

Fleet Community Notices



Wednesday 10th July 2024



New items this week...

[Page 2](#) has flyer for the Camden Art Bienalle, go along if you can to see artwork from our pupils on display. [Page 3](#) is an advert for our food bank collection—please donate if you can. [Page 21](#) has a list of places kids can eat for free over the summer break and [Page 22](#) has information on summer swimming courses available to the children. [Page 25](#) has summer camp information at the Dome. [Page 29](#) has latest parent info sheet from National College. [Page 43](#) has information about a local children's rugby club. The rest of the newsletter is filled with information from community organisations and clubs as well as information designed to support children and families. Please do take some time to look through as you may have missed things in previous weeks.

Can you look after Rhi Rhi?

If you are able to look after Rhi Rhi, the Fleet School Tortoise, over the summer holidays, please let Becca know via the school office. It is a low maintenance job and he would love the company!



Morgan's Stationary

Morgan's Stationary in Kentish Town is offering Fleet families a special offer if any of you are planning stocking up on any 'back to school' items for the start of the 2024-25 term. All you need to do is mention Fleet's name at the checkout and a 20% discount will be applied! A great way to save some money and support a local business at the same time!

MORGAN'S



Morgan's Stationary

231 Kentish Town Road, London NW5 2JT

T:020 7485 4472

E: morgansprint@outlook.com

Rec-Y6 Sports Day—12th July

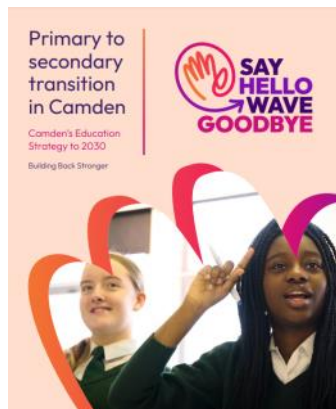
Next Friday is our sports day. This year we have managed to book the running track and so Sports Day will be held inside the enclosed running track on the Heath. Parents are welcome to come along and cheer on the children. We aim to start the activities around 10am and finish around lunchtime. Sports day is the culmination of our 'wellbeing week' and within the theme of wellbeing if any families who come to watch would like to take the children home early straight from the Heath at the end of sports day to spend time together celebrating their achievements you can. Children will otherwise return with their classes to school and can be collected as usual at 3.30pm.



Primary to Secondary Transition in Camden

Camden Learning has worked with Camden schools to create some useful guidance for parents on how to help your child in the move from primary to secondary school. Also see page 16, 17, 18, 19 & 20.

https://camdenlearning.org.uk/wp-content/uploads/2024/03/20051_Camden-Learning-SHWG_Primary-to-secondary-transition-in-Camden-



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Free Online Subscription to First News for the Summer!



Dear parents/guardians,

First News is the leading source of news and news-based learning for children. It is age-appropriate (aimed at 7 to 14 year olds but accessible for all ages), impartial and helps keep kids reading and developing their critical literacy skills.

We are thrilled to offer all students a free First News digital subscription over the summer holidays. It's packed with fun and educational content that will keep minds active and entertained all summer long.

First News digital is available via an app and includes:

- Daily news stories which children can read, listen and react to. These include reports on the Euros, the Summer Olympics, and the upcoming general election.
 - The latest issue of the newspaper and many past issues
 - Weekly polls to vote on
 - The latest episodes of Sky Kids FYI weekly news show
 - Fun puzzles and games: great for improving vocabulary
 - Tips & Talking points for parents and carers to help you talk about tricky topics with your children
- Click here for our school's unique access link:
<https://subscribe.firstnews.co.uk/summer-reading-2024-gen/?fn=33096744866>

From,
Fleet Primary School

Trips, Clubs, Book Bags & Donations

If you are having any problems accessing the online payment portal on ScoPay—or are not yet setup and would like to be, please do speak to Lisa in the office. You can now pay for all of these things online without having to bring in cash via the office and can also pay for a term of clubs without having to remember each week. Please note, the app version would not show the donation tab without there being a balance so we have put £1 here. This is not money you owe! It is simply there so it shows up allowing any who wish to make any size of donation to the school to be able to do so using the app. Thank you.


Camden Schools
Art Biennale
2024

A CELEBRATION OF ART FROM EVERY SCHOOL IN CAMDEN

11–17 July

Lethaby Gallery
Central Saint Martins
1 Granary Square
N1C 4AA

11am – 6pm
Free Entry

5 min walk from
King's Cross 



Camden



central
saint martins







JOHN LYON'S CHARITY

Camden Summer Foodbank!

The
Final
Date
Is
Friday
The
19th

of
July!

urgently needed food!

- Tinned fish.
- Tinned meat.
- Baked beans. 
- Cereal. 
- Longlife milk.
- Longlife juice.
- Biscuits. 
- Chocolate treats.
- Cereal and granola bars.
- Pasta. 
- Pasta sauce.
- Crackers.
- Honey. 
- Peanut butter.
- Tinned fruit.
- Toothbrush.
- Toothpaste.
- Soap and shower gel.
- Toilet rolls.



Donate!

By Ursula Y5. 

Dates for your diary this term...

WHOLE SCHOOL EVENTS

11th-17th July	Camden Schools Art Biennale 2024 11am-6pm @ Lethaby Gallery, Granary Square
12th July	Sports Day for KS1 and KS2 @ Running Track on the Heath (aim for 10am start)
16th July	End of year reports sent home and class swaps (children meet new teachers)
18th July	Open classroom—meet the teacher 3.30-5pm
24th July	Last day of term—school closes at 2pm

Please bear in mind that occasionally trips may be arranged or cancelled last minute. Where possible we will 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.

NURSERY 2023-24

15th July	Reading Café
17th July	Meeting for Parents of Nursery children moving up to Fleet Reception in September @ 9am
18th July	Class Tea After School

PARENTS ASSOCIATION & SPECIAL EVENTS

Sat 20th July	Summer Fair—CHANGE OF DATE!!!
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RECEPTION 2023-24

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YEAR 4 2023-24

17th July	Trip to the Camden Art Biennale @ Granary Square
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YEAR 1 2023-24

11th July	Trip to Kew Gardens
17th July	Year 1 to the Camden Art Biennale @ Granary Square

YEAR 5 2023-24

22nd July	Trip to Greenwich Observatory
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YEAR 2 2023-24

19th July	Trip to Chalkwell Beach
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YEAR 6 2023-24

23rd July	Leavers Assembly @ 2pm
23rd July	Leavers BBQ 6-8pm

YEAR 3 2023-24

Every Friday am	Jogging on the Heath
11th July	Community event at Heath School
15th July	Trip to the Camden Art Biennale @ Granary Square

Term Dates for 2023-24

SUMMER TERM

First day of term	Tuesday 16 th April 2024
May Day Bank Holiday	Monday 6 th May 2024 - school closed
Half term (inclusive)	Monday 27 th May – Friday 31 st May 2024
INSET DAY – School closed	Monday 10 th June
Last day of term	Wednesday 24 th July 2024 – close at 2pm

Term Dates for 2024-25

AUTUMN TERM

First day of term	Wednesday 4 th September 2024
Half term (inclusive)	Monday 28 th Oct – Friday 1 st November 2024
Last day of term	Friday 20 th December 2024 – close at 2pm

SPRING TERM

First day of term	Tuesday 7 th January 2025
Half term (inclusive)	Monday 17 th Feb – Friday 21 st Feb 2025
Last day of term	Friday 4 th April 2025 – close at 2pm

SUMMER TERM

First day of term	Wednesday 23 rd April 2025
May Day Bank Holiday	Monday 5 th May 2025 - school closed
Half term (inclusive)	Monday 26 th May – Friday 30 th May 2025
Last day of term	Tuesday 22 nd July 2025 – close at 2pm

STAFF INSET DAYS – SCHOOL CLOSED

	Autumn Term	Spring Term	Summer Term
1 st half term	Monday 2 nd and Tuesday 3 rd September 2024	Monday 6 th January 2025	Tuesday 22 nd April 2025
2 nd half term			Monday 2 nd June 2025

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.



