

# Fleet Community Notices



Wednesday 13th December 2023



## New items this week...

See link below to sign up for Sports Holiday Programme running here at Fleet over the holidays, find out how to order the fantastic Fleet 2024 Calendar on page 2, final few dates for this term on page 3, a thankyou from the Rights Respecting Ambassadors (and final call for money raised for children in need sponsors) on page 4, information on the Camden Holiday Reading Challenge on page 5, exciting opportunity for ESOL English Classes on Page 6—contact Lisa by next Wednesday, and tips for a 'tech-free' Christmas from National Online Safety on page 7. Then take a moment to look through some of the other information in this newsletter in case you have missed a class, club, notice or opportunity from the many ads included within each week.

## Sign up for HAF programme sports Winter Camp at Fleet run by Legacy Sports

27th—29th December

2nd—5th January

<https://legacysportscamps.coordinate.cloud/project/49573>

## Evening Yoga Classes at Fleet

Yoga Movement, Breath & Stretch

Monday evenings - 6pm - 7pm in the Fleet Primary School Hall (term time only)

This class will focus on letting go of the day. The class will allow you to move, strengthen, consciously breathe, release and rest. For more details and to make sure this class is right for you, please email:

[info@violetlotusyoga.com](mailto:info@violetlotusyoga.com)

## Camden Cost of Living Advice and Support Booklet for Parents

We recently sent out via parent hub, a very useful booklet from Camden on the various types of support available to families to support through the current cost of living crisis. The QR code to the right, and the weblink below, take you to this booklet too. If you need any help or support understanding it or applying for anything, Lisa is happy to help—simply contact the office to make an appointment with her.



<https://shorturl.at/iqHT3>

## Help us ensure school gets the funding we need from the government...

If you haven't done so already, please ensure that you apply for Free School Meals. Even though the Mayor is paying for your child's lunches, this is not the same as being entitled to Free School Meals. If you are in receipt of certain benefits, you may be entitled, which means you will receive a discount on clubs and trips, as well as a school holiday voucher issued by Camden. Much of the funding we receive as a school, or that we can apply for, to provide your child's education is also dependent on this information. We need to make sure all the children who should be funded are. This funding is vital to school. You should apply by following this link:

[camden.gov.uk/free-school-meals](https://camden.gov.uk/free-school-meals)



Christmas Lunch  
Friday 15th  
December

### Christmas Lunch Menu

Roast Turkey Breast  
Chicken /veg sausage  
Parsnip and sweet potato loaf  
Roast potato's  
Stuffing & gravy  
Carrots & peas

Christmas Lunch  
Friday 15th  
December

Chocolate frosted Christmas cake



School Christmas lunch will be on **Friday 15<sup>th</sup> December**. If you usually have a packed lunch and would like a Christmas lunch, please let us know by emailing your **child's name, year and meal option (Meat/Halal/Vegetarian)** by Thursday 30<sup>th</sup> November.

## 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.

## Parent Questionnaire

Thank you to all of you who have already completed the online parent questionnaire sent home last week (and links given out in parent-teacher meetings). If you have not yet completed one please take 5 minutes to do so. Your feedback is much valued and also we are looking for your input into planning workshops etc. for the coming week from what you want. The link to the questionnaire for your child was sent via ParentHub. If you cannot find it please contact the office and they will resend it to you.

## Shopping Online...

If you are shopping online there are a number of retailers who will donate money to school—at no cost to you—as a reward for your purchases. With Christmas shopping coming up for many of you and lots doing it online, please consider supporting us this way—see page 6 for more details on 'Easy Fundraising' and how to sign up.



## Individual/Family photographs

The deadline has passed for you to be able to order your photographs via us. You can still place an order directly through their website. You can order & pay online via:



[www.suesphotostudios.co.uk](http://www.suesphotostudios.co.uk)

# Fleet Primary School Calendar 2024

As you will know from the advert in our weekly newsletter, all year long we run a Fleet Calendar art competition. The winning images are collated together into our Annual Calendar. This year's competition is now closed and we have created a wonderful calendar, showcasing the art work of a number of children from across the school.

To order your copy of this fantastic Calendar please use the link below:

<https://forms.gle/71yVQXJjNyfy7PiT7>

You can pay via Scopay.com or with cash in the office. £4 for 1 calendar or £10 for 3. They will be ready in time for taking home before the end of term. They would make a fabulous Christmas gift.

Who wouldn't want to find this in their Christmas sack? Excellent value at £4 and includes all the holiday and INSET dates for 2024.



# Dates for your diary this term...

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.

## WHOLE SCHOOL EVENTS

15th December	Christmas Lunch
19th December	Infant Class Christmas Parties
20th December	Junior Class Christmas Parties & Junior Talent Show
21st December	Last Day of Term—finish at 2pm (Nursery finish the day before usual time)
9th January	First Day of Spring Term—School reopens
12th—16th Feb	Half Term

## NURSERY 2023-24

20th December	Last day of term for Nursery
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## RECEPTION 2023-24

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## Parents Association Events

Thurs 25th April	International Food Evening
Sat 6th July	Summer Fair

## YEAR 1 2023-24

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## YEAR 2 2023-24

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## YEAR 4 2023-24

14th Dec	Junior Christmas Show—10am (anyone) & 7pm (ticketed)
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## YEAR 5 2023-24

