@yahoo.com



ALL PROCEEDS FROM TICKET SALES WILL BE DONATED TO **MIND IN HARINGEY** HELPING TO PROVIDE COUNSELLING FOR YOUNG PEOPLE.

25% of any art or clothing bought on the night will be donated to a charity of the creatives choice.

THE ART OF GIVING FUNDRAISING EVENT

Dr Bike - 19th April



Get your bike checked over ready for the summer!

FREE Bike Checks. Bring your bike along to the school (yours and/or your child's) at drop off from 08:45am and have it checked over by professional cycle mechanics. Minor services, parts and repairs will be free. You can also ask for advice on bike fitting and any technical questions.



Places are limited so please book ahead by calling the office now take your details and ensure your bike can be seen in the time the Dr's are here.

Important: This is a free service and delivered in the school. Some repairs may require a workshop. We will advise you if this is the case. If the bike is beyond repair, we will advise you.

Please bring replacement inner tubes if you think your bike has punctures. The inner tube will be replaced. We are unable to provide inner tubes as there are many different types and we are unable to carry all the types.

REMINDER: This is a 'NUT FREE SCHOOL'. Do not send in any nuts or products containing nuts in packed lunches or for snacks. Thank you.

STOP!

you are now entering a



nut
free
zone

please DO NOT bring
nuts into this area

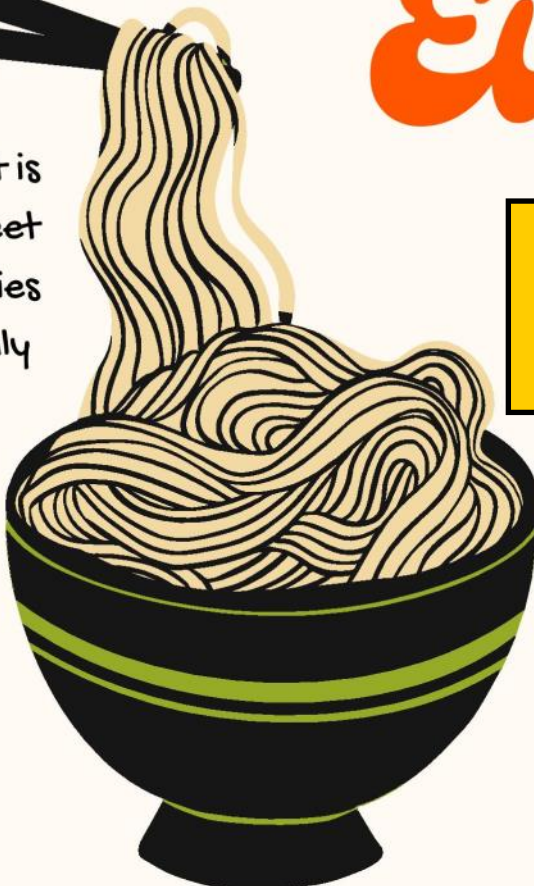


Bring a national dish to share,
and try some delicious food
from around the world!



International Food Evening

This event is
for Fleet
families
only



**Thursday 18th May
5-7pm in the Hall**

Free entry
and free food!
Drinks available
to buy, raising funds
for the school.

Easter Egg Decorating Competition



Every year we hold an Easter Egg decorating competition and we are all impressed and amused with the children's egg-cellent decorated eggs and eggs-tremely funny egg scenes!

They have freedom to decorate their Easter Egg scene in any way they see fit – they **don't need to use real eggs** (they can craft egg shapes from anything they would like) it just has to have an element of a designed 'egg' shape in it.

The countdown is now on for this year's competition. Entries should be brought in on the last day of term, **Friday the 31st March**. They will be judged that morning and then shared in the end of term assembly and prizes given out.

to submit your entry you need to:

· Decorate your egg/egg scene—special consideration for prizes given for creativity and imagination!

· Bring in your egg/scene on the morning of **Friday 31st March** for judging

We can't wait to see the fantastic entries this year.



Fleet Primary School Calendar Competition 2024

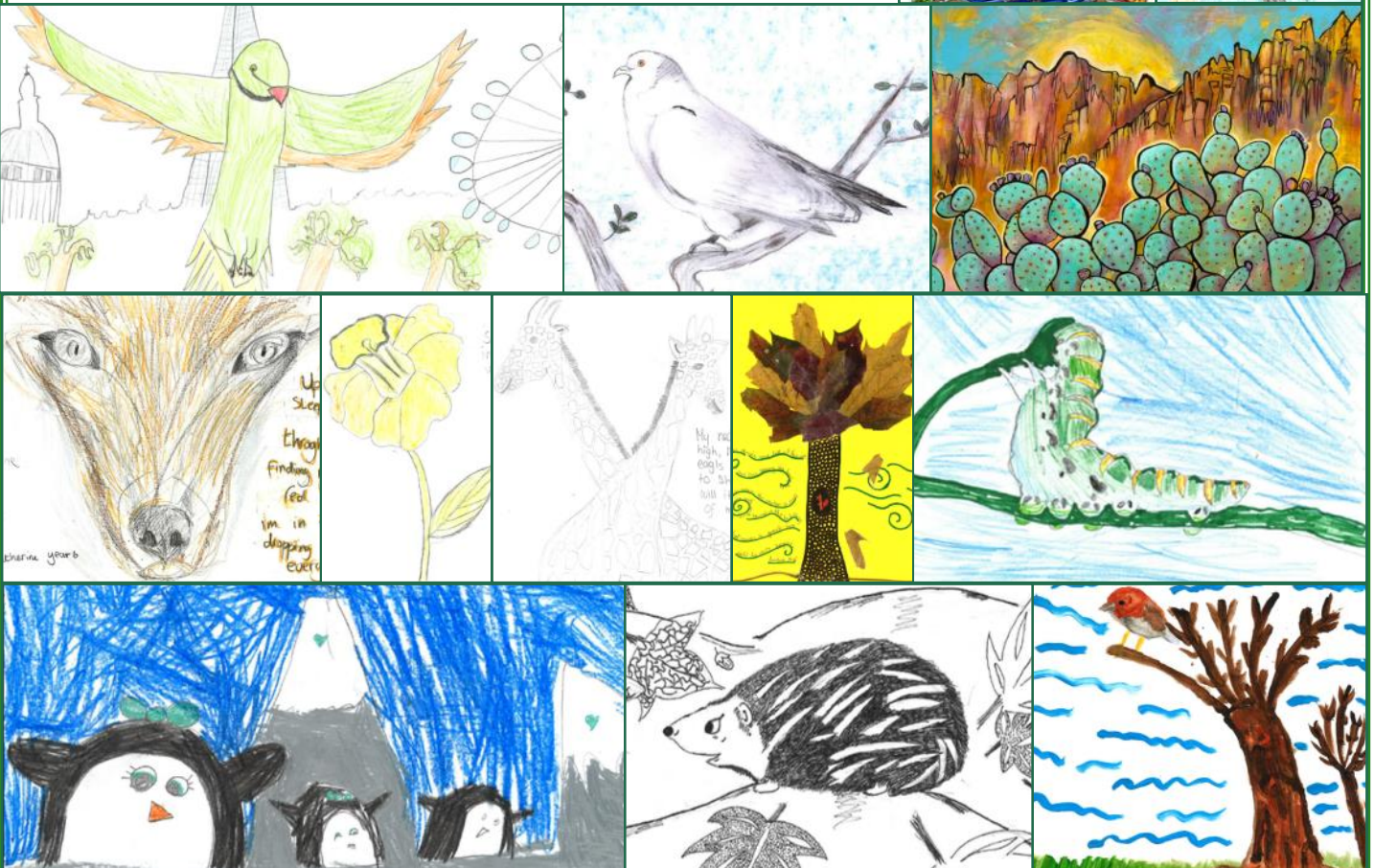
This year's theme...A Wonderful World!

This week in assembly we introduced to the children this year's theme for our annual Fleet Calendar Art Competition. The school's Rights Respecting Ambassadors helped to come up with the ideas.

The theme this year is 'A Wonderful World' and is all about the natural world and protecting it. Art can be inspired by nature, animals, plants, insects, birds, ocean life, habitats, protecting the environment or environmentalists—see some of the examples at the bottom of this page.

Children can use any art medium in their entries as long as it is A4 in size and they can enter as many times in a term as they want. It is important that they put their name and class on the reverse side of the picture in pencil (don't write in pen and not on the front). They should also include a 'fun fact' about their subject written on the back too which will be included in the final calendar if their image is selected.