Raise FREE

FLEET PRIMARY SCHOOL

Insert Cause Name

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

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


Insert Cause URL

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



stop!

you are now entering a



nut
free
zone

please DO NOT bring
nuts into this area

NOTE...

Make sure you also add your individual children, not just classes, to ensure you receive individual messages as well as class and school notices. If you have any queries speak with Lisa Tan via the school office!

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

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



camdenmusic



Music lessons at Fleet School

- Piano, Drum kit, Woodwind (recorder, flute, clarinet, saxophone)
- Lessons take place during the school day
- Hire an instrument from Camden Music Service, or buy an instrument at a reduced rate

Getting started is easy!

Simply apply online

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



Or scan the QR code

020 7974 7239

camdenmusic@camden.gov.uk



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



Have fun learning to play the piano at Fleet School

- Lessons take place during the school day
- Suitable for children in Years 2 - 6
- Buy an instrument at a reduced rate

Getting started is easy!

Simply apply online

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

Or scan the QR code above

020 7974 7239

camdenmusic@camden.gov.uk

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— https://www.youtube.com/watch?v=xxzK9CipS04</u></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 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
kids talk

Tips for Talking



camden
kids talk



Your journey. Our support.

Using the tips

Over the last 10 weeks we have been sharing 10 top tips (1 a week) with you to use with your children and support language development. We hope you found them useful.

These tips are some of the simple things we can all do to support the development of babies' and young children's speech, language and communication skills and give them the best start in life. Here are all 10 for you as a refresher...

TIP 1

Talk to me while I am
in your tummy.
I am listening.
I like to hear your voice.



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Your journey. Our support.



TIP 2

Look into my eyes and
talk to me face to face.
I might not be talking
back but I like listening
and copying.



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Your journey. Our support.



TIP 3

Talk to me in our home language.

Talking in two or more languages helps my brain develop. This makes it easier for me to learn English and other languages.



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TIP 7

Singing rhymes with me is a great way to bond and be together.

Share books with me, talk with me about the pictures.



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TIP 4

Copy me.
Repeat my sounds.
Wait for me to take a turn.

Respond to my smiles and sounds.



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TIP 8

Talk to me all the time when we are doing everyday things like having a bath, walking to the park or tidying up.



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TIP 5

Talk with me about the things that interest me.

This helps me to link the words you say with the things I see.



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TIP 9

Talk to me about how you think I am feeling.

Telling me how you think I feel helps me to feel safe and understood.

These chats help me to learn how to talk about my feelings.



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TIP 6

Screens away, it's time to play! Put down phones and ipads.

When you talk to me it helps me learn about the world around me.



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TIP 10

Add extra words to what I say, this helps me learn longer sentences.



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kids talk





LOTE4Kids *Storytime, in their language*

Kids can now enjoy thousands of picture books in 65+ languages, with English translations. Available in libraries, schools and at home!

1. Visit your library website to learn more.
Or find your library at www.lote4kids.com.
Or download the free *LOTE4Kids App*.
2. Login using your library card number or access code.
3. Find a book, in your language, and enjoy!



Download on the
 App Store



GET IT ON
 Google Play



Camden



Camden schools – bright futures



Dear parents and carers,

We're proud of Camden's secondary schools, which are high achieving and ambitious for all students.

Like Camden, our schools are vibrant and diverse, offering a tremendous range of opportunities to help prepare their students for successful futures. We believe there's nowhere else in London where young people can receive such an excellent, individual education, with a curriculum and approach which is creative, diverse and inclusive.

This is because each of our secondary schools offers a unique combination of high quality teaching, a prime location in the heart of London and valuable partnerships with world-class businesses, academic institutions and cultural organisations.

Camden's Moving On to Secondary School Event on 13 June is aimed at families of children who will be starting secondary school in September 2025 and September 2026 (current Years 4 and 5). We do hope you can join us there.



Tim Aldridge,
Executive Director,
Children and Learning,
Camden Council



Councillor Marcus Boyland,
Cabinet Member for Best Start
for Children and Families,
Camden Council

Camden schools

- Camden Borough GCSE results are consistently above the national average
- Every Camden school offers a supportive approach to pupil wellbeing, including pastoral teams to ensure that children feel safe, happy and ready to learn
- Our secondary schools are committed to creative and vocational learning, with our unique Camden STEAM offer (science, technology, engineering, arts and maths)
- A Google-supported AI campus is due to open for Camden students in autumn 2024
- Camden Music Service organises instrumental and vocal tuition in most Camden schools plus borough ensembles, choirs, two Saturday music centres and an instrument hire and purchase scheme for parents. A spectacular Camden Schools Music Festival is held at the Royal Albert Hall every two years. Visit camden.gov.uk/camdens-music-service
- First-ever Camden Schools Art Biennale Exhibition from 11 to 17 July 2024 at Central Saint Martins, University of the Arts London, Granary Square.

Choosing a secondary school - top tips

- Come to our Moving On to Secondary School Event on 13 June – see front page of this flyer for details
- Visit Camden secondary schools on their open days and evenings next term – visit the schools' websites for details or camden.gov.uk/admissions
- Come to a Meet the Parents forum, held at local primary schools – visit meettheparents.info for details
- Visit gov.uk/dfe (click 'school and college performance data' link)
- Go to ofsted.gov.uk for the latest Ofsted reports
- Visit parentview.ofsted.gov.uk to see how other parents rate the school.

Online applications for Year 7 places open at eadmissions.org.uk on 1 September and you need to apply before 11.59pm on 31 October 2024.



Camden secondary schools

Acland Burghley School -

Burghley Road, London NW5 1UJ

Tel: 020 7485 8515

Email: info@aclandburghley.camden.sch.uk

Website: aclandburghley.camden.sch.uk

Camden School for Girls -

Sandall Road, London NW5 2DB

Tel: 020 7485 3414

Email: csg@csg.school

Website: csfg.org.uk

Hampstead School -

Westbere Road, London NW2 3RT

Tel: 020 7794 8133

Email: enquiries@hampsteadschool.org.uk

Website: hampsteadschool.org.uk

Haverstock School -

24 Haverstock Hill, London NW3 2BQ

Tel: 020 7267 0975

Email: office@h3federation.org.uk

Website: haverstock.camden.sch.uk

La Sainte Union -

Highgate Road, London NW5 1RP

Tel: 020 7428 4600

Email: general@lsu.camden.sch.uk

Website: lasainteunion.org.uk

Maria Fidelis School FJC -

1-39 Drummond Crescent, London NW1 1LY

Tel: 020 7387 3856

Email: office@mariafidelis.camden.sch.uk

Website: mariafidelis.camden.sch.uk

Parliament Hill School -

Highgate Road, London NW5 1RL

Tel: 020 7485 7077

Email: enquiries@parliamenthill.camden.sch.uk

Website: parliamenthill.camden.sch.uk

Regent High School -

Chalton Street, London NW1 1RX

Tel: 020 7387 0126

Email: enquiries@regenthighschool.org.uk

Website: regenthighschool.org.uk

The UCL Academy -

Adelaide Road, London NW3 3AQ

Tel: 020 7449 3080

Email: enquiries@uclacademy.co.uk

Website: uclacademy.co.uk

William Ellis School -

Highgate Road, London NW5 1RN

Tel: 020 7267 9346

Email: info@williamellis.camden.sch.uk

Website: williamellis.camden.sch.uk



PLACES WHERE KIDS EAT FREE (OR FOR £1) DURING THE SUMMER HOLIDAYS 2024



moneysavingcentral.co.uk/kids-eat-free

LAS IGUANAS

Join 'My Las Iguanas' via the App & Niños eat free with every adult main

ASDA

Kids eat for £1 All Day, Every Day at Asda cafes, with no adult spend required.