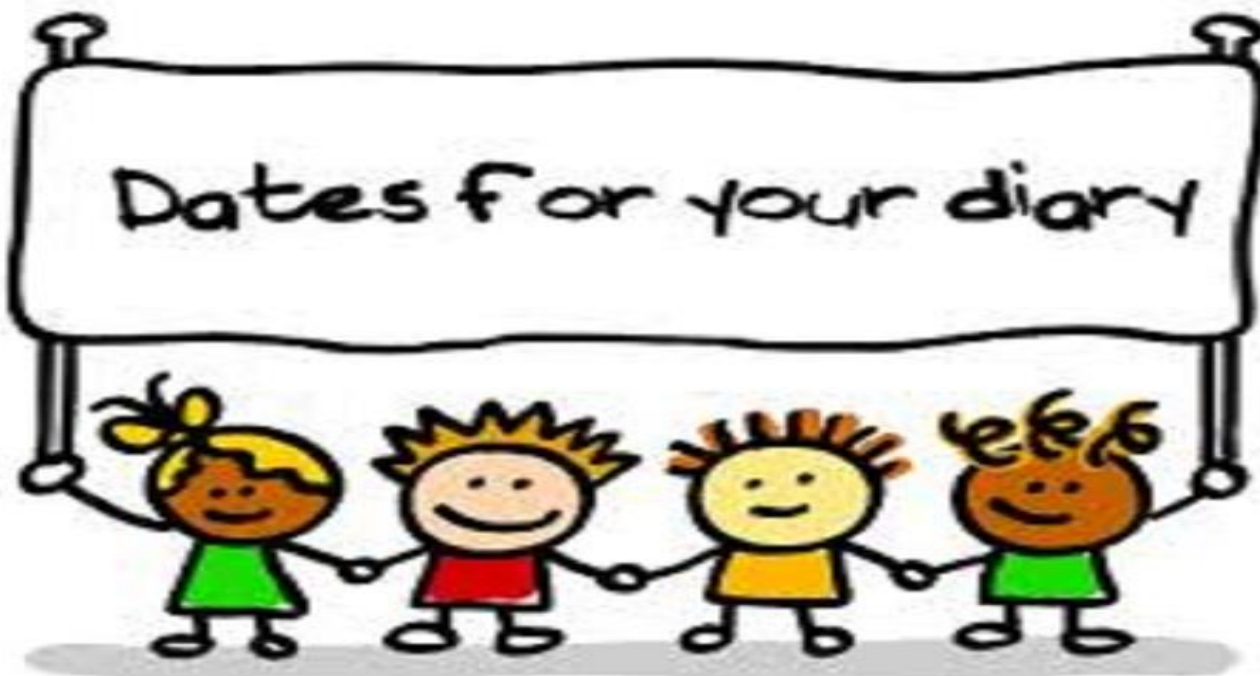
14th December	Junior Christmas Show—10am (anyone) & 7pm (ticketed)
30th January	Trip to the CLC

## YEAR 3 2023-24

14th December	Junior Christmas Show—10am (anyone) & 7pm (ticketed)
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## YEAR 6 2023-24

14th December	Junior Christmas Show—10am (anyone) & 7pm (ticketed)
23rd January	Trip to the BFI



# Children In Need Fundraising Update

Thank



you

for donating  
to



Children



in need

by Robyn and  
Hana

from the Rights Respecting ambassadors

Our  
**Camden**  
libraries

THE  
**READING**  
AGENCY

**Winter Mini Challenge**

Join the  
**Ready, Set, Read!**  
& Listen too!



Borrow Box

**Winter Mini Challenge**

1 December 2023 - 19 February 2024

**Prize Draw!**  
Win  
Book  
Tokens



[wintermini.org.uk](http://wintermini.org.uk)



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



INSPIRING  
ACTIVE  
READERS



**Camden**

Illustrations by Loretta Schauer and logo artwork by Lizzie Everard. All © The Reading Agency 2023

© The Reading Agency. Registered charity number 1085443 (England & Wales)



**ESOL  
English  
Classes  
1-3pm  
Starting  
in  
January  
2024**



**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 by Wednesday 20<sup>th</sup>  
December 2023**

## 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**

# From National Online Safety

At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they need it. This guide focuses on one of many issues which we believe trusted adults should be aware of. Please visit [nationalcollege.com](http://nationalcollege.com) for further guides, hints and tips for adults.

## 12 Top Tips for Children and Young People to Enjoy a TECH-FREE CHRISTMAS

The Christmas holidays are tailor made for families to enjoy relaxed quality time in each other's company – but with distractions like pinging phone notifications, the lure of games consoles and online Boxing Day sales, that can be more difficult than it sounds. Staying off our phones, laptops and tablets, however, can really help us to appreciate the things that genuinely matter at this special time of year. Follow our 12 top tips for a tech-free festive season ... Yule be glad you did! Merry Christmas!

### CHRISTMAS CRAFTING

Get out the paper, glue and scissors and have a go at hand-making cards or gift tags. You could also create your own decorations to add a uniquely personal touch to the Christmas tree.

### NATURE QUEST

Try a scavenger hunt in the garden or your local park. Challenge yourself and your family to find natural treasures that are symbolic of this time of year – like holly or pinecones, say.

### CAROL KARAOKE

Sing your hearts out with a Christmas carol karaoke night. Pick out your favourite tunes and enjoy a musical celebration with family and friends.

### WANDER DOWN MEMORY LANE

How about making a scrapbook filled with your favourite memories from Christmases gone by? Unleash your creativity while you enjoy reliving those magical holiday moments.

### TRY REFLECTIVE JOURNALLING

Jot down your thoughts, feelings and reflections on the holiday in a notebook or diary – you could also list some of your main goals for the new year.

### WRAP IT UP

Take time to get inventive with some luxurious gift wrapping. Break out the wrapping paper, ribbons and bows to make parcelling up those presents into a creative adventure.

### Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. They also provide training and support to education organisations and local authorities – empowering school leaders and staff with the knowledge and tools to shape their settings into inclusive communities where the mental health of pupils and personnel is prioritised.



### WALK IN A WINTER WONDERLAND

Delight in the great outdoors with some gentle walks over the holiday. The family can all wrap up warm as you add to your step count and savour the crisp winter air together.

### BE A SEASONAL CHEF

Get the whole family working together in the kitchen for some Christmas cooking. Choose a recipe and whip up a festive feast that all of you can enjoy.

### ENJOY A CHRISTMAS STORY

Christmas is a perfect time for sparkling stories. Get cosy and lose yourself in a brilliant book, from Dickens to Dr Seuss or a more modern favourite by Chris van Allsburg or Tom Fletcher.

### SNOWY SCULPTURES

If we're fortunate enough to get a white Christmas this year, make the most of the opportunity by having a family snowman-building competition!

### GAMES NIGHT GALA

Dive into some old-school fun with a tech-free games night. Classic board games and card games have stood the test of time for a reason!

### GOODWILL TO ALL

You and your family could spend a day volunteering – perhaps at a food bank or helping a local charity. After all, kindness and thinking of others are part of what Christmas is all about.


