

Fleet Community Notices



Wednesday 16th July 2025



New items this week...

Please see [Page 5](#) for food bank donations. Please see [Page 25-26](#) for important information about MMR and information on the MMR vaccines. Our current lunch caterers are doing a parent/Guardian survey please see the bottom of this page for details. [Page 27](#) has the latest parent information sheet from National College—this week is based on Staying Safe Around Water. Please see [Page 43](#) Kentish Town will be having an open day at the fire station. [Page 70](#) is some details for a local food co-op. There are some cricket sessions being run at Marylebone School please see [Page 42](#) for more information. ESOL & maths day/ English for all in September [Page 12-13](#). Lots of Summer activities & camps [Page 46-57](#) for you to have a look at and sign up for including a short swimming course at Swiss Cottage Leisure Centre [Page 54](#). Camden Youth FC Club are recruiting for 25/26 see [page 55](#) for details. Thoughtful Fashion Camps [page 47-48](#) are offering a free scholarship place to a child at Fleet. The Dome is running a Summer Camp which is part of the HAF programme details on [page 53](#).

Please do take time to look through the whole newsletter—especially if you haven't done so for a while as there is so much available to both you and your children across Camden. We're sure you will find something of use whether that be a drop in sessions, a club, or information. there is so much on offer in Camden from the Council and other local community groups.

Morning Snacks—Fruit only please

Please can you ensure that if your child is bringing in a morning snack to have at playtime that is restricted to a piece of fruit. Any other food items should be kept to have with their lunch

Hello,

As your catering provider we value feedback from all stakeholders to help us improve the service we provide to you and your pupils. This term we are completing a **Parent/Guardian survey** on the meal provision we provide.

If you would like your Parents/Guardians to be part of this survey, please pass on the survey link below for them to complete. The survey will close on 31st July, we will provide an update to locations which have taken part in the autumn term.

Link and / or QR code you can send to your parent/guardian if you would like your location to take part.

<https://www.surveymonkey.com/r/SXMHL8D>



Many thanks for your continued support.

Best Wishes

Penny Richards

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Online learning resources and homework

- Mathematics: 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>
 - Busy things: <https://www.busythings.co.uk/igfl-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. Other Homework for most classes will be delivered via Google Classroom.

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. Thank you.

WHOLE SCHOOL EVENTS

17th July	Marcus Boyland councillor surgery (change of date)
18th July	Rec, KS1 and KS2 Sports Day—Hampstead Heath Running Track
22nd July	Last day of term—finish at 2pm

NURSERY 2024-25

17th July (2:50pm)	Nursery concert for parents
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RECEPTION 2024-25

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PARENTS ASSOCIATION & SPECIAL EVENTS

YEAR 4 2024-25

18th July	Sport's day (packed lunch required)
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YEAR 1 2024-25

18th July	Sports Day (packed lunch needed)
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YEAR 5 2024-25

18th July	Sport's day (packed lunch required)
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YEAR 2 2024-25

18th July	Sport's day (packed lunch required)
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YEAR 6 2024-25

14th-17th July	Swimming
18th July	Sport's day (packed lunch required)
21st July	Leavers assembly and BBQ

YEAR 3 2024-25

18th July	Sport's day (packed lunch required)
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Term Dates for 2024-25

INSET Day—School Closed

Monday 2nd June

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.

Nut Free School

Please remember we are a nut free school. Nuts and items containing nuts should not be brought into school as snacks, part of packed lunches, or as donations to the Class Tea Sales. Thank you for your understanding and care to ensure we prevent dangers from allergic reactions.

STOP!

you are now entering a



nut
free
zone

please DO NOT bring
nuts into this area

BE ALLERGY AWARE WITH ALLERGY LIFESTYLE®

www.allergylifestyle.com

Camden Foodbank

Urgent Summer Appeal

Camden Foodbank feeds local adults and children in food poverty with crisis food parcels. 2.9 million food parcels were given out by Trussell Foodbanks from April 24 to March 25. **36% of these emergency parcels were given to over 1 million children.** Summer is especially difficult for children with no school and nothing to eat. Please help by donating money/food to support Camden Foodbank in feeding local people in food hunger.