SAINSBURYS CAFES

Kids eat for £1 with the purchase of an adult hot main. From 11:30am every day.

PAUSA CAFE @ DUNELM

Kids get 1 mini main, 2 snacks & a drink FREE with every £4 spend after 3pm

THE REAL GREEK

Kids under 12 eat FREE every Sunday for every £10 spent by an adult

TGI FRIDAYS

Kids Eat Free When 'Stripes Rewards Members' purchase an adult's main meal (App needed)

PUREZZA

Children under the age of 10 get free pizza at Purezza with every adult meal purchased

TRAVELODGE & PREMIER INN

Buy 1 Adult Breakfast from just £8.99 & up to two kids eat breakfast for free

IKEA

Kids get a meal from 95p daily from 11am

SIZZLING PUBS

Every Monday to Friday, 3 - 7pm, kids' mains are £1 with every adult meal.

BEEFEATER & BREWERS FAYRE

Two children under 16 can get a free breakfast every day with one paying adult!

PRETO

Kids up to age 10 eat free all day, every day with paying adults at Preto in Half Terms

MORRISONS

Spend £4.49 and get one free kids meal all day, every day.

TESCO CAFES

1 Free Kids meal with every 60p Spend. Available from July 1st Scotland and NI - from July 22nd England & Wales

GORDON RAMSEY RESTAURANTS

Kids under 8 eat FREE all day, every day at selected Gordon Ramsay restaurants

YO! SUSHI

From Monday 1st July - Friday 30th August 2024, kids eat free all day Mondays to Fridays at YO! Sushi (min adult spend £10).

WHITBREAD INNS

Two kids under 16 eat for FREE with every adult breakfast purchased

BELLA ITALIA

Children eat for £1 with any adult main. The offer is valid 4-6pm Mon to Thurs.

COCONUT TREE

One child (aged 10 and under) eats free per paying adult. Valid Daily, 12pm - 6pm from Monday 22nd July to Friday 6th Sept 2024.

DOBBIES GARDEN CENTRES

At Dobbies, for every adult breakfast or lunch purchase, kids eat for FREE. Every Day!

TABLE TABLE

Two children under 16 can get a free breakfast every day with one paying adult!

HUNGRY HORSE

Kids eat for £1 on Mondays

FUTURE INNS

Under 5s eat for free with any adult meal.

Copyright of MONEY SAVING CENTRAL

SWIM SCHOOL



HOLIDAY SHORT



KENTISH TOWN SPORTS CENTRE

SUMMER HOLIDAYS:

MONDAY 29TH JULY– FRIDAY 2ND
AUGUST

MONDAY 5TH AUGUST- FRIDAY 9TH
AUGUST

MONDAY 19TH AUGUST- FRIDAY 23RD
AUGUST

FOUNDATION:

For children aged 4 years and over who are non-swimmers and beginners. Teaching pupils the essential swimming skills to ensure they learn to be safe in and around water. Learning the basic techniques for all 4 strokes, achieving 10 metres on Front Crawl and Backstroke by the end of their Green milestones.

FOUNDATION

09:00 – 09:30

09:30 – 10:00

10:00 – 10:30

DEVELOPMENT
10:30 - 11:00

DEVELOPMENT:

Children aged 5-12 years who are able to swim 15m Plus. Teaching pupils advanced swimming skills, developing their techniques on all 4 strokes to create efficient and effective swimmers. Lessons focus on a wide range of skills across all aquatic sports. Pupils will learn basic water survival and rescue skills as part of the milestone awards. Here we will also work with other partner clubs to assess each pupil's ability to progress in talent pathways.

For more information email Kylie.bland@gll.org

Book your child's lesson online betterlessons.org.uk or alternatively speak to a member of our team at the centre who will be able to support you.

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 VAT registration no: 219749179.



BETTER

10% DISCOUNT FOR YAS
AFTER SCHOOL CLUB MEMBERS
20% SIBLING DISCOUNT



SUMMER CAMP!

for kids aged 7-13 @ Fleet Primary School
Monday 29th July - Friday 2nd August
Monday 19th - Friday 23rd August

EXPERIMENTAL ART X SCIENCE

A fun-packed week where SCIENCE and ART collide! Five days of activities to inspire, engage and grow curiosity, with ample opportunity for hands-on experimenting and creating as we explore the relationship between these two disciplines.

From studying and drawing large scale micro structures, to creating bacteria sculptures, pendulum paintings, concocting natural pigments and bio materials, exploring biodesign, making light reactive art and much more!

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

CALL: 07970737926
EMAIL: SOPHIE@YASARTCLUB.COM

@yasartclub
yasartclub.com

BOOK NOW!





- The No.1 Science Activity Holiday Camp
- For All Boys & Girls Aged 5-12 Yrs
- New Science Programmes Every School Holidays
- Find Your Closest Location Online in Under 10 Seconds

SUMMER CAMP

July-August 2024 | 7 Weeks Available | Monday-Friday

Four Out-of-this-World
Science-Week Topics to Choose from:



Ofsted

Registered

Childcare Vouchers
GTF, CGPS,
Universal Credit
Accepted

Scan Me!



Book Online:
mnature.co.uk

Or Call:
020 8863 8832

FUN, Hands-On,
Science Experiments
with Take-Homes In
Every Activity Week!

Early Bird
and
Multi-Book
DISCOUNT!

★★★★★
"BEST CAMP EVER"

Read Parent Reviews at:
feefo ★★★★★
Independent Service Rating

Fleet discount
code:
'coolschool20'
for £20 off!



SUMMER CAMP 2024 Information

In each week of Summer Holiday Science Activity Camp, your children enjoy over 50+ premium hands-on, science activities and special demonstrations with take home experiments in Chemistry, Biology and Physics!

- Open to Children: ages 5-12 years
- Venues: Across London (look right>)
- Times: 9am - 3:30pm

Earliest drop off 8:30am; latest collection 4pm

- FOUR Fantastic Science Activity Weeks:

Science Explorer! **Science Factory!**
Science Academy! **Science Forces!**

- Dates: see website for dates running at your location

Week A: Mon 08 - Fri 12 July 2024 (5 days)

Week B: Mon 15- Fri 19 July 2024 (5 days)

Week C: Mon 22 - Fri 26 July 2024 (5 days)

Week D: Mon 29 July - Fri 02 August 2024 (5 days)

Week E: Mon 05 - Fri 09 August 2024 (5 days)

Week F: Mon 12- Fri 16 August 2024 (5 days)

Week G: Mon 19 - Fri 23 August 2024 (5 days)

- Day Places: see online booking form for details.

Early Bird
and
Multi-Book
DISCOUNT!

VENUES Serving:

- NW London**
- Barnet
 - Brent
 - Camden
 - Ealing
 - Harrow
 - Hillingdon
 - Westminster

- SW London**
- Kensington
 - Hammersmith and Fulham
 - Hounslow
 - Kingston
 - Merton
 - Richmond
 - Sutton
 - Wandsworth

- NE London**
- City of London
 - Enfield
 - Hackney
 - Haringey
 - Islington
 - Newham
 - Tower Hamlets
 - Waltham Forest

See website for full list...

Google Say "Mother Nature Science Camp"
★★★★★ Rating: 4.9

Book online at:
www.mnature.co.uk

Or call us today:
020 8863 8832



Parent Testimonial:

"Science Camp has inspired my child to learn more. He adores it which says a lot about the activities. It was incredibly reassuring to know he was in good hands - Highly recommend" -
Read more reviews online...