The National College

NOS National Online Safety  
#WakeUpWednesday

 @natonlinesafety

 /NationalOnlineSafety

 @nationalonlinesafety

 @national\_online\_safety

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# The Unique Christmas Show for Children that comes to you...

The Most Interactive  
and Hilarious Panto EVER!!  
The Best Show!!  
The Best Cast!!

All at a brilliant  
Affordable Price!!!!

Your Kids even get  
to put on props  
and play parts in  
the show!!!



Entrance by Ticket only  
Order online via [Eventbrite](#)



Scan to book your tickets!

0-5 yrs free  
6-17 £1.50  
Adults £3.00

All Children to be accompanied by an Adult

## "It's a Boy!"

Nativity Pantomime  
with a professional cast

coming to

**Camden Town Methodist Church**  
The Wesley Hotel,

89 Plender Street, Camden NW1 0JN  
**Sunday 17th December—2.00 pm**

The Most  
interactive and  
funny show  
EVER...





STARTING JANUARY 2024—  
LIMITED SPACES: IF YOU  
ARE INTERESTED, PLEASE  
CONTACT LISA ON 0207 485  
2028 OR  
l.tan@fleet.camden.sch.uk



# Camden Giving Presents

FREE - PAMPER FOR SINGLE MUMS



Camden Giving, in partnership with qualified Massage Therapist- Ellen Thompson are offering a well-deserved FREE pamper session to single mothers in the borough.

You will be able to enjoy 45 mins luxurious massage in a private room, where you can feel relax, de-stress and rejuvenate!

Contact Ellen Thompson- 07734 722754

School referral:  
Lisa - Fleet, Simone - Netley

Zare - Rhyl, Shahana- Gospel Oak

# Term Dates for 2023-24

## AUTUMN TERM

First day of term	Wednesday 6 <sup>th</sup> September 2023
Half term (inclusive)	Monday 23 <sup>rd</sup> Oct – Friday 27 <sup>th</sup> Oct 2023
Last day of term	Nursery- Wednesday 20 <sup>th</sup> December 2023 Reception- Year 6- Thursday 21 <sup>st</sup> December 2023- close @ 2pm

## SPRING TERM

First day of term	Tuesday 9 <sup>th</sup> January 2024
Half term (inclusive)	Monday 12 <sup>th</sup> Feb – Friday 16 <sup>th</sup> Feb 2024
Last day of term	Thursday 28 <sup>th</sup> March 2024 – close at 2pm

## SUMMER TERM

First day of term	Tuesday 16 <sup>th</sup> April 2024
May Day Bank Holiday	Monday 6 <sup>th</sup> May 2024 - school closed
Half term (inclusive)	Monday 27 <sup>th</sup> May – Friday 31 <sup>st</sup> May 2024

## STAFF INSET DAYS – SCHOOL CLOSED

	Autumn Term	Spring Term	Summer Term
1 <sup>st</sup> half term	Monday 4 <sup>th</sup> and Tuesday 5 <sup>th</sup> September 2023	Monday 8 <sup>th</sup> January 2024	Monday 15 <sup>th</sup> April 2024
2 <sup>nd</sup> half term			Monday 10 <sup>th</sup> June 2024

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. |



## 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 onto gain good passes in their GCSEs at age 16.

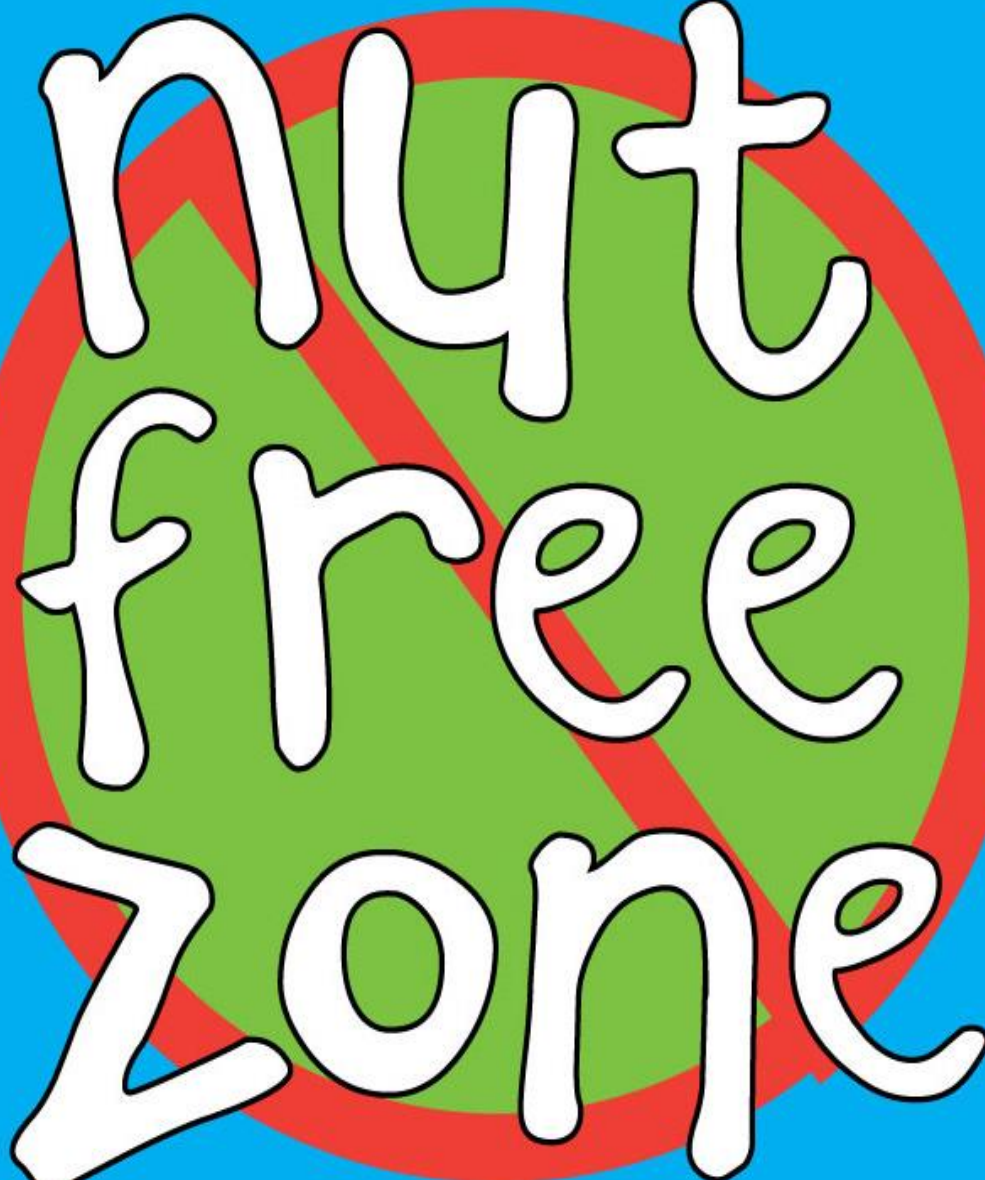
Every day your child is not in classes means they're less likely than their classmates to do well in school.