Prizes will be awarded termly, with a selection of entries chosen to go in the calendar for 2024. Entries should be handed in to the school office. We have some very talented artists at Fleet and we can't wait to see the fantastic pieces the children come up with. Good luck!



Amazing Art Club this Easter at Fleet

Come and be part of the design and painting for a new mural for the infant playground...

Dear parents and carers,

This Easter holiday, **YAS Art Club** will be running a 4-day camp between the **11th-14th April** at Fleet for students in **Years 3-6** to design and repaint the mural in the infant playground! The much loved mural has worn away over the years and needs some TLC. Together, with pupils we will work to restore the most loved characters and incorporate these into a fresh new design.



Day 1 - we will be working together to create a new mural design inspired by play and nature.

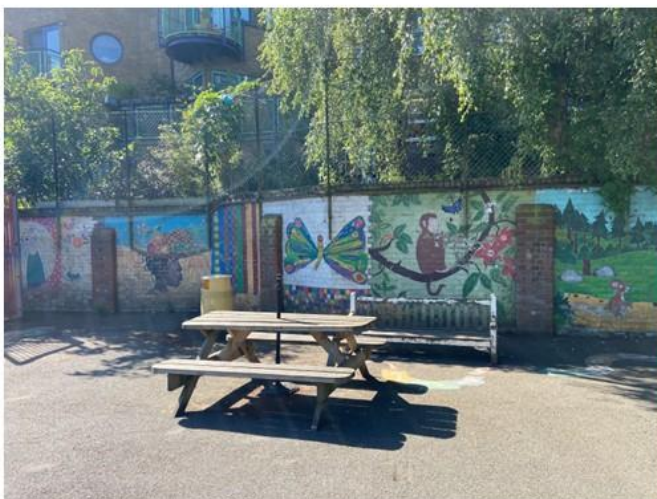
Days 2-4 - we will be busy painting our design onto the wall!

Throughout each day we will have plenty of games and breaks to keep the children engaged and active.

The camp will **start at 10am and finish at 4pm** each day, and the cost of the camp is **£15/day**. Funds will help to cover the cost of an assistant and materials. Places will be limited to 15 children per day and you can choose to do some or all of the days. Children should bring a water bottle, packed lunch and any other snacks they wish to have.

There is some funding available to subsidise places for anyone who would like to send their child but cannot afford to—priority for this funding will be given to children who qualify for free school meals. Please speak to the office about this if you are interested in a financially supported place.

If any other parents would like to come along and help for days 2-4 they would be very welcome with the option to bring your children for free, as long as you take full responsibility and supervise them. Or if you are in a position to donate something towards the cost of paints we would also be very grateful - this can be done at the office.

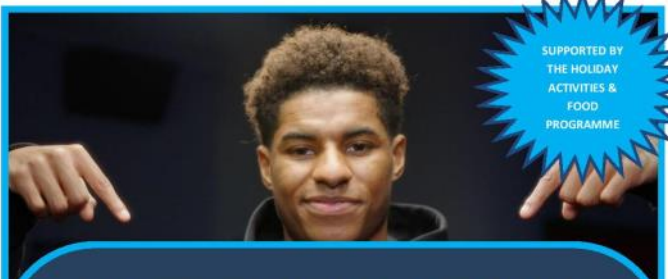


If you would like to book a space for your child or if have any questions, please email:

Sophie@yasartclub.com

Many thanks

Sophie - parent of Amber-Lily Y6 and Robyn Y3



SUPPORTED BY THE HOLIDAY ACTIVITIES & FOOD PROGRAMME

CRICKET COACHING PROGRAMME

EASTER (WEEK 2)

VENUE: SOMERS TOWN COMMUNITY SPORTS CENTRE
134 CHALTON STREET
SOMERS TOWN
NW1 1RX

TUESDAY 11th APRIL 2023: 10am-3pm
WEDNESDAY 12th APRIL 2023: 10am-3pm
THURSDAY 13th APRIL 2023: 10am-3pm
FRIDAY 14th APRIL 2023: 10am-3pm



PLATFORM

Supporting young people to progress through and in cricket



IS THIS COACHING PROGRAMME FOR YOU?

This course is appropriate for any child in school years 4 to 7.

Children will experience cricket in a fun, safe and progressive environment, building on their development at an appropriate rate.

Both beginners and children who have experienced cricket before are welcome.

DETAILS

- **COST:** These courses are Free of Charge
- **PLACES:** Allocated to the first 30 respondents on a first come-first serve basis
- **AGES:** 8-12 Years Old
- **LUNCHES & REFRESHMENT:** Parents of children entitled to a Free School Meal will be provided with a hot lunch (Please highlight any dietary requirements when signing-up)
- **CLOTHING & EQUIPMENT:** Regular sports kit & trainers (non-marking soles); Personal protective equipment preferred, although we can supply if a child does not have their own

THE COACHES

LEAD: JAHID AHMED



Jahid Ahmed is a former Essex seam bowler who has worked extensively in youth cricket. He is one of an exclusive group of Level 3 coaches, he has led the development of junior cricket in East London and he is a fast bowling and high performance coach with Kent CCC.

OTHER COACHES INCLUDE:

Matt Golding (current Minor County Cricketer; Level 2 Coach), Jonathan Rodda (Club Youth Lead; Level 2 Coach), Matt Stiddard (London Schools U14 Lead; Level 2 Coach), Soyfur Rahman (Middlesex Youth; Level 3 Coach).



TO BOOK YOUR PLACE OR TO DISCUSS ANY ASPECT OF THE COURSE PLEASE CONTACT:

CHRIS WILLETTTS

MOB: 07801 026 891

EMAIL: chris.willetts@thysf.org

Free Easter Activities

For children aged 8 -17 | 3rd - 6th April



Basketball



Football



Games



Arts & Crafts



Group Activities



African Drumming



Gardening



Lunch Provided



Scan to Register

If your child qualifies for free school meals, scan the QR code to register. Otherwise, please email selina@castlehaven.org.uk to secure your child's place.

Easter Activities Timetable:

Activ8 Zone
(ages 8 -13)

Rebound Zone
(ages 11 -17)

3rd - 6th April
11:00 am - 2:00 pm

3rd - 6th April
3:00 - 5:00 pm

Activ8 Zone offers engaging activities for 8-13 year-olds including football, African drumming, arts & crafts, street dance, and basketball.

Rebound Zone provides a safe space where young people aged 11-17 can play sports such as football, basketball, and table tennis.

Our Easter activities are supported by the Young Camden Foundation, BBC Children in Need and John Lyon's charity.

Activities are taught by our professional tutors and qualified youth team to increase young people's confidence, mental and physical well-being.

For more information, please email selina@castlehaven.org.uk

Castlehaven Community Association
23 Castlehaven Road
London, NW1 8RU
020 7485 3386
info@castlehaven.org.uk
Charity No: 295829. Company No: 2069107.

All staff, tutors and volunteers are enhanced DBS Checked and screened.



@CCA_Camden
@castlehavencommunity
@CCA_Camden
www.castlehaven.org.uk



Time Travellers

Join us on an amazing journey
at our **free**
Easter Holiday Club!

Tues 4th – Thurs 6th April
9.30am-12.30pm



Fun, games, crafts, quizzes
and **MUCH MORE** as we time travel
through the **BIGGEST** story ever!

For reception to year 6. We welcome
children of any faith or none.

To sign up,
email: office@sjdh.org
phone: 020 7099 9360



ST JOHN'S
DOWNSHIRE HILL



Story sacks sessions for all the family

Free, fun, and creative sessions to help you bring stories to life
(most appropriate for children aged 3-8 years old)

Tuesday 4th April 1 – 3pm

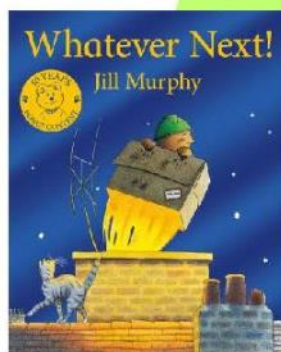
West Hampstead Library

Book: 'The Blue Balloon' by Mike Inkpen

Mick Inkpen



The Blue Balloon



Thursday 6th April 1 – 3pm

Queens Crescent Library

Book: 'Whatever Next!' by Jill Murphy

Tuesday 11th April 1 – 3pm

Kentish Town Library

Book: 'We're going on a bear hunt' by Michael Rosen and Helen Oxenbury



Thursday 13th April 1 – 3pm

Pancras Square Library

Book: 'We're going on a bear hunt' by Michael Rosen and Helen Oxenbury

Get a FREE book to take home!