Did You Know?

we also do

**THE BEST
BIRTHDAY PARTY
EVER!**



**JULY 29TH
-
AUGUST 29TH**

**EVERY
MONDAY**

**THURSDAY
10:30 - 15:30**



AGES 8 - 15
COMPLETELY FREE!

TRIPS INCLUDED!

**DAILY HEALTHY MEAL
INCLUDED!**



THE DOME SUMMER CAMP 2024

**CONTACT NAOMI FOR
MORE INFORMATION AT
NAOMI@QCCA.ORG.UK**



**You can expect
Sports
Arts and Crafts
Games
Science
Day trips
... and more!**

**Scan
for
more
info
and
to
register!**





Fun, social starter tennis courses for girls



- GIRLS ONLY TENNIS LESSONS
- Summer holiday intensive sessions
- Only £35 for 6 hours
- Free racket, T-Shirt & Balls
- Suitable for Beginners



Rudolph School of Tennis
Parliament Hill, Hampstead Heath
07931 835 294
rudolphschooloftennis@gmail.com

**WE ARE EXCITED TO ANNOUNCE OUR
HAF SUMMER PROGRAM IS NOW
LIVE AND OPEN TO BOOK YOUR FREE
SPACE NOW !**



HAF program at HvH ARTS

See links below each week to sign up for free...

HvH ARTS - WEEK #1 HAF Summer Program

- 29th July to 1st August
- Open to Ages 5yrs to 16yrs
- PHOTOGRAPHY-FASHION-COOKING-DANCE

Enrol here: <https://hvhart.coordinate.cloud/project/56568>



HvH ARTS - WEEK #2 HAF Summer Program

- 5th August to 8th August
- Open to Ages 5yrs to 16yrs
- PHOTOGRAPHY -CULTURE TRIPS- MUSIC-ILLUSTRATION

Enrol here: <https://hvhart.coordinate.cloud/project/56573>



HvH ARTS - WEEK #3 HAF Summer Program

- 12th August to 15th August
- Open to Ages 5yrs to 16yrs
- PHOTOGRAPHY -COOKING-ILLUSTRATION-ART

Enrol here: <https://hvhart.coordinate.cloud/project/56574>



HvH ARTS - WEEK #4 HAF Summer Program

- 19th August to 22nd August
- Open to Ages 5yrs to 16yrs
- PHOTOGRAPHY CULTURE TRIPS - DANCE/VISUAL ARTS - JEWELLERY/
FASHION- ART

Enrol here: <https://hvhart.coordinate.cloud/project/56575>



Welcome to a great Tennis experience

Rudolph School of Tennis

Parliament Hill Fields, Hampstead Heath. are running Half-price Holiday Camps over the Summer Holidays for schools and the community. Can you please add this information to your newsletter. <https://clubspark.lta.org.uk/RudolphSchoolofTennis>

Bringing Scouting to Camden!

Tired of dull weekdays? Want to try something new, learn new skills and meet a whole new group of friends.

Why not come join in our **Summer Scouting fun at KTCC from Tuesday 6th to Friday 9th August**, followed by a **family adventure day at Scouts Park, Saturday 10th August**, for you and your adults to enjoy the fun, friendship and as much adventure as you can handle.

We've been helping young people have the time of their lives for nearly one hundred years, and we're keen to share this in your area. The only thing missing now is our young people and you!

So, sign-up your young person today and come and support a new group near you.



For more information contact:

Email: Juli-ana.ajibade@scouts.org.uk

[Scouts.org.uk/get-involved](https://scouts.org.uk/get-involved)

Facebook: [North London Scout District | Facebook](#)

Twitterer: [\(5\) North London Scout District \(@NLScoutDistrict\) / X](#)

The poster features a colorful arc of circles in yellow, orange, red, pink, blue, teal, dark blue, purple, green, and dark green. Text on the poster includes:

- Squirrels** age 4-6 years
- BEAVERS** Age 6-8 years
- cubs** Age 8-10 years
- Scouts** North London District
- are running
- Summer Scouts in Camden this August**
- Scan here for details (with a QR code and an arrow pointing to it)

From the National College - Wakeup Wednesday Guides

At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

What Parents & Educators Need to Know about SHARING INTIMATE IMAGES

An intimate image depicts sensitive – often sexual – content, and sharing these photos or videos is commonly known as 'sexting'. As of January 2024, it is a criminal offence to distribute any intimate images shared by a third party without consent, with offenders facing prison time. Naturally, misuse of intimate images can lead to emotional distress and reputational damage.

WHAT ARE THE RISKS?

EMOTIONAL DISTRESS

Victims of the misuse of intimate images and so-called 'sexting' (blackmail involving sexual material) often experience significant emotional distress. The threat of having these photos or videos shared publicly can lead to anxiety, depression and a sense of helplessness. This emotional turmoil can affect daily life, academic performance and personal relationships.

DAMAGE TO REPUTATION

Intimate images being made public can severely damage a person's reputation. This can lead to bullying, social ostracisation and long-term impacts on personal and professional relationships. If a blackmailer gets their hands on any intimate images, the fear of reputational damage can also make a victim far more vulnerable to ongoing extortion.

PRIVACY VIOLATIONS

Once intimate images are shared online, it can be difficult to quickly control where they wind up and who else sees them. This loss of privacy can have lifelong repercussions, including identity theft and persistent online harassment.

FINANCIAL EXPLOITATION

Perpetrators of sextortion may demand money from victims under the threat of releasing their intimate images publicly. This can lead to severe financial problems for victims and their families, compounding their emotional and psychological distress.

LEGAL CONSEQUENCES

If a child or young person creates and/or sends intimate images to others – especially adults – this is considered a form of child abuse under UK law. Having to disclose this type of abuse, although necessary, can be harrowing, leading to further trauma. It's crucial for parents, carers and educators to understand the legal processes and be able to provide proper guidance and support.

TRUST ISSUES

Sharing of intimate images without consent can lead to long-term trust issues. Victims may find it difficult to trust others, impacting future relationships and their ability to form healthy, supportive connections. This erosion of trust can have profound effects on mental health and social wellbeing.

Advice for Parents & Educators

FOSTER A CULTURE OF OPEN COMMUNICATION

It's vital to encourage open communication with children and young people about the dangers of sharing intimate images. Create a safe space where they feel comfortable discussing their online activities and any concerns they may have without fear of judgement. Be sure to respond to any worrying information with an attitude of support and learning.

PROMOTE DIGITAL LITERACY

Digital literacy is incredibly important for children and young people to understand how to protect their privacy online. Teach them about secure online practices, such as using strong passwords, enabling privacy settings and recognising suspicious behaviour. This empowers them to be proactive in terms of their own safety.

EDUCATE CHILDREN ON THE RISKS

Children and young people often want to understand why certain rules are in place. Educate them about the risks of sharing intimate images online, explaining the reasons for monitoring and other security measures. Highlight the potential for misuse, including sextortion, and the long-term consequences that can arise from these actions.

PROVIDE SUPPORT RESOURCES

Ensure that children and young people know where to seek help if they become victims of sextortion or any other online abuse. Help them identify in advance which adults they can turn to and provide them with information about trusted resources like helplines (e.g. Childline) that they can access if they need help.

Meet Our Expert

Gabriella Russo is a safeguarding and neurodiversity consultant with over 30 years' experience working with children, families and adults in education, local authority and mental health settings in the UK and abroad.



The National College®

Source: See full reference list on guide page at: [what-parents-need-to-know-about-sharing-intimate-images](https://nationalcollege.com/what-parents-need-to-know-about-sharing-intimate-images)



@wake_up_weds



/www.thenationalcollege



@wake.up.wednesday



@wake.up.weds

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 10.07.2024

Message to parents from our School Inclusion Support Officer

School Inclusion Support Officers

Over the last few months, you may have seen stories about the importance of good attendance on social media, on TV, in newspapers and there have been posters in bus shelter in Camden and the government has launched its Moments Matter Attendance counts campaign this month. The government is very concerned about the number of pupils who are missing school, and they are asking council's attendance services and schools to help support children return to school.