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.**

# STOP!

you are now entering a



nut  
free  
zone

please DO NOT bring  
nuts into this area



# Raise FREE donations for

**FLEET PRIMARY SCHOOL**

every time you **shop online**

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

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

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



Download the easyfundraising App



**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](http://www.parenthub.co.uk) to find out more

# 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](mailto: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](http://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

**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. W1T 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](mailto:hi@steelpanmusic.org.uk)**

**020 7459 4162**

**@Steelpan\_music**

 **Camden**

SUPPORTED BY CAMDEN COUNCIL



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](http://www.camden.gov.uk/camdens-music-service)

020 7974 7239

camdenmusic@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](http://www.camden.gov.uk/saturday-music-centres)



**camdenmusic**

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><b>Violin</b>  <u>J.S Bach - "Chaconne" Partita No.2 by Esther Abrami - YouTube</u></p> <p>Usually plays the tune 'Small and light'</p>	<p><b>Percussion</b>  <u>Hyun-gi Lee - Garage Drummer - Percussion Final - BBC Young Musicians 2012 - YouTube</u>  <a href="https://www.youtube.com/watch?v=xxzK9CipS04">https://www.youtube.com/watch?v=xxzK9CipS04</a></p> <p>Ideal if you want to play lots of different instruments, from small to large</p>	
	<p><b>Cello</b>  <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><b>Ukulele</b>  <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><b>Recorder</b>  <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><b>Guitar</b>  <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><b>Flute</b>  <u>Havana - Camila Cabello Flute Cover - YouTube</u></p> <p>Small and light to carry                      Needs a lot of breath!                      Held sideways</p>	<p><b>Voice / singing lessons</b></p>	
	<p><b>Clarinet</b>  <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><b>Euphonium</b>  <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><b>Saxophone</b>  <u>BBC Proms - Darius Milhaud: Scaramouche (Excerpt) - YouTube</u></p> <p>Large to carry, on your back                      Needs a lot of breath!</p>	<p><b>Trombone</b>  <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><b>Trumpet</b>  <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><b>French Horn</b>  <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](http://www.camden.gov.uk/saturday-music-centres)

and here

[www.camden.gov.uk/music-service-ensembles](http://www.camden.gov.uk/music-service-ensembles)

## Terms and conditions

All Camden Music staff have enhanced DBS clearance.

Payment for lessons must be made in advance. Lessons can only begin once a payment is received. You may pay in two instalments. You must have paid the second instalment by half term.

We offer ten lessons per school term. Most terms have more than ten weeks. In the event of us not being able to offer ten lessons we will credit your account or make a refund for lessons missed. If the school is closed for reasons relating to COVID-19, lessons will be taught online. If you are unable to access online lessons, it may not be possible to make up the missed lessons and no refund will be given.

If the tutor is absent we will try to find a suitably qualified temporary replacement. If this is not possible and your child does not receive the number of lessons paid for that term, you will be reimbursed automatically after the end of the term.

In the event of a pupil not attending a lesson for any reason the tutor will make up the lesson, provided written notice has been given to both the tutor and to the Music Service three weeks before the missed lesson. If this is not possible, the cost of the missed lesson will be credited to your account. Lessons missed without three weeks' notice will not be made up and no refunds will be made.

Camden Music and/or the school will monitor the attendance and progress of pupils receiving free or subsidised lessons, and subsidy may be withdrawn if attendance is unsatisfactory.

If you wish to cancel tuition we require at least half a term's notice.

If you have any queries or require further information, please contact the Camden Music Service – 020 7974 7239 – [camdenmusic@camden.gov.uk](mailto: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](http://www.camden.gov.uk/camdens-music-service)



020 7974 7239  
[camdenmusic@camden.gov.uk](mailto: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](mailto:camdenmusic@camden.gov.uk)

[www.camden.gov.uk/camdens-music-service](http://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](http://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.

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



# Fleet's Forest School Request

**FREE**

**Direct link to the HAF programme running here at Fleet...**

<https://legacysportscamps.coordinate.cloud/project/49573>

**27TH DEC 23 - 5TH JAN 24**

## **JOIN OUR HAF WINTER PROGRAMME**

We are providing free, fun activities for children aged 5 to 16 that live in Camden during the Winter holidays.

The Holiday Activities and Food (HAF) programme is a package of support for children and young people on benefits-related free school meals and is funded by the Department for education.

Take part in cooking, arts & crafts, sports, drama, music, dance and much more!

As part of every session, children will also receive a hot healthy meal.

### **TO SIGN UP, SCAN OR VISIT:**



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

**YOUNG  
CAMDEN  
FOUNDATION**

 Camden



Department for Education



LONDON MAGIC SCHOOL  
Presents:

# MAGIC WORKSHOP



## ENRICHMENT ACTIVITIES

- ◆ SIMPLE MAGIC TRICKS WITH ALL PROPS INCLUDED
- ◆ FROM 6 to 99+ YEARS OLD
- ◆ CONFIDENCE BUILDING
- ◆ DEVELOPING COMMUNICATION SKILLS



FOR MORE INFORMATION CONTACT  
[Thomas@londonmagicschool.uk](mailto:Thomas@londonmagicschool.uk)



## HAPPY PROVIDERS



Thomas left the children buzzing with excitement and left us unable to believe our own eyes. He explained carefully and demonstrated some magic tricks. All were amazed at their own success! Thomas provided all the equipment and even a very special surprise at the end. We are already planning to book him for next year as he was worth every penny!