* Cost per package may vary according to availability

Each 3-day emergency parcel for one person costs ***£45** and could mirror this photo.

THIS SUMMER
PLEASE HELP
FEED LOCAL CHILDREN
IN FOOD POVERTY

How to deliver food in person?

When Open	Where to Drop off Food	Opening Times
Everyday	Wesley Hotel Camden Town, 89 Plender Street, NW1 0JN. Wesley Hotel, 81-103 Euston Street, NW1 2EZ.	Both hotels open from 8am – 10pm
Tuesdays & Fridays	Camden Foodbank, 14 Pratt Mews, NW1 0AD.	11.30am - 3pm
Sundays	Camden Foodbank, 14 Pratt Mews, NW1 0AD.	10am - 12pm
Thursdays & Sundays	St Mary-le-Savoy with St George German Lutheran Church, Sandwich Street, London WC1H 9PL.	10am – 6pm (Thursdays) 10am - 4pm (Sundays)

How to send food by internet shopping?

When Open	Where to Send Food	Opening Times
Tuesdays or Fridays	Camden Foodbank, 14 Pratt Mews, NW1 0AD.	11.30am - 2pm

URGENTLY NEEDED FOOD

- Tinned Meat
- Tinned Fish
- Baked Beans
- Cereal
- Longlife Milk
- Longlife Juice
- Biscuits
- Chocolate Treats
- Cereal & Granola Bars
- Pasta & Pasta Sauce
- Biscuits & Crackers
- Honey
- Peanut Butter
- Tinned Fruit
- Toothbrush & Toothpaste
- Soap & Shower Gel
- Toilet Rolls

How to Donate Money to Camden Foodbank?

THROUGH JUST GIVING <https://checkout.justgiving.com/c/3445418>

100% of your donation will go directly to Camden Foodbank.

Selecting **GIFT AID** which will increase your donation.

FOR CHEQUES/DIRECT DEBITS AND OTHER WAYS OF GIVING

<https://camden.foodbank.org.uk/give-help/donate-money>

Camden Foodbank 14 Pratt Mews, London NW1 0AD.

Mobile for food deliveries only – 07871 248704

info@camden.foodbank.org.uk

<https://Camden.foodbank.org.uk>

Camden Foodbank registered charity in England and Wales 1084806



Just Giving for
Camden Foodbank

MAYOR OF LONDON

Date: May 2025

Dear Parent/Carer,

Delivering universal free school meals (UFSM) in London's primary schools has been one of my proudest achievements. I am delighted that all primary school children in state-funded schools will continue to receive free school meals for as long as I am Mayor.

Over the last two academic years, I have seen first-hand the transformative impact of this important intervention, ensuring that no child goes hungry and giving all children the best possible chance to succeed.

At a time when the cost of living is still so high, I hope this program has offered some financial relief to your family – potentially saving parents and carers over £500 per year per child. It is hugely encouraging to see research show that UFSM in London are also improving nutrition, behaviour, concentration, energy levels and parent-school relationships.

Even though your child will continue receiving free school meals automatically, it remains vitally important to register for the Government's free school meals if you meet the criteria.

This will ensure you receive other benefits you may be entitled to, like food vouchers during the holidays. It could also bring the school an extra £1,480 in funding per child. That is more money for extra-curricular activities, teacher development, and support for children who need it most.

Please visit <https://www.gov.uk/apply-free-school-meals> or speak to your school for further information on how to register.

I am immensely proud that we have funded over 70 million free school meals to date, with hundreds of thousands of London's primary school children benefitting every day. I know this is just one part of the help families need to support their families.

I will continue to do all I can to support Londoners of all backgrounds, as we build a fairer, better and healthier London for everyone.





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.

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.