Camden council has appointed three new School Inclusion Support Officers to help support schools improve attendance and reduce suspensions / exclusions by ensuring children and young people who are absent from education or at risk of suspension/exclusion receive appropriate interventions and support to enable them to achieve positive educational outcomes.

Our School Inclusion Support officer is Ms. Alison Ellis, and she will be visiting us in the coming weeks and some parents may be invited to meet with the School Inclusion Support Officer to discuss the reason for poor attendance and what we can do to help your child to return to school.

We know that children who attend school regularly and on time are more able to access their learning, get support in subjects they may struggle with and have a better chance of passing their exams.

We know as a parent you also worry about your child's future, and we want to work with you to ensure every pupil at Fleet has a full-time education to maximise opportunities for everyone to realise their potential.

Being a parent is not easy if you need talk to someone about your child's attendance, please contact me on: alison.ellis@camden.gov.uk

It is never too late to benefit from good attendance.





Don't let your child miss out - every school day counts

Attending regularly is vital for your child's happiness and success in school.

We know that pupils with good school attendance – of 95% or more – are far more likely to achieve the expected level in their primary school tests at age 11 and go on to gain good passes in their GCSEs at age 16.

Every day your child is not in classes means they're less likely than their classmates to do well in school.

We know that most parents and carers make sure their children attend regularly. However, we also know absence rates in Camden are higher than we would like.

Please support your child to go to school regularly. If you need help or advice, please speak to your child's school.



Come to enjoy
your learning!



Come and make
friends!



Get help, apply
for jobs or emails.



Skills for life in
London



Get a certificate
qualification.



Small groups and
a lovely teacher!

**To register your interest and assess your level –
contact Lisa on 0207 485 2028**

**ESOL
English
Classes**
- speak to
Lisa about
which class
is best for
you and she
can sign
you up and
support you

What will I learn?



How will I learn?

- Work in groups, pairs or alone with support from a tutor (or trained volunteer).
- Paper-based and online activities set as homework
- Agree targets that are personal to you
- Have time with your teacher to talk about your progress
- Put into practice what you learn in your community or with family

What will I learn?

- Use punctuation, upper and lower case, commas and full stops
- Use grammar with subject verb order
- Complete a standard form about yourself with confidence
- Understand the meaning of different types of text
- Recognise how to use digits, signs and symbols in a text
- Listen to audio or spoken communication and give your opinion
- Talk with others about daily life and familiar topics
- Ask questions in pairs and small groups
- Use pronunciation, stress and intonation to be understood
- Engage in discussions using correct phrases

**Please contact
Our school office on 0207 485 2028
ask to speak to Lisa**

WELCOME TO



We are the QCCA Healthy Families program, we aim to help our local community stay fit, socialise and build a closer and stronger community
All is Free and All are welcome

HEALTHY FAMILIES
REGISTRATION QR CODE



QCCAHEALTHYFAMILIES_

Healthy Families Spring Schedule 2024

- Nordic Walking 9:30am – 10:30am
The Hive – Hampstead Heath 9:15 Meet up
- Free Women Only Strength & Fitness Gym Sessions 9:45 – 10:45 @ The Dome
- Women Only Yoga 1pm – 2pm The Dome
- Women Only Zumba 4:30pm – 6:00pm The Dome

Monday ☺
Tuesday ☆
Friday 👑

The Dome
170 Weedington Road NW5 4NU

To find out more information or to sign up:
SARAH@QCCA.ORG.UK OR MARK@QCCA.ORG.UK

FEMALE ONLY NORDIC WALKING
POLES PROVIDED

Every Monday 9:30am – 10:30am.

FREE

Hampstead Heath Meet at The Hive on Hampstead Heath @ 9:15

Please email below to enquire + register:
Email: Sarah@qcca.org.uk

Free Women Only Strength & Fitness Gym Sessions

With supported Childcare for Children up to 8

Mondays
9:45AM to 10:45AM
TheDome Gym
170 Weedington Road NW5 4NU

For registration and inquiries:
Ikran Muhmud 07309639136
Ikran@selsufficientwomen.com
Mark Abolaji 07362455916
Mark@qcca.org.uk

WOMEN'S ONLY STRETCH, FLEX AND RELEASE YOGA

Come along to our free weekly yoga session to stretch, flex and release your stress away with our yoga instructor Naomi!

TUESDAY'S 1:00PM - 2:00PM

TO REGISTER OR GET MORE INFORMATION, PLEASE EMAIL SARAH@QCCA.ORG.UK

THE DOME - 170 WEEDINGTON ROAD

WOMEN'S ONLY ZUMBA

Come along to our fun filled family session loaded with soft play, zumba, badminton, basketball, football and free play for children up to the age of 8yo.

FRIDAY'S 4:30PM - 6PM

TO REGISTER OR GET MORE INFORMATION, PLEASE EMAIL SARAH@QCCA.ORG.UK

THE DOME, 170 WEEDINGTON ROAD, NW5 4NU



Bookmark

Volunteer with Bookmark and
help a child like me learn to
read.

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](https://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

CAMDEN CHILDREN CENTRES & FAMILY HUBS STAY & PLAY SCHEDULE

EFFECTIVE FROM MONDAY 2ND OF OCTOBER 2023

CENTRE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Agar Children's Centre & Family Hub Wrotham Road, NW1 9SU 0207 974 4789	Fun for All – Under 5's 9:30am – 11:30am	Baby Play – Under 1's 9:30am – 11am	Fun for All – Under 5's 9:30am – 11:30am	Toddler Time – Under 2's 9:30am – 11:30am	
	Baby Play – Under 1's 1:30pm – 3pm			Fun for All – Under 5's 1:30pm – 3:30pm	
Regent's Park Children's Centre & Family Hub Augustus Street, NW1 3TJ 0207 974 8934	Toddler Time – Under 2's 9:30am – 11:30am	Fun for All – Under 5's 9:30am – 11:30am	Toddler Time – Under 2's 9:30am – 11:30am	Fun for All – Under 5's 9:30am – 11:30am	Baby Play – Under 1's 9:30am – 11am
	Baby Play – Under 1's 1:30pm – 3pm				
1A Children's Centre & Family Hub 1A Rosebery Avenue, EC1R 4SR 0207 974 7024	Fun for All – Under 5's 9:30am – 11:30am		Baby Play – Under 1's 9:30am – 11am	Toddler Time – Under 2's 9:30am – 11:30am	
		Fun for All – Under 5's 1:30pm – 3:30pm			Fun for All – Under 5's 1:30pm – 3:30pm
Hampden 80 Polygon Road, NW1 1HQ 0207 974 2841		Toddler Time – Under 2's 10am – 12pm	Fun for All – Under 5's 10am – 12pm	Baby Play – Under 1's 10am – 12pm	
Harmood Children's Centre & Family Hub 1 Forge Place Ferdinand Street, NW1 8DQ 0207 974 8961	Baby Play – Under 1's 9:30am – 11am		Fun for All – Under 5's 9:30am – 11:30am	Toddler Time – Under 2's 9:30am – 11:30am	Fun for All – Under 5's 9:30am – 11:30am
	Toddler Time – Under 2's 1:30pm – 3:30pm	Fun for All – Under 5's 1:30pm – 3:30pm			Baby Play – Under 1's 1:30pm – 3pm
Kilburn Grange Children's Centre & Family Hub 1 Palmerston Road, NW6 2JL 0207 974 5080	Fun for All – Under 5's 9:30am – 11:30am		Toddler Time – Under 2's 9:30am – 11:30am	Baby Play – Under 1's 9:30am – 11am	Fun for All – Under 5's 9:30am – 11:30am
		Baby Play – Under 1's 1:30pm – 3pm		Fun for All – Under 5's 1:30pm – 3:30pm	
Rhyl Community Primary School Grafton Road, NWS 4AX 0207 485 1947	Term Time Only Fun for All – Under 5's 9:30am – 11:30am	Term Time Only Toddler Time – Under 2's 9:30am – 11:30am	Term Time Only Fun for All – Under 5's 9:30am – 11:30am		
Saint Pancras Community Association 67 Plender Street, NW1 0LB 0207 380 1501	Fun for All – Under 5's 10am – 12pm				Fun for All – Under 5's 10am – 12pm
	Baby Play – Under 1's 2pm – 3pm				
Abbey Community Centre 172 Belsize Road, NW6 4BJ 0207 624 8378	Fun for All – Under 5's 10am – 11:45am	Fun for All – Under 5's 10am – 11:45am	Fun for All – Under 5's 10am – 11:45am	Fun for All – Under 5's 10am – 11:45am	