Rachel, Gemma and Charlie  
Year 4 staff Folville Junior School

The hands-on approach and use of props were very engaging for the young people, and they learned new skills that many had not previously experienced. The fun and friendly approach during the workshops was mentioned a few times, and the fact that you created a welcoming and exciting environment for the young people.

Barnet Council of London  
HAF Summer Activities



## ENRICHMENT ACTIVITIES

The magic students will learn easy-to-do magic tricks with step-by-step instructions and a video link to continue practising at home. Most importantly, they will develop resilience and confidence skills. All through play and some mind-blowing tricks!

## AIM OF THE WORKSHOPS

Our aim is for the magic students to master how to use their body language to communicate trust, learn about the power of eye contact, and how to direct the audience's attention to communicate more effectively. Opportunities to practice in an informal, supportive environment will boost confidence even in the most reserved students.

Enjoyment and play are the key aspects that guide all our teaching.

## INCLUSION

Inclusion, equality, and accessibility are at the forefront of our work.

When delivering workshops, we ensure all of our students' needs are met by speaking to the teachers, families, staff, support team and students themselves.

## CONTACT DETAILS

£275\* - Magic Workshop including Magic Bags

Each Magic Bag includes a special prop for the students + online video tutorials

\*Workshops delivered in groups of 30 magic students

\*Discounts Available for larger number of students/workshops

# LONDON MAGIC SCHOOL MAGIC WORKSHOP



## CONTACT

- 🌐 [londonmagicschool.co.uk](http://londonmagicschool.co.uk)
- ✉ [thomas@londonmagicschool.uk](mailto:thomas@londonmagicschool.uk)
- 📷 [LondonMagicSchool](https://www.instagram.com/LondonMagicSchool)



LONDON MAGIC SCHOOL  
**MAGIC Workshop**  
Thomas Dixon  
THE CHARMING CHILEAN MAGICIAN

# The HvH Art Christmas Party



**Sunday 17th December**

**2.30-5.30pm**

**@ HvH Arts Studios**

**181 Mansfield Road**

**NW3 2HP**

It's that time of year! Santa Claus is coming to  
The HvH ARTS Christmas Party  
with lots of fun, party games, performances, a photo booth, and Christmas Cheer for us ALL!



**IF YOU WANT TO JOIN US PLEASE MAKE SURE TO FILL IN THE ENROLMENT FORM TO HELP US CATER ENOUGH FOOD AND DRINKS AND OF COURSE, SANTA WILL NEED HIS LIST!**

There will be lots of fun and games, with performances from our TMMP band and a visual arts performance from our young artists! Karaoke, Dance, Games, and a Photo Booth!

<https://hvharts.org/courses/>

# HAF Winter Program



## CULTURE VULTURE PHOTOGRAPHY ON LOCATION

2 days With Professional Photographer Debbi Clark

### Wednesday 3rd to Thursday 4th January

Open to 22 young artists, ages 12 -16 yrs

Time: 11am to 6pm

LOCATION: HvH ARTS Media Studio, 181 Mansfield Road NW3 2HP

Professional photographer Debbi Clark working alongside Harley Price and Jude Wacks will be teaching the art of photography using professional Olympus EPL-10 cameras, teaching creativity using different lenses, zoom, and fixed lenses to capture images in fine art photography.

We will be supported by the National Portrait Gallery who will be giving a private tour and talks at the exhibitions being held in January 2024. This course includes a tour of The Tate Modern with artist Nina Mae Fowler contributing her time to talk with our young people on this project.

We will return to the HvH ARTS Media Studio to work on the editing platform 'Lightroom Classic' teaching our artists how to edit their final images to support their learnings in the art of photography and enable them to use the images toward their study projects at their Secondary Schools at the start of their Spring Term 2024

**BOOK NOW TO GUARANTEE YOUR PLACE ON THIS COURSE**



Open to 22 young artists, ages 12-16yrs

Time: 11am to 6pm

LOCATION: HvH ARTS Media Studio, 181 Mansfield Road NW3 2HP

LUNCH WILL BE PROVIDED

We will also have water, juice, and healthy snacks for you all. If you have any allergies please bring your own snacks.

We hold a NO NUTS Policy.

**FOR YOUR FREE PLACE ENROL NOW TO AVOID DISAPPOINTMENT**

<https://hvharts.org/courses/>



# HAF Winter Program

## COOKING WITH MOTHER with Chef Chris at Mother Canteen

**Monday 2nd to Friday 5th January**  
**Open to 20 young artists, ages 12 -16 yrs**  
**Time: 10am to 2pm**

**LOCATION: Mother Canteen, 181 Mansfield Road NW3 2HP**

A fabulous opportunity to explore and learn to cook recipes from around the World focusing on cuisine from Africa, Asia and South America with an emphasis on home food and flavours. Meals specific to different communities and not often seen on a typical restaurant menu. Young people will be eating their evening meal together, learning healthy eating with exciting recipes and collaborating as a team of young chefs in Chris's kitchen at Mother Canteen.



**BOOK NOW TO GUARANTEE YOUR PLACE ON THIS COURSE**

**Only 20 places available, ages 12-16yrs**  
**Time: 10am to 2pm**

**LOCATION: Mother Canteen, 181 Mansfield Road NW3 2HP**

We will also have water, juice, and healthy snacks for you all. If you have any allergies please bring your own snacks.

We hold a NO NUTS Policy.

FOR YOUR FREE PLACE ENROL NOW TO AVOID DISAPPOINTMENT

<https://hvharts.org/courses/>

## CAMDEN MULTIPLY PROGRAMME

# Improve your Maths skills in Camden



**FREE 1 to 1 or small group support available for adults (19+) in local libraries and community centres**

Build your confidence in numbers  
Develop number skills to help you at work  
Learn how to manage your bills  
Support your children with Maths at school  
Take the first steps towards a qualification

For information on venues, days and times,  
text or call Jackie on **07971 746574**  
or email [maths@camden.gov.uk](mailto:maths@camden.gov.uk)

**Multiply**



SUPPORTED BY  
**MAYOR OF LONDON**

 **Camden**

# 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](http://www.prorevo.co.uk) More Information: [Prorevolution.devel](mailto: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 Fiedeljs  
Drummond Crescent NW1

Thursday - Hampstead School  
Westbere Road NW2

For more information, contact:  
**Camden Cadets**  
[CamdenVPC@met.police.uk](mailto:CamdenVPC@met.police.uk)  
07767006365




**#PoliceCadets**



YOUNG PEOPLE'S BOXING IN NORTH LONDON.