Raise FREE donations for

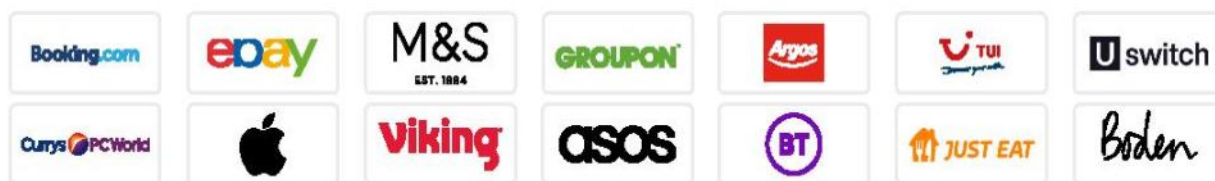
FLEET PRIMARY SCHOOL

every time you **shop online**

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<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 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

ESOL & Maths Class Open Day

Grafton Road
NW5 4AX



**INFORMATION,
ASSESSMENT FOR ESOL &
MATHS CLASSES AND
ENROLMENT ON
WEDNESDAY 10 SEPTEMBER
AT GRAFTON ROAD SITE
9.30 - 11.30AM**

*You may need to show evidence of
UK residency and evidence of any
benefits (if applicable) if you are a
new student.*



Classes begin in
September 2025





ENGLISH FOR ALL

Do you...

- worry about your spelling or reading skills?
- wish to get a job but your English needs to improve?
- wish to help your children with their homework but you can't?

English For All will make your English skills stronger, increase your confidence, enable you to help your children with their English homework and increase your job opportunities.

Come to our FREE English For All course at Rhyl Community Primary School with WMC tutors. Starting Tuesday 15 September 9.30am–12pm For more information, contact our friendly team.

Contact Zara Lee at:

Phone: 020 7485 1947

Email: office@rhylprim.camden.sch.uk



Camden Youth Steel Bands

Open to all children and young people. No experience is needed!



Rehearsals are at the Crowndale Centre each Saturday morning starting on 1 March 2025.

09:30 to 10:15 am - Training Steel Band (Pupils in Year 4 to 6)

10:30 to 11:30 am - Camden Youth Steel Band (Secondary aged pupils)

£66.70 per term

(help is available for those eligible for free school meals).

*Scan the QR code
below to register*



Why Learn Steel Pan Music?

Cultural Enrichment: Discover the rich history and vibrant culture of steel pan music.

Musical Skills: Develop rhythm, coordination, and musicality.

Teamwork: Enhance your ability to work as part of a group.

Confidence: Build self-esteem through performance and practice.

Fun and Engaging: Join a unique and enjoyable musical experience.

camdenmusictrust

Camden

Camden
Learning

Supported using public funding by
Department for Education
ARTS COUNCIL
ENGLAND

CAMDEN MUSIC | CROWDALE CENTRE
218 EVERS HOLT STREET | LONDON | NW1 1BD



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.

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



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



NHS

Whittington Health
NHS Trust

Camden Language and Communication Service (CLCS)

Do you have concerns about a child's
speech, language and/or communication?

Speech and Language Therapy Advice Line:

If you are a parent/carer or professional in
Camden book a phone call with one of our
Speech and Language Therapists:



Call: 020 3772 0390 (please leave a message)

Email: whh-tr.camsltclcs@nhs.net

If you require a phone interpreter, please let us know

Are you concerned about your child's speech, language and/or communication skills?



Does your child attend a school in Camden, or do you live in Camden?



Camden Language and communication Service (CLCS) are running parent workshops over the summer term

To find out more information and book onto a workshop click on this link:

<https://forms.office.com/e/Ch2BE9NBUI>

or use the QR code:





La Sainte Union
CATHOLIC SCHOOL

BRIGHT WOMEN.
BOLD FUTURES.



La Sainte Union
CATHOLIC SCHOOL

BRIGHT WOMEN.
BOLD FUTURES.