SEND Drop In

For parents with children and young people (0-25) who have Special Educational Needs and Disabilities (SEND)

An opportunity for parents to:

- Receive information and advice about education, health and social care SEND systems and procedures, from initial concerns to appeal processes.
- Speak to someone from the SEND Information, Advice and Support Service (SENDIASS).



Harmood Children's Centre, Family Hub & Nursery, 1 Forge Place, Ferdinand Street, NW1 8DQ	9:30 am to 12 pm	Tuesday 17th October 2023 Tuesday 6th February 2024 Tuesday 21st May 2024
Regents Park Children's Centre, Family Hub & Nursery, Augustus Street, NW1 3TJ	9:30 am to 12 pm	Wednesday 15th November 2023 Wednesday 28th February 2024 Wednesday 12th June 2024
Langtry Children's Centre & Family Hub, 11-29 Langtry Road, NW8 0AJ	9:30 am to 12 pm	Tuesday 19th March 2024 Tuesday 18th June 2024
Agar Children's Centre & Family Hub, Lulworth, Wrotham Road, NW1 9SU	9:30 am to 12 pm	Tuesday 23rd April 2024 Tuesday 2nd July 2024

For more information please contact:
SENDIASS at sendiass@camden.gov.uk

SEND Information, Advice and Support Service
(SENDIASS Camden)
Kentish Town Community Centre
17 Busby Place, NW5 2SP

020 7974 6264

www.sendiasscamden.co.uk





THE DOME YOUTH CLUB

SPORTS & PHYSICAL ACTIVITY



PHYSICAL ACTIVITY, SOCIALISING,
RECREATION AND COMPETITIVE FUN



TRIPS

Friendly &
Qualified
Instructors and
Coaches

Competitions

LEARNING AND SPORT
QUALIFICATION
SUPPORT

ALL ARE WELCOME
AND
IT'S ALL FREE



To find out more
information or to sign up:
MARK@QCCA.ORG.UK

The Dome;
170 Weedington Rd
London
NW5 4NU



Seniors Sports ...
Activity Schedule:
Age: 13-19
Mon & Fri @ 5:30pm-8:30pm

Open Gym - 5:30pm to 6:30pm

Multi-Sports & Activities -
6:30pm to 7:30pm

Football (5/7 Aside) - 7:30pm
to 8:30pm

Juniors Sports Activity Schedule:
Age: 8-13
Thursday @ 5:00pm-7:30pm

Multi-Sports Activities & Cricket:
5:00pm to 6:15pm

Football (6 Aside): 6:15pm to 7:30pm



WED @ 5:00PM TO 6:30PM
AGE: 11 - 15

TECKERZ SESSION
FOOTBALL TRAINING
&
MULTI-SPORT



GIRLS ONLY YC
ACTIVITIES & SPORTS
TUE @ 6:30PM TO 8:00PM

@THEDOMEYOUTH

WWW.QCCA.ORG.UK/YOUTH-SERVICES





Sprint, run, throw and jump into athletics!

QuadKids 2024

At Parliament Hill Track on:

Sunday 7th April, 5th May, 2nd June, 7th July,
4th August, 1st September, 6th October 12-2
pm (please arrive by 11:45)

Wednesday 17th April at 4:30 (arrive by 4:15)

Register (£4) 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.

Further details:

www.highgateharriers.org.uk or email
quadkids@highgateharriers.org.uk

**We hope to
see you there!**



Highgate Harriers
www.highgateharriers.org.uk

CAMDEN YOUTH F.C. GIRLS FOOTBALL CLUB



**INTERESTED IN PLAYING FOR A TEAM?
WE'RE RECRUITING FOR THE 2024/25 SEASON!**

**FREE OPEN
TRAINING/TRIALS!
STARTING IN JUNE
FOR NEW PLAYERS**



Age Groups

U9's-U10's, U11's-U12's,
U13's-U14's, U15's-U16's

**SCAN THE QR CODE
TO REGISTER**



Or you can send us an email
camdenyouthfc@camden.gov.uk

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



SUMMER SCHOOL

A SUMMER OF NON-STOP CREATIVITY, LAUGHTER, AND FRIENDSHIP-BUILDING

AGES 4-14

PERFORMING, CREATIVE & DIGITAL ARTS ACTIVITIES
BREAKFAST & CINEMA CLUB



29 JULY - 23 AUGUST 2024

WACARTS.CO.UK
213 HAVERSTOCK HILL, LONDON, NW34QP

2024 SUMMER SCHOOL

Age 4 - 5 29 JULY - 2 AUGUST
10am - 2pm: £110 per week
Musical Theatre Singing, Dance & Drama

Ages 6 - 14 29 JULY - 23 AUGUST
10am - 4pm: £165 per week

Week 1: 29 JULY-2 AUGUST
Creative & Digital

Digital Drawing
Games
Film Making
Music Production

Week 2: 5-9 AUGUST
Stage Skills

Stage Dance
Creative Writing
Singing
Wigs, Hair & Make Up

Week 3: 12-16 AUGUST
Performance Skills

Street Dance
Drama
Glee Club
Puppetry

Week 4: 19-23 AUGUST
Carnival

Afro-fusion Dance
Costume & Prop Making
Djembe Drums
Steel Pans

Morning Breakfast Club & Afternoon Cinema Club:

£3 per session

Bursaries available

Enrol Today  wacarts.co.uk



Wac Arts

Nurturing children & young people's creativity

High-quality, affordable evening & weekend classes for young people

Performing Arts
| Dance
| Drama
| Singing
| Music
| Musical Theatre

Creative & Digital Arts
| Animation
| Art & Design
| Filmmaking

**Age
4 - 30**



wacarts.co.uk

213 Haverstock Hill, London, NW3 4QP
Fleet Primary School, Fleet Road, London, NW3 2QT



Tel: 0207 485 2028

LEARN TO PLAY IN A STEELBAND

TUNES VIBES GOOD TIMES

STEEL
PAN
MUSIC



MAKE MUSIC
FREE FOR YOUNG PEOPLE IN CAMDEN

MONDAYS FROM 6PM

THE WARREN CENTRE
WHITFIELD PLACE, WIT 5JU.
(NEXT TO THE WARREN SPORTS PITCH)

- bring a friend or find them here
- play your favourite tunes live on pan
- total beginners welcome - join the band
- learn Camden's black music history

contact us:
hi@steelpanmusic.org.uk
020 7459 4162
[@Steelpan_music](https://www.instagram.com/Steelpan_music)



 **Camden**
SUPPORTED BY CAMDEN COUNCIL

Twitter: @FleetPrimary

Web: www.fleet.camden.sch.uk

LOOKING FOR SPORTS AND CREATIVE CLUBS AND OPPORTUNITIES FOR YOUR CHILDREN?