 @METROBOXLONDON

**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](http://www.metroboxlondon.co.uk)  [info@metroboxlondon.co.uk](mailto:info@metroboxlondon.co.uk)

Acland Burghley Dance Department

# JUNIOR DANCE COMPANY

For Primary Students in Years 4, 5 and 6

Every Thursday 3.45pm - 4.45pm  
Acland Burghley School  
Audition - Thursday 5th October 2023  
Scan the QR Code to apply



#### AUDITION DETAILS:

There will be an audition on **Thursday 5th October 2023** from **3.45pm-4.45pm** in the Dance Block at Acland Burghley School.

#### What do you need to do for the audition?

Please wear appropriate dance clothing, you will be dancing bare foot.

#### What qualities do you need to audition for Burghley Junior Dance Company?

- Be in Years 4, 5 or 6. (Age 8-11)
- Enjoy performing, choreographing and working with other dancers.
- Be keen to try out new dance styles.
- Enjoy working as part of a company and have the ability to work well with others.
- Be enthusiastic, punctual, respectful, professional and committed.

#### Our aims of Burghley Junior Dance Company:

- To have fun, dancing in a group with other dancers of a similar age and make new friends.
- To work with professional choreographers and teachers to produce outstanding performance pieces.
- To improve our performance and choreographic skills and build on our confidence to express ourselves through dance.
- To perform at open evenings, annual dance shows, dance company sharing and any other performance opportunities.

#### What will be the level of commitment required if I become a member of Burghley Youth Dance Company?

You must be able to attend Thursday classes every week during term time. We realise that people get ill or injured, or may have other unavoidable events. However, if you miss more than one rehearsal you risk losing your place in the company.

Company classes will begin Thursday 12<sup>th</sup> October 2023.

Scan the QR code to register for the audition.



## JOIN WAC ARTS TODAY

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



Enrolment is OPEN!  
Visit [wacarts.co.uk](http://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 JANUARY '24

**wk**  
Westminster Kingsway College

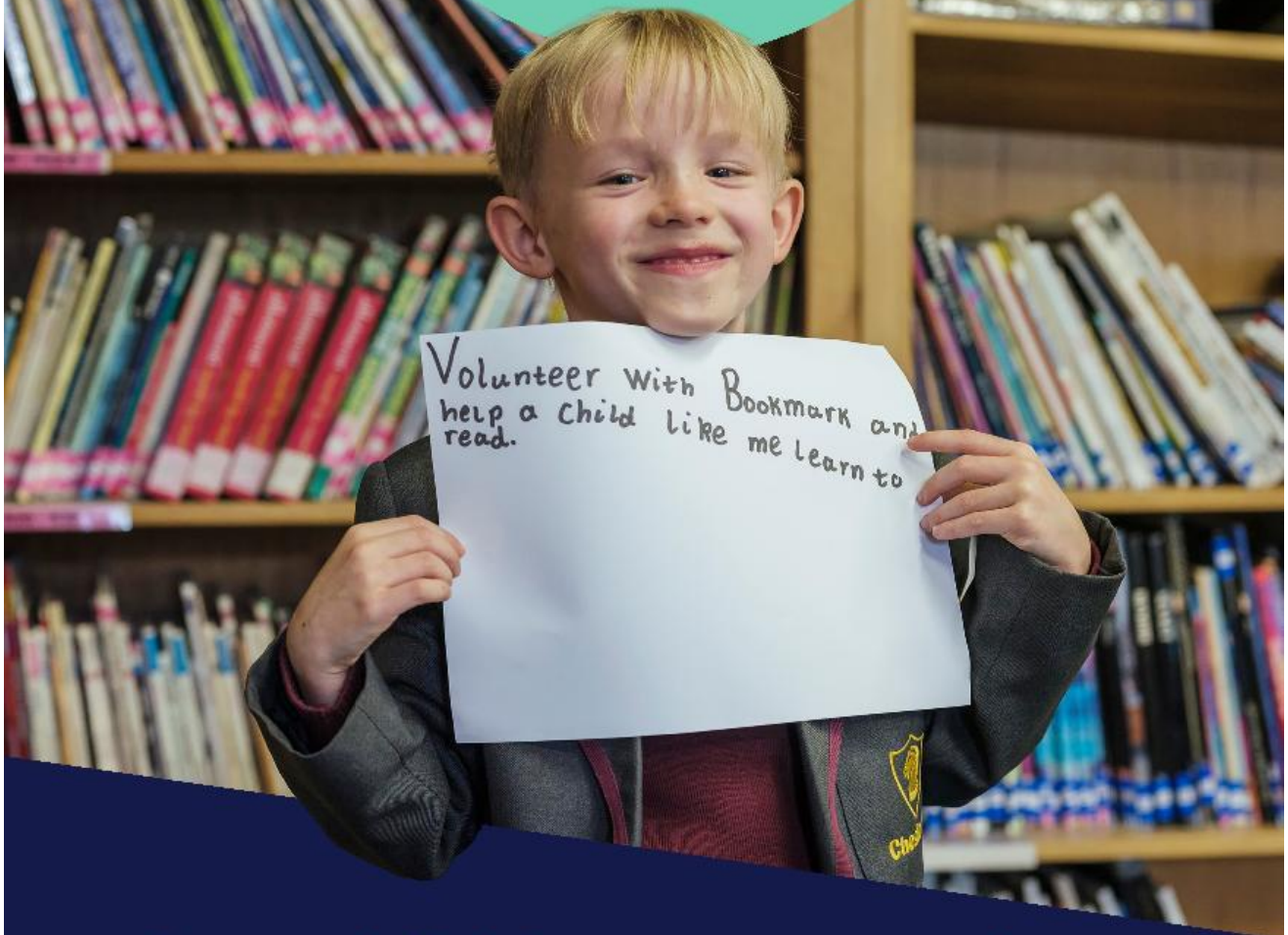
The BRIT SCHOOL

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

APPLY AT [BRITKIDS.ORG](http://BRITKIDS.ORG)



Bookmark



## Help a child learn to read

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

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

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

Registered Charity No. 117768

**SIGN UP  
TODAY**



[bookmarkreading.org/  
volunteer2f](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](https://www.bookmarkreading.org/volunteer2f)*



# 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 10<sup>th</sup> 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.