Contact Alison NOW to book your place: 07876 651 950

You cannot attend these sessions unless you book

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



Education & Skills
Funding Agency



**Easter Holiday
Scheme 2023
Ages 8+**



**Adventurous fun
& skills on the
Regent's Canal**



KAYAKING, CANOEING, GAMES & CANAL BOATING

Mon 3rd - Thurs 6th April & Tues 11th - Fri 14th April

10am - 3.30pm (last admissions at 10.20am)

£30 per day / £5 concessions

SUITABLE FOR BEGINNERS & MORE EXPERIENCED PADDLERS!

Run by qualified & DBS-checked instructors, skippers & volunteers

For bookings & information, email info@thepiratecastle.org

Gilbey's Wharf, Oval Road, London, NW1 7EA. Charity No. 1138787

Code_Cadets



MINECRAFT, SCRATCH, PYTHON, HTML, CSS,
JAVASCRIPT, ANIMATION AND MORE ... 50+
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CODING & LEGO ROBOTICS

EASTER CAMPS

CHOOSE MORNINGS, AFTERNOONS AND/OR FULL DAYS
FROM 13-16 APRIL

IMPERIAL COLLEGE LONDON
SOUTH KENSINGTON

AGE 9-14+



[Book here](#)
[now!](#)



The poster features a central yellow circle with a serrated edge, containing the event title and details. The background is a dark teal color with various scientific and medical icons: a DNA double helix, a stethoscope, a robotic arm, a heart, gears, test tubes, a microscope, and a molecular model. The text is in bold, sans-serif fonts.

SCIENCE of SURGERY

11am-4pm, Monday 3 April 2023

43-45 Foley St, London

FREE PUBLIC EVENT

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 need adult volunteers to support on these trips so please do look out for notices on class windows or sent out via parenthub closer to the date of a trip and contact the office if you are able to accompany. Thank you.

WHOLE SCHOOL EVENTS

31st March:	end of term—school closes at 2pm
3rd-6th April:	Holiday Programme @ Fleet (see page 1 for link to book space)
11th-14th April:	Mural Painting Holiday Programme @ Fleet (see page 6 for how to book a space)
18th April:	Summer Term Starts—Children Back
19th April:	Dr Bike Event—free bike checks—limited spaces—please contact office to book a space
1st May:	Bank Holiday—May Day—School Closed
8th May:	Bank holiday—King’s Coronation—School Closed
16th May:	Caterlink Taster Session in the Hall for Parents after school
18th May:	International Food Evening 5-7pm
29th May-2nd June:	Half Term Holiday—School Closed
5th June:	INSET Day—School Closed
26th-30th June:	STEAM Week
7th July:	Sports Day on the Heath
21st July:	Last Day of School—finish @ 2pm

NURSERY

17th May:	Kentish Town Farm
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See the tables here (left and below) for events specific to individual classes. If you have any questions about these trips, visits or events please speak to the class teacher or contact the office.

RECEPTION

6th July	Class Assembly @10am
6th July	Class Tea

YEAR 1

30th March:	London Zoo
23rd May:	Talacre
29th June:	Class Tea
30th June:	Class Assembly @ 10am
4th July:	London Zoon

YEAR 4

18th April:	Basketball @ Talacre
25th April:	Year 4 to the Zoo
16th May:	Talacre
8th June:	Class Tea
9th June:	Class Assembly @ 10am

YEAR 2

30th March:	Talacre
23rd May:	Talacre
22nd June:	Class Tea
23rd June:	Class Assembly @ 10am

YEAR 5

20th—30th Mar:	Year 5 Swimming everyday
18th April:	Royal Albert Hall Rehearsal—bring instruments
24th April	Royal Albert Hall Performance—collect from venue @ 9.30pm
16th May:	Talacre
25th May:	Class Tea
26th May:	Class Assembly @ 10am

YEAR 3

23rd May:	Talacre
15th June:	Class Tea
16th June:	Class Assembly @ 10am
4th July:	Camden Music Festival

YEAR 6

9th-12th May:	KS2 SATs
16th May:	Talacre
22nd-26th May	Gower Residential Week
19th-30th June	Swimming everyday
20th July	Leavers Assembly @ 2pm
20th July	Y6 BBQ & Gower Exhibition

Term Dates for this Academic Year...

SCHOOL TERM DATES 2022-2023

AUTUMN TERM

First day of term	Monday 5 th September 2022
Half term (inclusive)	Monday 24 th Oct – Friday 28 th Oct 2022
Last day of term	Friday 16 th December 2022 – close at 2pm

SPRING TERM

First day of term	Wednesday 4 th January 2023
Half term (inclusive)	Monday 13 th Feb – Friday 17 th Feb 2023
Last day of term	Friday 31 st March 2023 – close at 2pm

SUMMER TERM

First day of term	Tuesday 18 th April 2023
May Day Bank Holiday	Monday 1 st May 2023 - school closed
Additional Bank Holiday	Monday 8 th May 2023 – school closed
Half term (inclusive)	Monday 29 th May – Friday 2 nd June 2023
Last day of term	Friday 21 st July 2023 – close at 2pm

STAFF INSET DAYS – SCHOOL CLOSED

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

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.



camdenmusic



Have fun learning to play the drums at Fleet School

- Lessons will take place during the school day
- Taught by an experienced Camden Music Tutor
- Recommended for children in years 2 - 6

Getting started is easy!

Simply apply online

www.camden.gov.uk/camdens-music-service

020 7974 7239

camdenmusic@camden.gov.uk

THE CAMDEN CLEAN AIR CYCLE RIDE 2023

Saturday 20 May 2023, 09:30 to 11:30,
Granary Square, King's Cross

TICKETS:



FREE BIKES AVAILABLE

for kids and adults! Please
enquire when buying your ticket.

Proudly supported by

**KINGS
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CITY
OF LONDON



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

4,300 online sites will give us a free donation
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Download the easyfundraising App



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 the need arise. 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.

Ten top tips for STRONGER PASSWORDS

Passwords continue to be the most common way to prove our identity online. A combination of a username and a password known only to the user provides access to our online accounts and data – and hopefully keeps unauthorised individuals out. As a security measure, though, passwords are relatively weak. People are often predictable in how we choose our passwords, for example – making them less secure. With increasing volumes of usernames and passwords being leaked online, what can we do to keep our data more secure? Here are our top tips for stronger passwords.

BE UNPREDICTABLE

We often choose passwords which are easy to remember, featuring the name of our favourite sports team or favourite film, for instance. Those are predictable passwords. Cyber criminals will routinely try various combinations of passwords relating to sports teams, actors, musical artists and the like – and they often focus on these during major sporting events or around high-profile movie releases.

AVOID GETTING PERSONAL

Many of us use passwords relating to our family, such as children's names or favoured holiday destinations. The problem here is that we also typically post about our holidays and our family on social media – making that information potentially visible to cyber criminals and supplying them with clues which could help them in narrowing down possible passwords we might have set.

NEW PLATFORM, NEW PASSWORD

Where cyber criminals gain access to an online service through a data breach, they often use the data they've stolen to try and access the victim's other accounts. This is because the criminals know that, for convenience, people often use the same password across different services. When we reuse passwords, our security is only as strong as the weakest site where we've used it.

LONGER IS STRONGER

Our passwords are often stored by online services in an encrypted format. In case the service suffers a data breach, the strength of this encryption, however, is dependent on the length of the password you've selected. If your password is only a short one, cyber criminals are significantly more likely to be able to break the encryption and identify your password.

CHECK SOCIAL MEDIA VISIBILITY

Staying up to date with friends and relatives on social media is part of everyday life now. We need to ensure, though, that we limit who can see our posts via each platform's privacy settings. It's also wise to consider what we're posting and if it's really safe to share online. If we restrict what cyber criminals can see, we reduce the chance of them using that information to identify our passwords.

Meet Our Expert

A Certified Information Systems Security Professional (CISSP), Gary Henderson is the Director of IT at a large boarding school in the UK, having previously taught in schools and colleges in Britain and the Middle East. With a particular interest in digital citizenship and cyber security, he believes it is essential that we become more aware of the risks around technology, as well as the benefits.