Talk to us about MMR

Take your child's Red Book or vaccine record to their vaccination appointment. You can ask the nurse any questions you have about the MMR or other vaccines.



MMR does not cause autism. Many studies have shown there is no link between MMR and autism. Your nurse will be happy to answer any questions you have about this in your appointment.



Ask your GP or nurse for an MMR vaccine without pork ingredients if you need it.

There are two brands of MMR vaccine in the UK – MMR VaxPro and Priorix. MMR VaxPro contains pork gelatine and Priorix does not.

If your child needs an MMR vaccine without pork ingredients, tell your doctor or nurse and they will be given a Priorix vaccine.



camden.gov.uk/measles



Is your child fully vaccinated against measles?

Measles cases are increasing in London

What is measles?

Measles is a very contagious disease that can make kids seriously unwell if they're not fully vaccinated. Measles is also very serious in pregnancy and for people with weakened immune systems.

There is no cure for measles and it can lead to complications like pneumonia and in rare cases can lead to long term disability or death.

camden.gov.uk/measles



Measles symptoms

- Measles usually starts with cold-like symptoms, followed by a rash a few days later.
- The rash starts on the face and behind the ears before spreading to the rest of the body.
- The rash looks brown or red on white skin. It may be harder to see on brown and black skin.

Rash



Temperature



Runny nose



Red eye



Cough



If you think your child has measles

If you or your child has symptoms of measles, stay at home. Measles can spread easily so call your GP surgery before going in. They may suggest talking over the phone. You can also call NHS 111 for advice.

Find out more about symptoms and see photos of the measles rash at nhs.uk/conditions/measles

The MMR vaccine is safe and effective

Two doses of the measles, mumps and rubella (MMR) vaccine is the only protection against the most severe forms of measles. The vaccine also offers protection against mumps and rubella. It is safe and effective and always free for everyone on the NHS.

MMR vaccinations are needed at age:



1 year



3 years and 4 months

If your child has missed either or both of these vaccines, it's not too late to catch up.

Getting a free MMR vaccine

- Check if your child is up to date with their measles vaccinations by looking in their Red Book (or vaccine record). If you're not sure, contact your GP to book a free vaccine appointment.
- You can find free vaccine appointments near you at schoolvaccination.uk/catch-up-camden or by calling 020 4603 3486.





Vaccination UK
Immunisation Provider for
NHS

WE OFFER THE MMR VACCINE TO ALL
SCHOOL-AGED CHILDREN WHO HAVE
NOT RECEIVED 2 DOSES



Camden@v-uk.co.uk



0203 640 7501

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.

10 Top Tips for Parents and Educators

STAYING SAFE AROUND WATER

Enjoying time in, on, and around water plays a vital role in a young person's overall development, offering a healthy and exhilarating way to have fun. This guide outlines essential safety advice, based on the Royal Life Saving Society UK's Water Safety Code, to help ensure children can enjoy swimming and similar activities safely and responsibly.

1 STICK TO LIFEGUARDED AREAS

It's never advisable to enter unsupervised bodies of water, especially alone. Instead, it's considered best practice to accompany children to places with lifeguards, as they will be trained to respond swiftly in emergencies and provide first aid when needed.

2 LEARN SIGNS AND FLAGS

When going to a new environment, it's important to research the local area and make children aware of safety signage before entering the water. If visiting the seaside, make sure children are always supervised by an adult and that they know what different beach flags mean, so they're knowledgeable of where and when they can enter the sea.

3 STOP AND THINK

Young people should be cautious before entering water, as it's difficult to know what hazards could be underneath. Use the Water Safety Code and encourage children to ask themselves questions such as: "Is the water too deep or too shallow? Are there currents, tides, or underwater objects?" Make sure children know never to enter water from a height, as what lurks below could cause serious injuries.

4 CONSIDER WATER TEMPERATURE

Even on hot days, water can be deceptively cold. Tragedies strike when young people experience cold water shock. Never let children enter water quickly; instead, ensure that they enter slowly and carefully to allow their bodies to adjust to the temperature or exit easily if needed.