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



**Children's Centres:**

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

Find out more:  
[camden.gov.uk/camdensurestart](http://camden.gov.uk/camdensurestart)

**Camden Sure Start**  
Your journey. Our support.



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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](http://localoffer.camden.gov.uk)

Children's\_Centre\_Colateral\_Sure\_Start\_with\_Father\_Illustrations\_Final\_Artwork.indd 2

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# Camden Children's Centre Services

# Parenting your Child with ADHD

Group for parents and carers of children aged 5-12 years who have a clinical diagnosis of ADHD

**Brandon Centre**  
Here for Young People

## For parents and carers of children with ADHD aged 5-12 years

For parents and carers of children with a diagnosis of Attention Deficit Hyperactivity Disorder (ADHD) aged 5-12 years. This is a 6-week group programme that meets for 1.5-2 hours a week. The group is facilitated by a qualified mental health professional with experience in supporting parents and carers. The group is run several times a year either online or face to face.

The group builds on what parents are doing well and teaches parents and carers skills and strategies to improve and manage difficult behaviour in children in this age group. It also incorporates the **123 Magic™** approaches, which complement and enhance the programme. The sessions cover the following areas:

- Providing information on Attention Deficit Hyperactivity Disorder
- Setting household rules
- Developing and implementing schedules and routines
- Realistic expectations
- Giving clear and calm instructions
- Rewards and praise
- Staying positive and looking after yourself
- The 123 Magic™ approach to effective discipline.

**Brandon Centre**

updated / Jan 2022

What people say about our ADHD programme:

**“Thank you thoroughly enjoyed the sessions.”**

**“Good facilitation with some good advice in response to real questions.”**

**“It worked well - thank you!”**

**Brandon Centre**

## Referrals

To find out more information about the programme and upcoming groups please email us at [familyservice@brandoncentre.org.uk](mailto:familyservice@brandoncentre.org.uk)

Self-referrals or professional referrals are accepted and can be made by calling **07939 833 069** or emailing [familyservice@brandoncentre.org.uk](mailto:familyservice@brandoncentre.org.uk)

## Contact details:

**Brandon Centre**  
26 Prince of Wales Road  
London  
NW5 3LG  
Tel: **020 7267 4792**  
Email: [familyservice@brandoncentre.org.uk](mailto:familyservice@brandoncentre.org.uk)  
Website: [www.brandoncentre.org.uk](http://www.brandoncentre.org.uk)



**Brandon Centre**

updated / Jan 2022

# CAMDEN MHST

## MENTAL HEALTH SUPPORT TEAM

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

## SUPPORT AND INTERVENTIONS

Individual/Parent led therapy

Group therapy and workshops

Whole class interventions

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



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



## FLEET PRIMARY SCHOOLS PRACTITIONER

**THOMAS BURNAND**  
School Hours: Wednesday Afternoon

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

# Parent and carer counselling service

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

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

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

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

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

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



### PCCS co-ordinator, SEN and psychology services

Children, schools and families, Camden Council, Crowndale Centre

218 Eversholt Street, London NW1 1BD

Telephone: 0207 974 6500

Email: [pccs@camden.gov.uk](mailto: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 023 4650
	Ealing, Hounslow and Hammersmith & Fulham	0800 328 4444
North Central London	Barnet, Camden, Enfield, Haringey and Islington	0800 151 0023
North East London	City & Hackney	0800 073 0006
	Newham	0800 073 0066
	Tower Hamlets	0800 073 0003
South West London	Barking & Dagenham, Havering, Redbridge and Waltham Forest	0800 995 1000
	Kingston, Merton, Richmond, Sutton and Wandsworth	0800 028 8000
South East London	Croydon, Lambeth, Lewisham and Southwark	0800 731 2864
	Bexley, Bromley and Greenwich	0800 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](https://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**

Attention to all children and teachers!

Find some empty ink cartridges and bring them to the school to turn them into gold!

Your school will receive money for them, and you will help the environment with your recycling!

Clue: There are hundreds of different ones out there, you will find them near home printers and when not hiding inside printers they usually look like this

[www.recycle4charity.co.uk](http://www.recycle4charity.co.uk)

**Do you have any used printer cartridges lying around at home? Send them into the school office!**

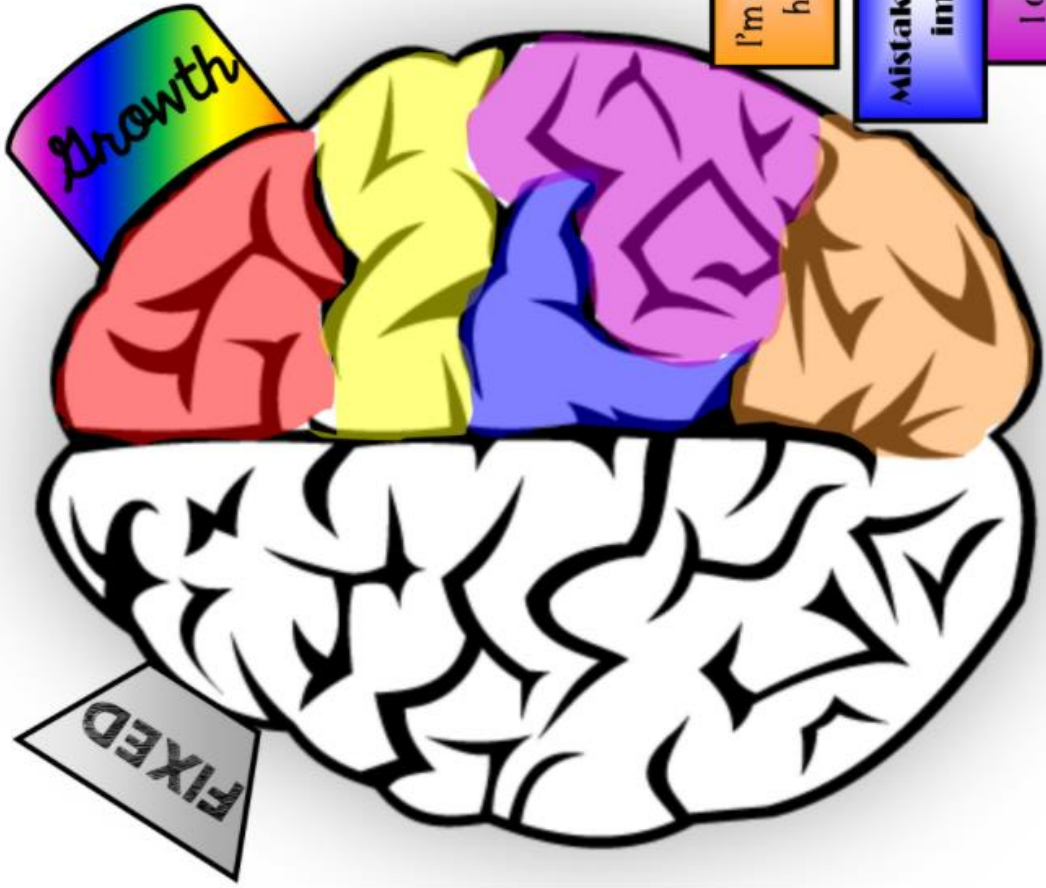
## Parent group: Families, Food and Feelings