Source: <https://www.ncsc.gov.uk/>

CCTV
IN OPERATION

'DOUBLE LOCK' YOUR DATA

It's possible that cyber criminals may eventually discover your username and password. Enabling multi-factor authentication (MFA) on your accounts, however, reduces the chance of them obtaining access to your data, as they'd also require a code which is provided via an app, SMS message or email. MFA isn't infallible, but it does definitely provide extra protection and security.

DELETE UNUSED ACCOUNTS

Data breaches occur when cyber criminals gain access to an online service and all the data contained within it – including usernames and passwords. Whenever you stop using a service, it's wise to make sure that you delete your entire account and not just the actual app. If the service no longer has your data, there's zero risk of it being leaked should they suffer a data breach in the future.

TRY PASSWORD MANAGERS

Even though most of us have numerous online accounts to manage these days, it's advantageous to avoid password re-use. Specialist password management software (like Dashlane or OnePassword, among others) can help by storing a different password for every online service that you have an account with: the only one you or child will need to remember is the single master password.

GET CREATIVE

The British government's National Cyber Security Centre (NCSC) recommends the 'three random words' technique. This method helps you create a password which is unique, complex and long – yet which is memorable enough to stay in your mind ("FourBlueShoes", for example). The NCSC website, incidentally, also offers plenty of other useful information relating to personal cyber security.

STAY VIGILANT

The best way to protect your accounts and your data is to be vigilant and careful. If you receive an email or text message that's unusual or unexpected, treat it as suspicious until you're able to verify whether it's genuine and safe. Starting from a position of vigilance and caution will reduce the likelihood of you or your child being tricked by a malicious email, text or phone call.

 National Online Safety®
#WakeUpWednesday



@natonlinesafety



/NationalOnlineSafety



@nationalonlinesafety



@national_online_safety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 22.03.2023

The Incredible Years

A course for parents to help build skills in managing their children's behaviour

Incredible Years' School Age Group:

Parents of children aged 5-11



About Incredible Years:

- ◆ An evidence-based parenting programme helping parents to manage and reduce difficult and disruptive behaviours
- ◆ The programme recognises that you are the expert on your child and will not criticise or judge your parenting
- ◆ Gives you the opportunity to be with other parents, to share ideas and try out practical activities at home
- ◆ Support parents to promote their children's social, emotional, and academic development
- ◆ Uses a mixture of videos, group discussion and practices to cover each skill

Topics covered:

- ◆ Parental attention and child-led play
- ◆ Social, emotional and persistence coaching
- ◆ Effective praise and rewards
- ◆ Rules, routines and boundaries
- ◆ Managing misbehaviour through consequence and time-out

Aims of the programme:

- ◆ Strengthen the relationship you have with your child
- ◆ Help you to believe in yourself as a successful parent
- ◆ Help your child to feel better about themselves
- ◆ Develop skills to help your child manage their emotions and feel calm
- ◆ Help you cope and feel in control
- ◆ Develop effective parenting strategies
- ◆ Help your child with friendships



About the group:

- ◆ There will be a maximum of 12 parents in the group
- ◆ A safe, non-judgemental space to meet other parents and carers to share knowledge and experiences and to support each other
- ◆ The group will meet every Friday morning during term time for 12 weeks
- ◆ Each session will run for 2 hours

Dates: 28th April—21st July 2023

Day: Every Friday (during term-time only)

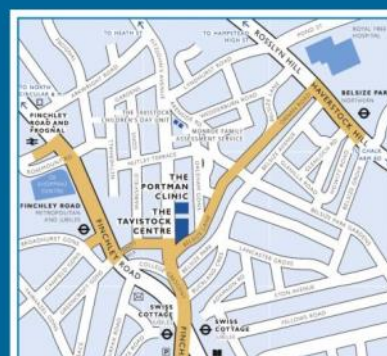
Time: 10:00am-12:00pm

Venue: The Tavistock Centre and Zoom (online video platform)



Location:

- ◆ The group will take place both face to face and on the online video platform Zoom
- ◆ For face to face sessions you will meet at The Tavistock Centre
- ◆ For online sessions the facilitators of the group will send you a Zoom link via email in order to access the group
- ◆ You will be given information on how to use Zoom before the group starts and group facilitators will provide support to any parents that are unfamiliar with the Zoom application



Camden CAMHS Wellbeing Team and the Mental Health Support Team in schools (MHST)

Tavistock Centre
120 Belsize Lane
London
NW3 5BA

Email: CwpAdmin@tavi-port.nhs.uk

Phone: 020 8938 2232

Please ask to speak with Marie Hagan-Asmah (Trainee Parenting Practitioner) or Emma Rahman (Parenting Practitioner)



WEEKEND & EVENING

SATURDAY CLASSES

AGES 4-30

PERFORMING ARTS

Classes in Acting, Dance, Singing & Songwriting
£2.50 - £7

CREATIVE AND DIGITAL ARTS

Classes in Art & Design, Animation, Filmmaking & Music Production
£3.75

AGES 8-18

MUSIC TUITION

AGE 5+

Classes in Drums, Percussion, Guitar, Keyboard & Saxophone
£3.75 - £4

Bursaries Available

for more information, visit www.wacarts.co.uk
Wac Arts, 213 Haverstock Hill, London, NW3 4QP



WEEKEND & EVENING

SUN-WED CLASSES

SUN

Aerials: Beginner & Int/ Advanced
Wac Arts Actors Company
Wac Arts Dance Company
£6 - £7 (14-30 yrs)

Aerials: Open Class (14-30 yrs)
Tap: ISTD Primary (5+ yrs)
Tap: ISTD Grade 1 (7+ yrs)
£3.75 - £6

MON

TUES

Ballet: ISTD Primary (5+ yrs)
Ballet: ISTD Grade 1 (7+ yrs)
Over 50s Ballet
£3.75 - £6

WAC NITES

Inclusion programme exploring creative and performing arts specifically designed for those with mild/ moderate learning disabilities.

Spark (9-12 yrs)
Ignite (13-17 yrs)
Urban Motivation (18-30 yrs)
£3.75 - £5

WEDS

Bursaries Available

for more information, visit www.wacarts.co.uk
Wac Arts, 213 Haverstock Hill, London, NW3 4QP



GIVE YOUR CHILD AN INVALUABLE LIFE SKILL AT KENTISH TOWN SPORTS CENTRE

Do you want to improve your child's water confidence and give them the ability to swim?

Discover how to kick-start your child's confidence in the water at better.org.uk/swim-school



WHAT'S MORE, YOUR CHILD WILL...

- Develop social skills whilst having fun with new friends
- Feel motivated as they progress through stages
- Improve their confidence with every stroke
- And most importantly, learn a life saving skill

Better Swim School offers affordable lessons for all ages and abilities taught by qualified teachers with our own industry leading swim school programme. Our safe and friendly environment will ensure your child enjoys life long fun in and around the water.

Book now to secure your child's place at better.org.uk/swim-school

Better is a registered trademark and trading name of GLL (Greenwich Leisure Limited), a charitable social enterprise and registered society under the Co-operative & Community Benefit & Societies Act 2014 registration no. 27793R. Registered office: Middlegate House, The Royal Arsenal, London, SE18 6SX. Inland Revenue Charity no. XR43398.



Sprint, run, throw and jump into athletics!

QuadKids 2023

At Parliament Hill Track on:
Sunday 5th March, 2nd April, 7th
May and 4th June 12-2 pm

Register (£3) onsite from 11:30 or
online 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 format for children of all abilities under 12. It's quick, fun and a great way to measure progress over time.

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

We hope to see you there!



Highgate Harriers
www.highgateharriers.org.uk



WEEKLY GIRLS SESSIONS

TUESDAYS

TIME: 4.30-6pm

AGES 5-11

COST: FREE

Castlehaven Pitch 1, 23 Castlehaven Rd, NW1 8RU

SCAN QR CODE TO SIGN UP (5-11)



TIME: 4.30-6pm

AGES 12-14

COST: FREE

Castlehaven Pitches 2 & 3, 23 Castlehaven Rd, NW1 8RU

SCAN QR CODE TO SIGN UP (12-14)





GIRLS FOOTBALL DEVELOPMENT



**BOOK A FREE TASTER
CLASS NOW**

- ✓ Skills & ball mastery techniques
- ✓ Agility, balance, coordination & speed
- ✓ Strategy & teamwork training
- ✓ Fun games & friendly matches

EVERY TUESDAY

6-11 year olds
5:30-6:30pm

FIRST CLASS IS FREE!