**CHECK OUT THE ADS
ON THE NEXT TWO
PAGES FOR SOME OF
THE GROUPS LOCALLY
AVAILABLE TO OUR
YOUNG PEOPLE.**



MATCH PLAY ONLY FOOTBALL SESSIONS

EVERY THURSDAY 

Has your child ever wished they could turn up to football training and just play matches? Well look no further because now your child's wish has come true! We will be running a brand new weekly football class that is solely focused on the children playing matches. What more could they ask for? Come along and give it a go.

**BOOK NOW FOR A
FREE TASTER CLASS**

- Match Play Only!
- 3v3 | 4v4 | 5v5 Tournaments
- Player Of The Month & Termly Awards
- Organised Friendly Matches With Local Clubs

**EVERY THURSDAY - DURING SCHOOL TERM TIME
SESSION TIME: 4:30 - 5:30 PM
6-11 YEAR OLDS (YEAR 2 TO YEAR 6)
FOR BOYS & GIRLS - ALL ABILITIES WELCOME**

**FLEET PRIMARY SCHOOL - 4G ASTRO
AGINCOURT RD, HAMPSTEAD, NW3 2QT**

Website Link
www.prorevo.co.uk

More Information:
 Prorevolution.devel



#PoliceCadets

Join one of the fastest growing
uniformed youth groups in the UK

AGED 10-17 AND WANT TO BROADEN YOUR HORIZON?
CAMPS and COMPETITIONS, DUKE OF EDINBURGH
FUN DAYS OUT

**Monday and Thursday
3:30pm - 7pm**

Monday - Maria Fiedelis
Drummond Crescent NW1

Thursday - Hampstead School
Westbere Road NW2

For more information,
contact:
Camden Cadets
CamdenVPC@met.police.uk
07767006365

**METROPOLITAN
POLICE**

**VPC
Volunteer
Police
Cadets**

#PoliceCadets



**METROBOX
CAMDEN**

YOUNG PEOPLE'S
BOXING IN
NORTH LONDON.

**FREE
ADMISSION**

COMPETITION

Beginners
Wednesday:
5pm - 6.15pm (9-15 years)
6.30pm - 8pm (16-24 years)

Open Gym
Friday:
4pm - 6pm (all ages up to 24)

FITNESS

CONFIDENCE

Advanced (invite only)
Tuesday & Thursday:
5pm - 6.15pm (9-15 years)
6.30pm - 8pm (16-24 years)

**Metrobox Camden,
London School of Mosaic, 181 Mansfield Rd, NW3 2HP**

07769 369235 www.metroboxlondon.co.uk info@metroboxlondon.co.uk

CALLING ALL GIRLS

Girls Only Tennis Sessions
Only £35 for 6 weeks, £60 for 13 weeks
Free Racket and T-Shirt
Suitable for beginners

prime video

LTA
YOUTH GIRLS

New Girls-only sessions Get a free Tennis racket, T-Shirt, and Wristbands

This is a great initiative from the LTA to get more Girls and women active. Please find the Link to Girls Courses below.

<https://clubspark.lta.org.uk/RudolphSchoolofTennis/GirlsTennis>



JOIN WAC ARTS TODAY

High-quality, affordable performing, creative & digital arts classes for young people



Enrolment is OPEN!
Visit wacarts.co.uk & secure your place for the September term



THE BRIT SCHOOL AND WESTMINSTER KINGSWAY PARTNER TO BRING BRIT KIDS TO

BRIT KIDS KING'S CROSS

LAUNCHING '24
JANUARY

wk
Westminster Kingsway College

The BRIT SCHOOL

CREATIVE, MEDIA AND PERFORMING ARTS CLASSES, AGES 7-18

APPLY AT BRITKIDS.ORG



RUGBY IN REGENTS PARK



JOIN THE ONLY JUNIOR RUGBY CLUB IN CENTRAL LONDON!



Accredited Club

EVERY SUNDAY THROUGHOUT THE SEASON



07770 753162



regentsparkroyals@gmail.com



regentsparkroyals.com



GET ONLINE DIGITAL SUPPORT AT CAMDEN LIBRARIES



GET SUPPORT FROM VOLUNTEER
DIGITAL CHAMPIONS!

We can help you with...

Setting up your device and
completing online tasks

Developing your digital skills and
learning how to stay safe online

Exploring the online world and
helping you find support



 Camden

FIND US AT

BELSIZE COMMUNITY LIBRARY
1PM-5PM
Wednesdays starting 1st of May
Antrim Road NW3 4XN

PANCRAS LIBRARY
5PM-7PM
Tuesdays starting 7th of May
5 Pancras Square N1C 4AG

CAMDEN TOWN LIBRARY
1PM-4PM
Wednesdays starting 8th of May
218 Eversholt Street NW1 1BD

THESE SESSIONS WILL BE
RUNNING FOR 4 WEEKS

Contact us at
Digital.inclusion@camden.gov.uk
0797 0909 060



 Camden

DANCE CLASS

Music & Movement - Get fit dancing

Location: Royal Free Recreation Club
Fleet Road NW3 2QG
Enquiry/Bookings: 07940394383
gymbodyandmindfit@gmail.com

 **TIME**
9:00 AM

 **DATE**
Thursdays



MENTOR
Val Almeida

REGISTER NOW

Citizens Advice Camden Advice North Camden Project

How we can help:

We offer advice on:

- Benefits
- Housing
- Problems at work
- Relationships and family
- Consumer issues
- Budgeting and money issues

and more

The Advice North Camden Project advises people who live in the Hampstead and Wells Camden Trust area of benefit.

This covers the wards of Kilburn, Swiss Cottage, West Hampstead, Fortune Green, Frognal and Fitzjohns, Belsize Park, Hampstead Town and parts of Gospel Oak and Primrose Hill.

For a full list of street names, please visit their website: www.hwct.org.uk/about-us/areas

If you live in one of these areas, please get in touch for more advice.

WE HAVE THE FOLLOWING ADVICE SESSIONS AT FLEET PRIMARY SCHOOL. **Sessions are by appointment only and can be booked by contacting Lisa Tan on 0207 485 2028 or by emailing l.tan@fleet.camden.sch.uk.**

Tuesday 6th February 2024 • Tuesday 19th March 2024 • Tuesday 14th May 2024 • Tuesday 25th June 2024

The
Children's
Society



Emotional health and well-being support

For Children and Young People aged 6-25

Drop-in sessions taking place each Thursday
between 2.30pm-6:30pm



Camden Beam at
Calthorpe Community Garden
258-274 Gray's Inn Road
WC1X 8LH

Find out more:
childrenssociety.org.uk/beam
Service email address:
CamdenBeam@childrenssociety.org.uk

Meet your local councillors



**Jenny
Mulholland**

020 7974 2792

Jenny.Mulholland@camden.gov.uk

Labour and Co-op



**Marcus
Boyland**

020 7974 2792

07815 032 923

Marcus.Boyland@camden.gov.uk

Labour



**Lorraine
Revah**

07798 846 584

020 7974 6775

Lorraine.Revah@camden.gov.uk

Labour

Surgery times

Our advice surgeries are held at the following venues. These are drop-in sessions so there is no need to make an appointment.

Cllr Jenny Mulholland

1st and 5th Thursday of the month

Queen's Crescent Job Hub,
179 Queen's Crescent, NW5 4DS.

1pm to 2pm

For surgery appointments at other times,
please email

jenny.mulholland@camden.gov.uk

or call **020 7974 2792** to arrange a time.