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](mailto:brandoncentre.healthyliving@nhs.net) email address.



# Change your words Change your *Mindset*

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



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

## Gender equality: guide for families

### What are gender stereotypes?

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

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



'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](http://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](http://www.lettoysbetoysof.org.uk) – especially their Gift Guides and recommended retailers.

#### Opportunities to challenge gender stereotypes:

- In role-play games with younger children, who plays what roles?
- Talk to children about what they are seeing on TV – in what roles are male and female characters shown? How are female and male characters dressed?
- Look for positive role models of female leaders, women in sport, men in caring roles.

#### Language:

- Think about the messages language can suggest – e.g. 'man up' suggests that boys should not show their emotions. Never use 'girl' or 'girlie' as an insult.
- 'We need a strong man to open that' 'I can't do that with these nails' – throwaway comments can have a powerful impact on children.
- Use 'humankind' rather than 'mankind' or 'firefighter' rather than 'fireman' – avoid using the masculine to refer to everyone.

#### Expectations and aspirations:

Beware assumptions which might influence children's aspirations – e.g. by suggesting certain jobs are more for women or men or by assuming a future role as carer for girls and breadwinner for boys.

#### Books:

- Children's books still send very gendered messages about male and female roles.
- Look for books with strong female leads and boys in caring roles – for boys and girls.
  - Swap 'he' and 'she' where male-dominated.
  - Use books as an opportunity to question roles and attitudes.

#### Around the home:

- Who do children see doing what work around the house?
- What chores are children given at home – are they different for girls and boys?
- Is different behaviour expected of sons and daughters?
- If newspapers and magazines show women and men in stereotypical roles, question these so that children don't assume that's just the way the world is.

#### Attitudes:

- Teach children that caring roles are rewarding and important – and ensure that boys can see themselves in caring roles.
- All emotions are for everyone! Don't discourage boys from crying or expressing how they feel.
- What praise are children given? e.g. repeated praise of girls as pretty and boys as clever or strong teaches children what society expects of them.

#### Clothes and shoes:

- Are girls wearing clothes or shoes which are more delicate – which they need to keep clean or which hinder them in climbing or kicking a ball?
- Think about slogans, colours and the messages they send.

#### Similarities and differences:

- Don't set up girls and boys as 'opposite' or separate – there are more similarities between them than differences.
- Beware treating girls or boys as uniform groups.
- Friendships between genders are to be encouraged.



[www.liftinglimits.org.uk](http://www.liftinglimits.org.uk)



# Camden Early Help



Everyone needs a little help sometimes. If you're feeling worried about your child, or you want to make a change in your life, Camden Early Help is here for you, your children and your whole family.

- ▶ Free support service for families with children aged 0 to 19 in Camden
- ▶ Practical and emotional support with a range of life issues if they are starting to feel overwhelming
- ▶ Working with you and your family to help make whatever changes you want to make
- ▶ Helping you and your family develop friendships and feel connected with your community.

## Early Help



### As well as family workers, there's lots of other options:

- ▶ Early Help Family Group Conference – bring together a circle of family members, friends, neighbours or community members to help solve problems
- ▶ Parenting programmes – a range of programmes for parents to be, and parents with children from 0-19 to help you feel confident and positive about your parenting role
- ▶ Activities – to enjoy time together as a family
- ▶ Early Help Play – support to access holiday play schemes, breakfast clubs, after-school clubs, and free early education and childcare places\*
- ▶ Employment advice and welfare rights – access to our advisors to help with benefits and all things work-related
- ▶ Connections to housing support and homelessness services
- ▶ Connections to community organisations in your area.



### How do I get Early Help?

You can contact us today, or you can talk to someone in your life that you trust. This might be your child's teacher or nursery worker, your GP or health visitor, your housing or tenancy support worker or youth worker.

They can contact us on your behalf, and then you can work with us if you would like to.

If it feels like it's time to make a change, Camden Early Help would love to be by your side so the little things don't become big things.

### Other formats

If you require this leaflet in large print, Braille or in another language please contact us.

### Find out more

T: 020 7974 3317 (9am to 5pm, ask for Early Help)

E: LBCMASHadmin@camden.gov.uk

For more information about Early Help visit:

[camden.gov.uk/earlyhelp](http://camden.gov.uk/earlyhelp)

Sure Start 020 7974 8961

[camden.gov.uk/surestart](http://camden.gov.uk/surestart)

Produced by Creative Services 1251/23

\* free childcare places for eligible 2 year olds



### What's Early Help?

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

### What can you help with?

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

### What does Early Help do?

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

### Early Help services include:

#### Sure Start

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

#### Early Help Co-ordinators

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

#### First Stop Early Help

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

#### Families in Focus

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

#### Transformation Team

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

#### Youth Early Help

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



### Every Early Help team will:

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