£6 per week thereafter
Concession rates &
sibling discounts apply

FLEET PRIMARY SCHOOL - 4G ASTROTURF

Agincourt Rd, London, NW3 2QT

Registration Link
www.prorevo.co.uk

More Information
+E: prorevolution.development@gmail.com

Keats Community Library



Maths' Club

All Homework Questions
& Tackling GCSE Maths

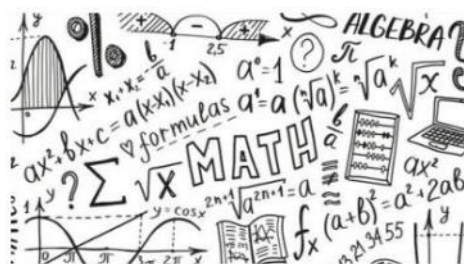
ALL AGES WELCOME

Tuesdays after-school

4:30-5:30 pm

Beginning 7 March

In the Children's Library



Lia is a Year 11 Maths Teacher with a degree in Maths and Statistics. She will help with homework and explain topics as needed. She will provide tips and advice on how to prepare for the GCSE exams.

Lia loves teaching maths and wishes to show how mathematics can be fun and rewarding! (mobile: 07501516289)

Sign up Required! By message or email!

£10/child (£8 siblings) payable to Lia

Any questions? Email kclchildrenslibrary@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
invites you to enjoy



Ballet Storytime



30-minute
stay and play session
£5/child
Recommended for children
18 months+

Wednesdays 2-2:30 pm

Explore ballet's timeless tales in this interactive class for young children and their parents/ guardians.

An introduction to the wonderful music and movement of ballet, combined with storytelling, mime and fun for all.

With Lucy Heard, RAD RTS
www.thehouseofballet.com

Online sign up is requested!
Drop-ins welcome

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.

Creative family workshops

FREE

Connect with nature through poetry and painting

Sunday 26 March, 2 – 4pm

Sunday 2 April, 2 – 4pm

Saturday 22 April, 2 – 4pm

Nightingale Room
Keats House and garden
10 Keats Grove, Hampstead,
London, NW3 2RR

#THEWILDESCAPE

**The Wild
Escape**

Led by
Art Fund_



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

**KEATS
HOUSE**

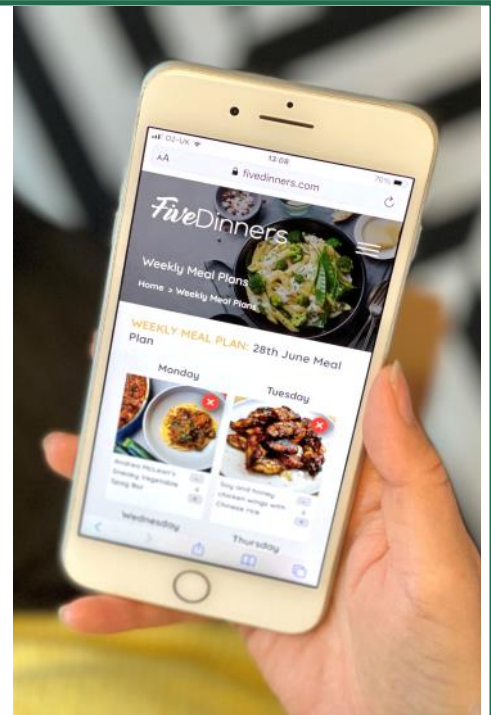


**H S
O A** **Hampstead
School of Art**

Keats House is managed by the City of London Corporation as a registered charity (number 1053381).

Limited time offer – get FREE lifetime membership to FiveDinners.com!

We know how hard times are at the moment so the folks at FiveDinners.com – online meal planning service - have decided to give away FREE lifetime memberships to try and help you save money on food shopping and reduce the mental load of deciding what to eat every night. There's no catch or restrictions, simply full access to our meal plans to make your dinnertimes a little easier and cheaper.



FiveDinners.com is an online meal planning service co-founded by author and TV chef Theo Michaels. To help with the cost of living crisis so many families and individuals are facing Theo has decided to offer their meal planning service for FREE (usually £49.99 per year); every week they publish a new meal plan with an automatically generated shopping list; set to your serving size so you know exactly what you need for the week ahead. It saves you time, money on food shopping and ultimately takes away the headache of deciding what to cook every night. You can even create and save your own meal plans choosing from hundreds of recipes.

Simply head to <https://FiveDinners.com> and click green Join button now.

FiveDinners

FREE Lifetime membership - sign up today!

Limited time offer!
was ~~£49.99~~ - now £0!



NSPCC School's Service Volunteer

Locations: Central London (Camden, Islington, City, Westminster, Kensington & Chelsea, Tower Hamlets)



What we're looking for: We need people to help us protect a generation of children from abuse and neglect. As a *Speak out. Stay safe.* volunteer, you will visit primary schools to deliver *Speak out. Stay safe.* workshops to children in Year 5 and Year 6 that teach children about the different types of abuse and how they can speak out and stay safe.

What you'll do: Our *Speak out. Stay safe.* workshops are age-appropriate and memorable and need an energetic and enthusiastic person to deliver them. You'll work alongside other *Speak out. Stay safe.* volunteers to make sure at the end of each session the children feel empowered and know who they can speak out to if they are worried. *In some sessions children may speak up and disclose abuse, so you will also be required to sensitively handle this and report any concerns you have about the child. But don't worry you'll get plenty of support and training on this.*

Who's right for the role? While we think this role is suitable for a whole range of people, we are particularly looking for those with the following qualities and experience:

- Passionate about helping children and young people
- Great communication skills
- Empathetic and perceptive
- Sensitive and supportive
- Able to think on your feet
- Work well within a team

For this role, we can only accept people over the age of 16.

Interested in getting involved? Volunteer today and join our fight for every childhood.

Please email Faye – Faye.Wynne@NSPCC.org.uk for more information or to register your interest!

Reducing Parental Conflict Online Course

For parents and other adult carers
living together or apart

**strengthening
families
strengthening
communities**

- Do you want to get some new ideas to help you be an even better parent ?
- Would you like to reduce the arguments and disagreements in your family and cope better with stress?
- Would you like to enhance your relationship with your current partner, or improve communication with your ex or the other people helping to raise your children?
- How about learning at a time that suits you?



6 online
sessions



6 group
discussions



Certificate on
completion



Information on
strategies to identify
and reduce conflict



Hear from other
parents and carers



Downloadable
worksheets and
handouts



Videos, quizzes and
interactive activities



Do sessions at a time
that works for you



Weekly support from
our course experts

TOPICS COVERED

- Healthy adult relationships
- Identifying and managing conflict
- Understanding how conflict affects your children
- Enhancing parent-child relationships
- Managing stress, anger and emotions
- Strategies to resolve conflict and create a parenting agreement

GROUP DISCUSSION

- Speak to a course expert and get answers to some of the questions you might have
- Talk about how the strategies are going at home and how to adjust them for you
- Address other difficulties relating to your relationships
- Hear from others about what works for them

Camden parents can claim their free place by contacting Eleni with a contact email and number:
eleni.sfsc@racefound.org.uk

Find out more or register for the course:
sfscparent@racefound.org.uk
www.strengthening-families.net

COMMUNITY HEALTH EVENT

**SATURDAY 29 APRIL
12PM-4PM**

1-2 LISMORE CIRCUS, NW5 4QF



- Community Health Bus • Health Education
- Diet Advice • Free Health Checks • Smoothie Bikes
- Face Painting • Live exercise and football sessions
- Live music and many more!



Home-Start Camden & Islington is a grass-roots charity that supports and empowers parents with children under five who are struggling to cope.

Our volunteers are given bespoke training and matched with a family to best meet the family's needs. They visit the families in their home and provide non-judgmental, peer-to-peer, practical and emotional support.

All volunteers have parenting experience so they know what families are going through. Support is confidential, compassionate and totally responsive to the needs of the family.



To receive support from Home-Start Camden and Islington all we need to know is that you:

- Live in Camden or Islington
- Have a child or children under the age of five
- Be in need of a little extra help

For more information, including on how to self-refer for support, use the details below:

<https://homestartcamdenandislington.org.uk/>

Tel: 0207 099 6041

Email: info@homestartcamden.org

Recruiting
now

HOME
START
Camden &
Islington

Volunteers needed

Are you a mum, dad,
grandparent or carer?