5 INFLATABLE SAFETY

Although inflatables may seem like a fun idea when visiting locations like the beach, they can float further out from shore and into more dangerous water. It's advisable only to use inflatables in spaces like appropriately managed swimming pools, where they're used in more controlled and supervised environments.

6 SUPERVISION IS KEY

For young children, and particularly those under the age of five, it's important for them to be supervised at home, outside and at the pool at all times. It's essential for parents and educators to understand that young children can drown quickly and silently; therefore, anyone supervising them must maintain constant watch in case they get into difficulty.

7 DON'T GO TOO FAR

When swimming, especially in open water, it's best to teach children to stay within a safe depth. Share advice with them such as only entering water up to a standing depth, and in the case of visiting the beach, swim parallel to shorelines. This will allow a child to stay in control and get out of the water easily.

8 KEEP POOLS AND TUBS DRAINED

For parents of young children, a simple way to protect them at home is to keep outdoor spaces and bathrooms tidy after playtime. This includes removing water from paddling pools after use and turning them over, returning lids to hot tubs and taking toys out of baths, so all water can be fully drained from the tub.

9 FLOAT AND CALL 999

If a child gets into difficulty in the water, they should try to float on their back, stay calm, and call for help. If a young person sees someone else in trouble, they should dial 999 or 112 immediately, then shout to reassure their friend, encouraging them to float on their back, and letting them know that help is on the way. Children should never enter the water to attempt a rescue or retrieve belongings.

10 TEACH WATER SAFETY

Beyond swimming lessons, children should be educated in school on water safety. Use RLS UK's accredited programme, 'Water Smart Schools', which offers free lesson plans and resources on how to be safe on, near and around water by following the Water Safety Code.

Meet Our Expert

The Royal Life Saving Society UK (RLSS UK) is a national water safety charity that gives children the chance to enjoy a lifetime of fun in the water, safely. Water safety education provided in schools is vital and, in some instances, could be a child's only opportunity to learn about the water.



The National College

X @wake_up_weds

f /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: 16.07.2025



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

Number Champions

1 2 3 4 5

fun + skills = confidence



VOLUNTEERS NEEDED

School Maths Volunteers

- One-to-one weekly sessions
- Working with Year 2 and Year 3



Would you enjoy...



- helping children improve their confidence in maths?
- using games and activities to make maths fun?

Are you...

- available one afternoon a week during school hours?

Contact Lorraine for more information:

✉ lorraine@numberchampions.org.uk

☎ 07918 410 847

Find out about us at:

www.numberchampions.org.uk



Training
provided

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

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

Camden Family Learning Tales and Tumbles

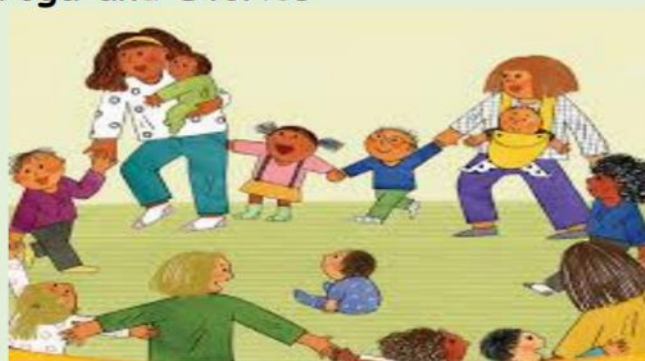


Free Fun Sessions for Parent/Carers, Babies and Toddlers
with Singing, Yoga and Stories

Every Thursday at
Queens Crescent Library
1:30pm-2:45pm
Starting 1st May

Please note these sessions
are term time only

For more information call Alison on
07876 651950 or just show up



JOIN US!

Action Youth Boxing Intervention (AYBI) provides community-based boxing skills training for children and young people. Sessions are FREE and involve a mixture of boxing and fitness training. No prior experience necessary.