Cllr Marcus Boyland

1st Thursday of the month

Fleet School Fleet Road
Hampstead NW3 2QT

9am to 10am

3rd and 5th Thursday of the month

Queen's Crescent Job Hub
179 Queen's Crescent, NW5 4DS

1pm to 2pm

4th Thursday of the Month

Rhyl School, 196 Grafton Road
London, NW5 4AX

9 am to 10 am

Cllr Lorraine Revah

2nd Thursday of the month

The Gospel Oak Regeneration Hub Site Portacabins of
(former Bacton Low Rise) Wellesley Road, Junction with Vicars
Road – next to St Martins Church, NW5 4PA. 11am to 12pm

3rd Tuesday of the month

Greenwood Centre, 37 Greenwood Place NW5 1LB.

1 pm to 3 pm

This surgery is specifically designed for carers and individuals with
disabilities and is by appointment only. Please call 020 7974 2792 to
schedule an appointment

3rd Friday of the month

Russell Nursery TRA Hall, The Aspern Centre

1 Christie Court, 3 Aspern Grove

NW3 2AB. 4pm to 5pm

4th Thursday of the month

The Gospel Oak Regeneration Hub Site Portacabins of
(former Bacton Low Rise) Wellesley Road, Junction with
Vicars Road – next to St Martins Church, NW5 4PA.

11 am to noon

Please note there are no surgeries in August. If you wish to have a phone, teams or zoom appointment with the Councillor please email the Councillor or call Members Support to have this arranged.

In writing

c/o Member Support, Town Hall, Judd Street, London, WC1H 9JE
or for more information go to **camden.gov.uk/democracy**

Gospel Oak



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



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

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](#)

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.



Children's_Centre_Collateral_Sure_Start_with_Father_Illustrations_Final_Artwork.indd 1

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

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



Find out more:
camden.gov.uk/camdensurestart

Camden Sure Start
Your journey. Our support.



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

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/carers 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 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 025 4650
	Ealing, Hounslow and Hammersmith & Fulham	0800 328 4444
North Central London	Barnet, Camden, Enfield, Haringey and Islington	0800 151 0025
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 330 8590

FREE SCHOOL MEALS STATUS

For this year, all children from Reception—Year 6 will be able to receive a free school meal thanks to the Mayor of London's programme and you don't need to do anything to apply for it—simply let us know your child will be taking up the offer and that is it—nothing to fill in or apply for. However, this is different from 'Free School Meal Status'. This is still something you need to apply through Camden for. It is really important that you do this as this measure dictates a lot of the funding schools are



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>
- 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.

allocated. To ensure we receive the correct funding we need all children who are eligible for this status to complete the process. You may be entitled to this status and therefore Fleet will receive additional funding 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)

If you receive Working Tax Credit you will not be entitled to free school meals status 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/>

Please ask Lisa in the office for help applying if you need it. Fleet relies on accurate funding to support the education of all our children.



Recycle 4 Charity Treasure Hunt

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

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!

www.recycle4charity.co.uk

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.





FREE SCHOOL CLOTHING



- ✓ **SAVE YOUR FAMILY MONEY**
- ✓ **STOP SCHOOL CLOTHES FROM GOING TO LANDFILL**
- ✓ **MAKE CAMDEN A MORE SUSTAINABLE PLACE**

We'd love you to come along to use our School Uniform Exchange. Pick up good quality, pre-loved school clothing for free, to save money and help the planet.



WHEN AND WHERE TO FIND US:

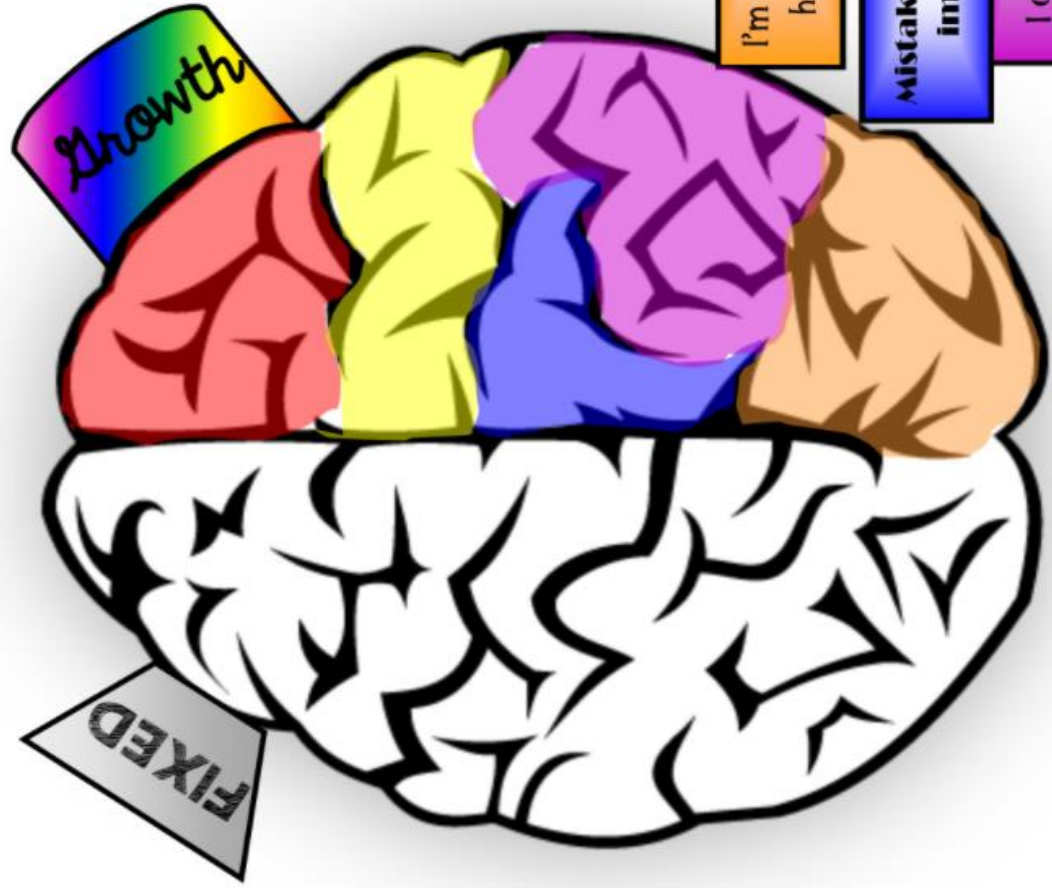
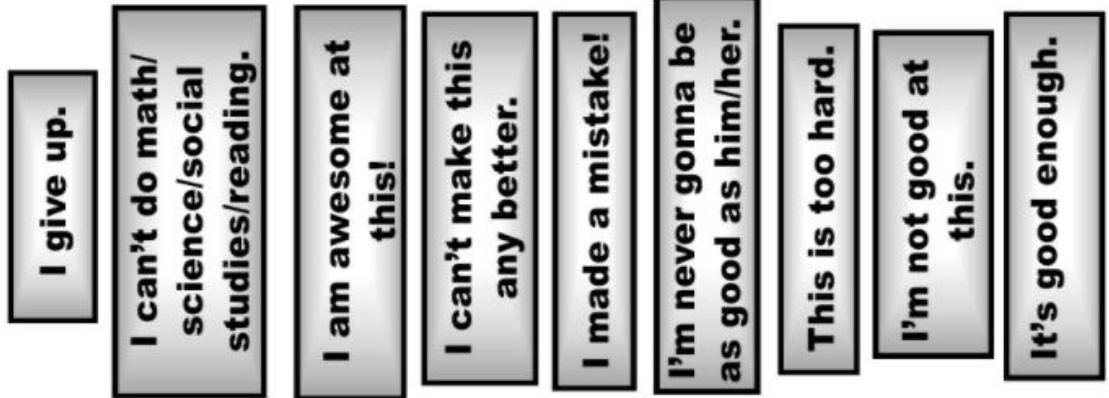
Rhyl Community Primary School
Monday-Thursday 9.30-11.30am
Grafton Road, NW5 4AX



COMBAT CLIMATE CHANGE AND SAVE FAMILIES MONEY



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.



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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.