We need people with your
experience to volunteer

If you could give as little as a few hours
a week to support a parent and their
children, then please get in touch.

- Make a difference to the lives of parents and children
- Enhance your well-being
- Free, high quality training

For more details
Telephone: 020 7099 6041



Make their early years count

Being a parent is hard for everyone; for some it can be overwhelming. Some of us have a fantastic support network of family and friends to help, some of us don't.

With your knowledge and experience as a mum or dad, grandparent or carer, you could be the vital support a family needs and make a big difference to their lives.

Find out more:

www.homestartcamdenandislington.org.uk

020 7099 6041 email at info@homestartcamden.org

We're there for parents when they
need us most. Join us and:

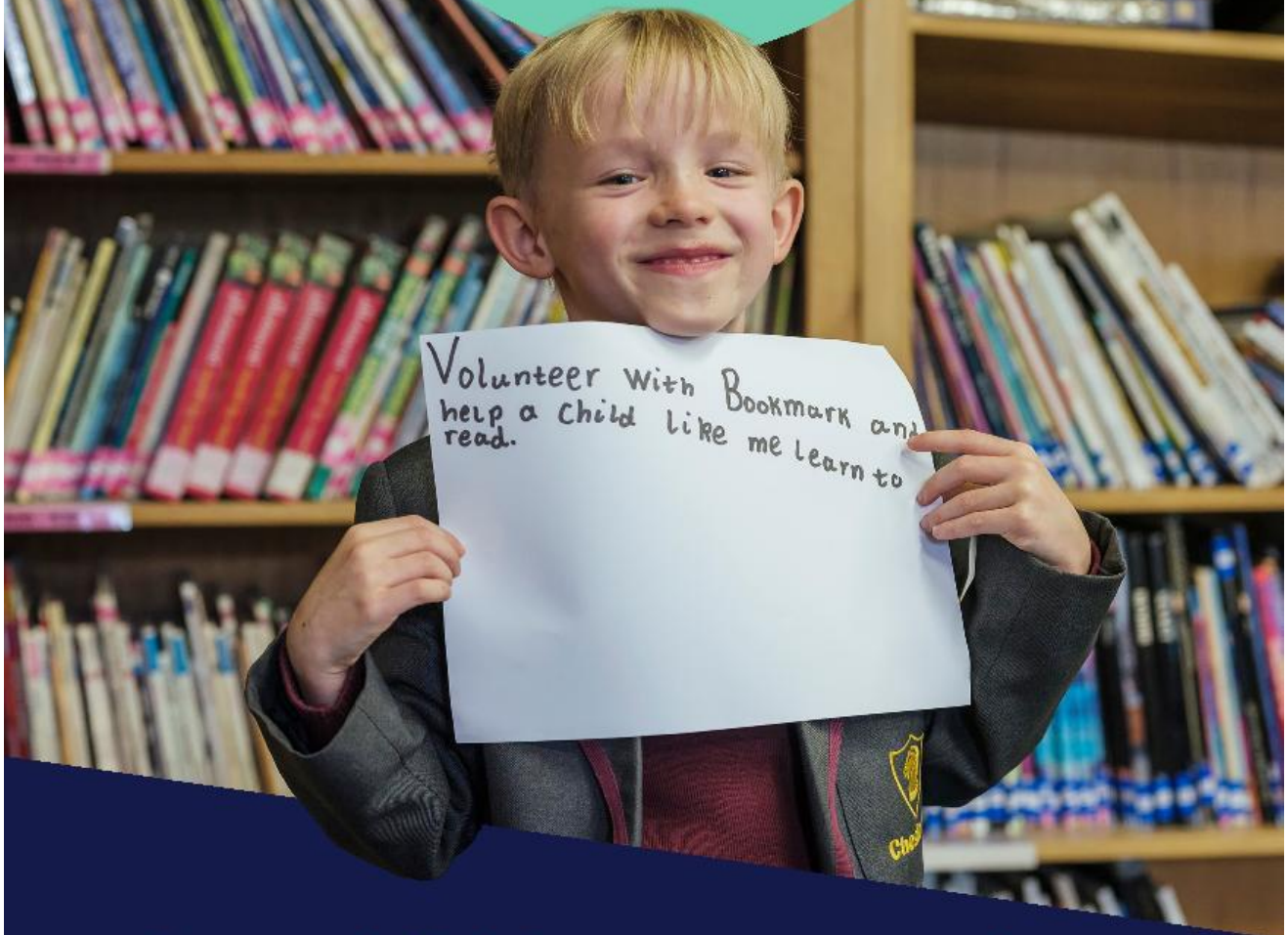
- Gain access to free, high quality training
- Learn new skills
- Enhance your wellbeing
- Make new friends & connect with your community

HOME
START
Camden &
Islington

Charity No. 1086292



Bookmark



Help a child learn to read

This year our school is working with **Bookmark**, a children's literacy charity that links schools with volunteers to provide children with extra reading support.

You can help a child develop the reading skills and confidence they need for a fair chance in life. Two hours a week, for 12 weeks.

As a Bookmark volunteer, you'll help your community and make a huge difference to a child.

Registered Charity No. 117768

**SIGN UP
TODAY**



[bookmarkreading.org/
volunteer2f](http://bookmarkreading.org/volunteer2f)

*Could you volunteer to help a child with their reading? Our school is working with **Bookmark**, a children's literacy charity, to provide our pupils with extra reading support. As a volunteer, you'll come into school to read and play fun, literacy games with the same child for 30-minute sessions, twice a week. We're looking for people who could support a minimum of two children a week, across 12 weeks. Sign up now to help children in your local community. Please feel free to share this volunteering opportunity with your own networks. You can find out more and sign up here: www.bookmarkreading.org/volunteer2f*

Multiply

FREE MATHS SKILLS COURSES

SUPPORTED BY
MAYOR OF LONDON



Having a good level of maths skills can help you find more job opportunities and lead to higher wages or can help you prepare for further study. They also help in everyday life, for example helping children with homework and budgeting.

Launching this year across the UK, 'Multiply' is a new government funded programme to help adults improve their numeracy skills.

If you're aged 19 and over and don't have maths GCSE Grade 4 Grade C or equivalent, you can access free numeracy courses through **Multiply** to build your confidence with numbers and gain a qualification.



We are partnered with the Mayor of London to deliver free Multiply courses designed to fit into your daily life, including evenings and weekends.

Multiply is a brand-new programme designed to help adults in London improve their maths skills to help with everyday life and provide more opportunities.

Multiply courses can help you to:

- Improve your confidence
- Manage your money
- Strengthen skills in the workplace
- Upskill to access better job opportunities
- Gain a maths qualification if you don't have one
- Support your children while improving your own skills
- Access maths if you've found it hard to access before

To be eligible you must:

- Have the right to live and work in UK
- Be aged 19+
- Live in London
- Not have maths GCSE at grade C (or equivalent)
- Have evidence of 3 years of residency in the UK

▶ Are you interested in taking part in Multiply? Simply register your interest

If you have any queries or are an employer who is interested in taking part, please email the **Multiply Team** on

Multiply@capitalccg.ac.uk

▶ for more details, email the Multiply team on: **Multiply@capitalccg.ac.uk** or scan the QR code



Multiply

SUPPORTED BY
MAYOR OF LONDON

Capital City
College Training

CITY AND ISLINGTON
COLLEGE

The College of
Haringey, Enfield
and North East London

wk
Westminster
Kingsway College

Find your nearest warm welcome space



camden.gov.uk/warmwelcome

Camden

To help everyone stay warm this winter, 'warm welcome' spaces are available in Camden's libraries, council buildings and voluntary and community sector organisations across the borough.

Each 'warm welcome' space will be a little different in its offer but wherever residents visit, they will be met with warmth and kindness, and they will be able to relax, meet up with others and get support with the cost of living crisis in a safe and warm place.

Seeking a new Career?