CHILDREN'S BOXING WITH AYBI

Have fun, get fit, build confidence and make new friends! Sessions are facilitated by our skilled coaches and mentors

FREE
DROP-IN
CLASSES



Mondays & Tuesdays 4:30PM - 6PM



Saturdays 10:45AM - 11:45AM



Ages 8+

@aybi_cic www.aybi.org 181 Mansfield Road, London NW3 2HP





Join us at our arty little wellbeing space. A calmer social place for 12-18 year olds. Bridging the gap between school and the weekend. We have art materials and workshops, books and graphic novels, free refreshments, retro board games... A space to relax, catch up on homework, chat and eat noodles! Register with us, using the form on the back then find us in the gym room on Friday afternoons.

Text or email Li for our monthly programme: 07523 533490
li@creativehealthcamden.com

Every Friday from January 10th 2025
Fridays 4pm - 5.30pm - doors open from 3.30pm
www.creativehealthcamden.com

The Gym, Kentish Town Health Centre Bartholomew Road, NW5 2BX

Supported by Camden Council Culture Service with funding from the Cultural Education and Learning Support Fund



HOMework CLUB

EVERY WEDNESDAY & FRIDAY

Monitors & laptops available to use

21st / 23rd MAY

***4th / 6th / 11th / 13th / 18th / 20th / 25th /
27th JUNE***

2nd / 4th / 9th / 11th JULY

4pm - 6pm @ HvH ARTS GALLERY

44 Ashdown Crescent. NW5 4QE

ENROL NOW TO SECURE YOUR PLACE & DROP IN



**TREASURE
BOXING CLUB**
EST 2020

VRU

MAYOR OF LONDON
VIOLENCE REDUCTION UNIT

**FREE
BOXING
CLASSES**

**THURS
DAYS**

CAMDEN ACTIVITY PROGRAM

5PM



**CHILDREN
6-12 YEARS OLD**

**VENUE: STEVE SMITH HALL PEABODY - CUMBERLAND
MARKET REDHILL STREET NW1 4AX**

**EMAIL FOR WEEKLY SIGN UP FORM AND REGISTRATION INFO:
INFO@TREASUREBOXINGCLUB.COM**

**NO PARKING NEAREST TUBE: GREAT PORTLAND STREET, MORNINGTON
TERRACE, CAMDEN TOWN AND WARREN ST. NEAREST BUS: 88 AND 24**

TERM TIME ACTIVITIES FOR CHILDREN & YOUNG PEOPLE IN CAMDEN LEISURE CENTRES



Lessons and Courses

We offer a huge range of quality swimming lessons and courses suitable for children of all ages.

Swimming is a vital life skill that everyone should have. We offer Swimbies classes for babies from 3 months – 4 years, Adult and child classes which are suitable for under 4s as well as Foundation and Development Classes for over 4s. Weekly classes run in each of the following centres.

Kentish Town, Swiss Cottage and Pancras Square.

Book your place at www.better.org.uk/lessons

Swim For All

Available Monday – Sunday

Enjoy a swim with your child during our Swim for All sessions at **Swiss Cottage, Kentish Town, Pancras Square and Oasis.**

Public swimming times may vary please view your local pool programme

www.better.org.uk/bookings



Junior Gym

Junior gym is dedicated sessions where teens and older children aged between 11-17 years can access the gym and get active, junior members also get inclusive access to swimming.

Centre	Times
Kentish Town	Weekdays: 11:00-13:00 & 15:00-17:30
	Saturday: 13:00-15:00
	Sunday: 14:00 – 16:00
Swiss Cottage	Weekday: 9:00 to 18:00 Weekends: 9:00 to 17:00
Pancras Square	Monday-Sunday: 10:00 – 12:30

Memberships

Whether you want to make a one off payment or monthly payment we have a wide range of memberships on offer Pay and Play Junior U18s: **£6.55 for the year/ Pay and Play Over 16s: £49.50/Monthly junior: £19.50** or Concessionary: **£14.80**
www.better.org.uk/memberships

Soft Play

Monday – Sunday

With multi-layered climbing frames, colourful ball pits and elaborate mazes, our soft play areas are certain to keep young ones busy.