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

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

Contact us today

Call 020 36914000

Email reception@kxrecruit.co.uk

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

www.kxrecruit.co.uk

COOPERATION TOWN

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

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

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

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

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

Meeting every Thursday, 7pm

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

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

www.cooperation.town | info@cooperation.town | @CooperationTown



Citizens Advice Camden

How to contact us:



Adviceline

0808 278 7835

free number. You do not need credit on your phone to call us

Monday – Friday 10am-4pm



Complete the call-back request form on our website and we will call you.

www.camdencabservice.org.uk

If you need help with **Universal Credit** please call us on:

* **Help to Claim** for advice about making new claims up until your first payment

Call **0800 1448 4444** (free number). Mon to Fri 8am - 6pm

Webchat:

visit <https://www.citizensadvice.org.uk/benefits/universal-credit/claiming/helptoclaim/> on our website and click on the 'Talk to an Adviser' button half way down the page

* **Universal Credit Support** for help maintaining your claim and problems including UC stopping, sanctions and appeals.

Call **07765 293116** and leave a message with your number and we'll call you back

Visit our website for details of all our services

Citizens Advice Camden is a registered charity 291955

I want to support people in my community



Volunteer with us

Advice Support Workers

This role provides administrative support for the service.

Trainee Advisers

This role gives detailed advice and assistance to our clients.

Benefit Case Makers

This role supports client in making disability benefit applications.

Adviceline Assessors

This role provides an initial telephone assessment of client issues.



Please visit our website for details of our current volunteering opportunities or email us for further details:

Volunteer.Project@camdencabservice.org.uk

www.camdencabservice.org.uk

Cost of Living Crisis - Camden Support Available



Healthy Start pre-paid card and free vitamins

Do you receive income support? Are you pregnant or do you have any children under the age of four? You may be eligible for a Healthy Start prepaid card. The Healthy Start payments can be used to buy milk, fruit, vegetables, and infant formula. If you are eligible, you may receive: **£4.25 each week from the 10th week of your pregnancy, £8.50 each week for children from birth to one year old, £4.25 each week for children between one and four years old.** [Apply online](#). Pregnant women and children under the age of four are also eligible for free vitamins from children's centres. Find your local children's centre [here](#).

Cost of living crisis advice, support booklet and translated advice

To support residents with the cost of living crisis, Camden have developed an advice and support booklet [which can be downloaded here](#). We have translated posters which signpost to support with the cost of living crisis, help with food, energy bills, mental health and help finding a job into Arabic, Somali, Sylheti, Turkish, Kurdish, Lingala and Swahili. [These can be downloaded on Camden website](#).

Cost of Living Crisis Fund Payment

Camden Council's Cost of Living Crisis Fund is for residents and families facing severe financial hardship and who cannot afford essentials – including food, energy bills, water, electricity and housing.

- The maximum award for a household of any size is £500
- A household can only receive a maximum of two awards in a 12-month period - and the amount you are awarded will depend on your circumstances and household size
- We will prioritise those in greatest need

The support can take many forms including payments into bank accounts, vouchers, help with debt repayments or equipment that will help you to reduce your costs and/or keep warm this winter.

How to apply

Camden want to ensure residents are getting all the help and advice they need to live well in Camden.

If you are a tenant and in financial hardship, speak to your neighbourhood housing officer who will be able to refer you to the scheme and help you get other forms of support.

If you live in temporary or supported housing or have a social worker, speak to your support worker as they can also refer you for a payment and help you get other forms of support.

If you live in the private rented sector, other social housing or own your home and are in financial hardship, [speak to one of our advice partners](#). You can also get help via [Good Work Camden](#), by calling Citizens Advice Camden on 0808 278 7835 or by calling us on 020 7974 4444, option 9 (welfare support).

We can also refer you as school – come and speak to us if you think you are eligible and need our help to access this support (see eligibility criteria below):

Eligibility criteria

You must have lived in Camden for at least six weeks. We will check the council tax database and if you are not registered then we will come back to you for another form of proof such as a bill, bank statement or benefit letter addressed to you at the address you are claiming for. The faster we receive proof of residency the faster the award can be made.

2. No more than two payments will be made per household in any 12-month period. When you apply, we will check records to see how many awards a household has received. If there is more than one adult or family in the household, the application must come from the person responsible for council tax.

3. You must be over 18 to apply, but we will accept applications from 16 to 18 year olds living independently because we know that not all young people are able to remain at home

You must be able to prove that you are in severe hardship or financial crisis

The cost-of-living advice bus

If you're struggling with the cost-of-living crisis and want some help, come along to our advice bus. Run in collaboration with local advice partners, you'll be able to get advice on a range of issues - including money, debt, help finding a job and accessing all the support you're entitled to. In December, you can find the advice bus dates using this link [camden.gov.uk/winterevents](#). To find out more about advice and support, visit [camden.gov.uk/costofliving](#). To find your nearest 'warm welcome' space, visit [camden.gov.uk/warmwelcome](#)

Keir Starmer

MP for Holborn and St Pancras



Casework Service

If you live in Holborn and St Pancras and are facing a problem, my team and I may be able to help.

Please get in touch with my constituency office if you need my support.

You will need to include your full address and phone number.



keir.starmer.constituency@parliament.uk



020 7388 7862



Keir Starmer MP, House of Commons, London, SW1A 0AA

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

Come and talk to us...

We listen to parents. We can advise you about your child's development, breastfeeding, parenting, housing, employment and benefits advice. There are local free drop-in 'stay and play' sessions and we can help you find an early education and childcare place. In fact everything you need in the early years to bring up your child.

Come along to your local children's centre and get to know other parents.

If you would like to know more — just ask us.

To find out more about services and support in your area, or just to ask a question, please phone or call in to your nearest children's centre. We do not charge for our services.



Pregnant or have a child under five?
We can help, come and talk to us



Children's Centres:

- 1a Children's Centre
1a Rosebery Avenue ECLR 4SR
020 7974 7024
- Regents Park Children's Centre
Augustus Street NW1 3TJ
020 7974 8954
- Harmood Children's Centre
1 Forge Place NW1 8DQ
020 7974 8961
- Agar Children's Centre
Lulworth, Wrotham Road NW1 9SU
020 7974 4789
- Kilburn Grange Children's Centre
1 Palmerston Road NW6 2JL
020 7974 5080

Find out more:
camden.gov.uk/camdensurestart

Camden Sure Start
Your journey. Our support.



Children's_Centre_Colateral_Sure_Start_with_Father_Illustrations_Final_Artwork.indd 1

12/06/2018 11:44



Pregnancy & New Born Baby

New Born Baby to 2 Years

Child 2 to 5 Years

Mums, Dads and Carers, come with your children to your local children's centre.

Happy, healthy and looking forward to the future? That's what you and your child deserve. It's why Camden has developed a complete range of services, designed to offer support during the first months and years of your child's life.

We're here for the whole family. From the moment you know you're expecting a baby, our services and support will be available to you and your child, right up until birth and for years into the future.

Advice and play activities to support your child's speech and language

What kind of help?

We want you to feel confident as a parent, to be aware of everything that's available for your child's early development. We can help — come and talk to us.

You may be a first-time dad or mum or you could already have a family. Either way, we want to help you and your child to feel secure, healthy and happy.

Some dads and mums are anxious about caring for their baby and how to look after a growing child. Others need help with practical issues like benefits advice, employment or arranging affordable childcare.

Whatever you need, we want to help you and your child get the best start in life.

One-to-one support if you are feeling low, anxious or stressed by family life

Our support.

- Midwifery and health visiting services
- Information and support about breastfeeding, baby feeding and healthy eating
- Stay and play drop-ins and other activities for you and your child to enjoy together
- Family support team — if you need extra help
- Early education and childcare and childminders
- Help to find training and employment and benefits advice
- Local services for children with special educational needs and/or Disabilities, visit localoffer.camden.gov.uk

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12/06/2018 11:44

Camden Children's Centre Services

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 Beth Cleine in Year 1 or Rebecca Combes in Nursery.



Fleet's Forest School Request

Message from Camden Music Service:



Half price instrument/singing lessons for children of families claiming housing benefit and council tax support

Universal Music Group has generously given us some money to help families of pupils in KS2 (Years 3 to 6) to pay for music lessons. **Priority will be given to those pupils already on instrument lesson waiting lists.**

Here are the instruments you can choose in this scheme (please note that not all schools can offer all instruments as for tutors to attend a school there needs to be a certain amount of children wanting to do a specific instrument.