Talacre Community Sports Centre (under/over 5s): 09:00 to 18:00 (Weekdays) and 9:00 to 13:45 (Weekends)

Swiss Cottage Leisure Centre (under/over 2s): 09:00 to 19:00 (Weekdays) and 08:30 – 16:30 (Saturday) 8:30 – 15:00 (Sunday).

Age	Non-member	Standard member	Concession member
Under 5s & 2s	£7.50	£5.40	£2.70
Over 5s & 2s	£8.80	£6.15	£3.20

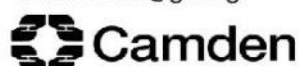
Contact Us: Pancras Square: pancras.square@gll.org

Kentish Town: kentishtown@gll.org

Swiss Cottage: swiss.cottage@gll.org

Talacre: talacre@gll.org

Oasis: Oasis@gll.org



Free Football Sessions Running Round Camden

See below for details of session venues and times—including Friday's on the Fleet pitch



@ARSENAL_IN_THE_COMMUNITY

POSITIVEKICKS@ARSENAL.CO.UK

SUPPORTED BY OUR PARTNERS



OPEN SPACES TIMETABLE



OPEN SPACES TIMETABLE

THE SESSIONS BELOW ARE ALL FREE OF CHARGE AND OFFER A SAFE, INCLUSIVE ENVIRONMENT FOR CHILDREN AND YOUNG PEOPLE TO ENJOY SPORT.

MONDAY

COMMUNITY SESSION	AGE GROUP	TYPE	POSTCODE	START	END
Elthorne Park	7-12 yrs	Mixed	N19 3NF	4.30pm	5.30pm
Elthorne Park	13-16 yrs	Mixed		5.30pm	6.30pm
Rosemary Garden	7-13 yrs	Mixed	N13DU	5.00pm	6.30pm
Rosemary Garden	14-16 yrs	Mixed		6.30pm	8.00pm
London Fields	7-12 yrs	Mixed	E8 4PD	5.00pm	7.00pm

TUESDAY

COMMUNITY SESSION	AGE GROUP	TYPE	POSTCODE	START	END
London Fields	7-12 yrs	Mixed	E8 4PD	5.00pm	7.00pm
Harvist Estate	8-11 yrs	Mixed	N7 7NB	4.30pm	5.30pm
Harvist Estate	12-16 yrs	Mixed		5.30pm	6.30pm
S. Lukes	8-11 yrs	Mixed	EC1V 9NR	4.30pm	5.30pm
S. Lukes	12-16 yrs	Mixed		5.30pm	6.30pm

WEDNESDAY

COMMUNITY SESSION	AGE GROUP	TYPE	POSTCODE	START	END
Kings Square	8-11 yrs	Mixed	EC1V 3QU	4.30pm	5.30pm
Kings Square	8-11 yrs	Mixed		5.30pm	6.30pm
Westbourne	8-11 yrs	Mixed	N7 8AX	4.30pm	5.30pm
Westbourne	12-16 yrs	Mixed		5.30pm	6.30pm
Woodberry Down	13-18 yrs	Mixed	N4 2RJ	6.00pm	7.30pm
Elthorne Park	7-12 yrs	Mixed	N19 3NF	4.30pm	5.45pm
Elthorne Park	13-16 yrs	Mixed		5.30pm	6.30pm

THURSDAY

COMMUNITY SESSION	AGE GROUP	TYPE	POSTCODE	START	END
Andover Estate	7-12 yrs	Mixed	N7 7RQ	4.30pm	5.30pm
Andover Estate	12-16 yrs	Mixed		5.30pm	6.30pm
Crouch Hall Court	8-11 yrs	Mixed	N19 4EP	4.30pm	5.30pm
Crouch Hall Court	12-16 yrs	Mixed		5.30pm	6.30pm
Mabley Green	11-18 yrs	Girls Only	E9 5HW	5.00pm	7.00pm