Apply here: <https://www.camden.gov.uk/apply-for-music-lessons-in-school>

	<p>Violin <u>J.S Bach - "Chaconne" Partita No.2 by Esther Abrami - YouTube</u></p> <p>Usually plays the tune 'Small and light'</p>	<p>Percussion <u>Hyun-gi Lee - Garage Drummer - Percussion Final - BBC Young Musicians 2012 - YouTube</u> https://www.youtube.com/watch?v=xxzK9CipS04</p> <p>Ideal if you want to play lots of different instruments, from small to large</p>	
	<p>Cello <u>Sheku Kanneh-Mason - No Woman, No Cry (Arr. Cello) [Studio Session] - YouTube</u></p> <p>Plays the lower accompaniment, usually large to carry, on your back</p>	<p>Ukulele <u>Jake Shimabukuro Performing Bohemian Rhapsody On HiSessions - YouTube</u></p> <p>Small and light to carry Easy to write songs and sing along with</p>	
	<p>Recorder <u>BBC Young Musician 2012 - Charlotte Barbour-Condini (recorder) - Trotto (Anon.) - YouTube</u></p> <p>Small and light to carry Lots of different sizes from very low to very high You need lots of gentle breath control!</p>	<p>Guitar <u>BACH Sean Shibe BWV 997 (Development) - YouTube</u></p> <p>Can play the melody or strum chords Easy to write songs and sing along with You can play alone or in a band</p>	
	<p>Flute <u>Havana - Camila Cabello Flute Cover - YouTube</u></p> <p>Small and light to carry Needs a lot of breath! Held sideways</p>	<p>Voice / singing lessons</p>	
	<p>Clarinet <u>Introducing the Clarinet with Julian Bliss Discover Instruments Classic FM - YouTube</u></p> <p>Small and light to carry Needs a lot of breath!</p>	<p>Euphonium <u>Uptown Funk (Euphonium Loop) - Tubavisionary - YouTube</u></p> <p>Usually plays the lower accompaniment (not the tune) Be different and play this!</p>	
	<p>Saxophone <u>BBC Proms - Darius Milhaud: Scaramouche (Excerpt) - YouTube</u></p> <p>Large to carry, on your back Needs a lot of breath!</p>	<p>Trombone <u>GoPro on Trombone: Star Wars - Imperial March - YouTube</u></p> <p>Plays the lower accompaniment usually, although sometimes has the tune Large to carry</p>	
	<p>Trumpet <u>Alison Balsom - Autumn Leaves (Les Feuilles Mortes) - Live in London - YouTube</u></p> <p>Small to carry Needs a lot of breath</p>	<p>French Horn <u>Instrument: Horn - YouTube</u></p> <p>Medium sized Be different and play this!</p>	

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



- 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.

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

CAMDEN MHST

MENTAL HEALTH SUPPORT TEAM

Camden's Mental Health Support Team works across Primary schools providing interventions for children and young people experiencing anxiety or low mood.

SUPPORT AND INTERVENTIONS

Individual/Parent led therapy

Group therapy and workshops

Whole class interventions

Parent/carer webinars: including topic on sleep, screen time and anxiety therapeutic conversations.



emotional health & wellbeing in Camden,
for children, young people and their families



FLEET PRIMARY SCHOOLS PRACTITIONER

THOMAS BURNAND
School Hours: Wednesday Afternoon

If you are interested in getting help, please
contact:
Rebecca Wall —Deputy Head

Parent and carer counselling service

Are you stressed or worried and need someone to talk to?

Are you a parent or carer with a child in a Camden school or children's centre?

Life is complicated and sometimes feels like an uphill struggle. Talking with a counsellor can help untangle thoughts and feelings.

- The parent and carer counselling service is FREE
- Counselling sessions are confidential
- Counselling takes place in schools and children's centres

Counselling is arranged by completing an application form or by phoning or emailing the co-ordinator.

We can also support with the referral process from in school. If you would like any support with this please come and speak to Rhian or Don.



PCCS co-ordinator, SEN and psychology services

Children, schools and families, Camden Council, Crowndale Centre

218 Eversholt Street, London NW1 1BD

Telephone: 0207 974 6500

Email: pccs@camden.gov.uk



Free 24/7 urgent mental health support for young people

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

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

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

URGENT MENTAL HEALTH SUPPORT 24/7

Worried about your mental health?

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

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

AREA	BOROUGHES COVERED	24/7 SUPPORT NUMBERS
North West London	Brent, Hillingdon, Harrow, Kensington & Chelsea and Westminster	0800 023 4650
	Ealing, Hounslow and Hammersmith & Fulham	0800 328 4444
North Central London	Barnet, Camden, Enfield, Haringey and Islington	0800 151 0023
North East London	City & Hackney	0800 073 0006
	Newham	0800 073 0066
	Tower Hamlets	0800 073 0003
South West London	Barking & Dagenham, Havering, Redbridge and Waltham Forest	0800 995 1000
	Kingston, Merton, Richmond, Sutton and Wandsworth	0800 028 8000
South East London	Croydon, Lambeth, Lewisham and Southwark	0800 731 2864
	Bexley, Bromley and Greenwich	0800 350 8590



Online learning resources and homework

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

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

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

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

FREE SCHOOL MEALS

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

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

Clue

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

and when not hiding inside printers they usually look like this

www.recycle4charity.co.uk

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!

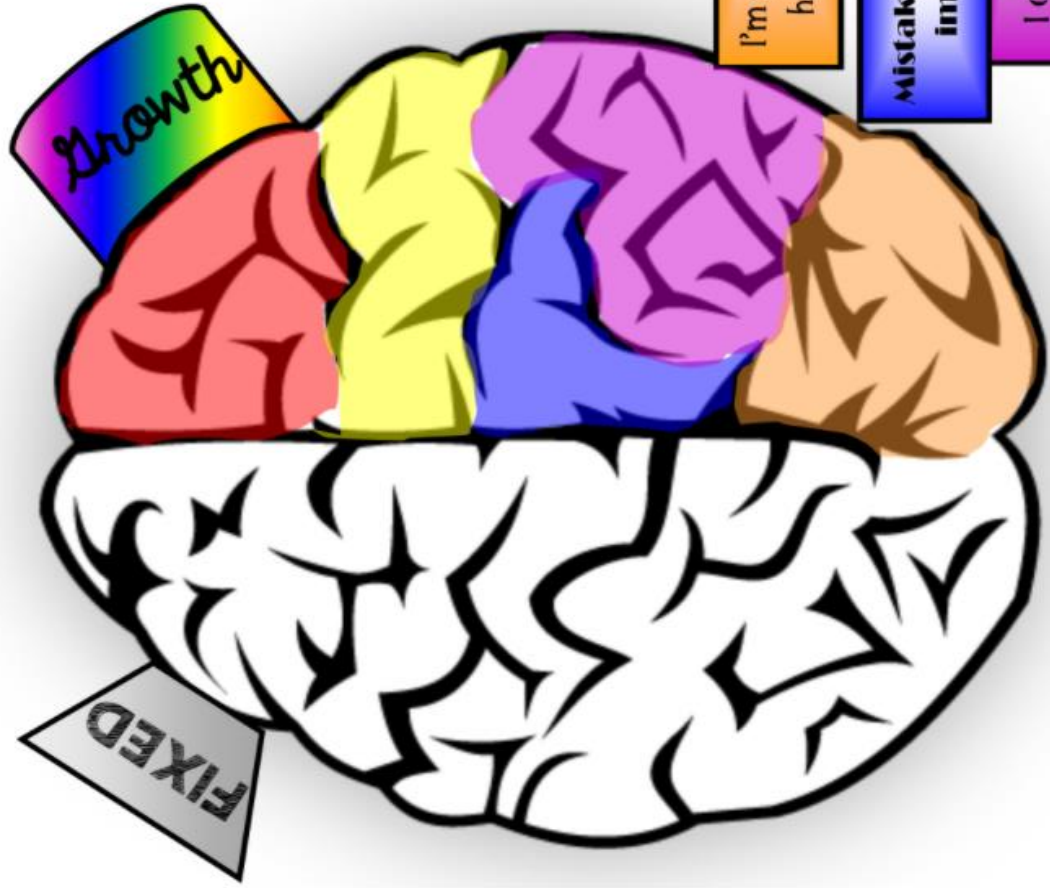
Parent group: Families, Food and Feelings

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.



Change your words Change your **Mindset**

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



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

Gender equality: guide for families

What are gender stereotypes?

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

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



Why are they bad for everyone?

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

Study and work:

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



Health and mental health:

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

'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 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 Stop Early Help

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

Families in Focus

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

Transformation Team

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

Youth Early Help

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



Every Early Help team will:

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