FRIDAY

COMMUNITY SESSION	AGE GROUP	TYPE	POSTCODE	START	END
Rosemary Garden	7-12 & 12-14 yrs	Mixed	N13DU	5.00pm	6.30pm
Rosemary Garden	14-16 yrs	Mixed		6.30pm	8.00pm
Paradise Park	7-12 yrs	Mixed	N7 8PF	4.45pm	6.00pm
Paradise Park	13-18 yrs	Mixed		6.00pm	7.15pm
Woodberry Down	7-12 yrs	Mixed	N4 2RJ	4.30pm	6.30pm
Woodberry Down	13-18 yrs	Mixed		6.30pm	7.30pm
Fleet	7-13 yrs	Mixed	NW3 2QT	4.30pm	6.00pm
Fleet	14-18 yrs	Mixed		6.00pm	7.30pm
William Tyndale	14-18 yrs	Girls Only	N1 2DL	5.30pm	7.30pm

SATURDAY

COMMUNITY SESSION	AGE GROUP	TYPE	POSTCODE	START	END
Arts and Media School	8-11 yrs	Girls Only	N4 3QL	9.00am	10.15am
Arts and Media School	11-16 yrs	Girls Only		10.20am	11.45pm

WE WELCOME CHILDREN AND YOUNG PEOPLE OF ALL FOOTBALL ABILITIES WITH SESSIONS BEING DELIVERED IN AN INFORMAL MANNER RATHER THAN STRUCTURED TECHNICAL COACHING SESSIONS. MOST SESSIONS WILL INCLUDE A WARM UP, FUN GAMES AND MATCHES.



**SIGN UP
HERE**

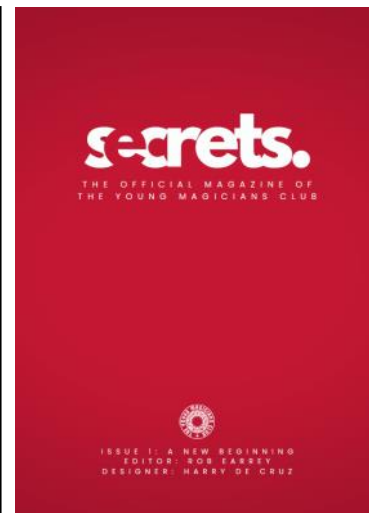
POSITIVEKICKS@ARSENAL.CO.UK

@ARSENAL_IN_THE_COMMUNITY

The Young Magicians Club is the number one place for 10-18 year olds who are interested in magic.

Members are invited to exclusive monthly workshops at the world-famous Magic Circle Headquarters, where the best Magic Circle magicians teach, encourage and inspire. There's no better way to learn magic, build confidence and meet new friends.

Members also receive our bi-monthly magazine, 'Secrets', packed with tricks, reviews and interviews, together with access to the online archive featuring hundreds of back issues!





The Young Magicians Club is a youth initiative of The Magic Circle, the most famous magic club in the world.

It's the number one place for 10-18 year olds who are interested in magic to learn, build confidence and meet new friends.

For over 25 years, the Young Magicians Club has used its vast knowledge, experience and connections within the industry to teach, encourage and inspire the magicians of the future.

Members who choose to graduate to The Magic Circle when they reach 18 years old receive audition advice and special discounts.

HOW TO JOIN

Annual Membership from just £30

One-off Joining Fee £20

Welcome pack includes:
Certificate, Badge, Membership Card,
Exclusive YMC Notebook & Pen, Extra Magazine
and over £50 worth of magic tricks!



www.youngmagiciansclub.co.uk/join
chair@youngmagiciansclub.co.uk

MATT EDMONDSON
TOM ELDERFIELD
ROMAN ARMSTRONG
JACK GLEADOW
MARC KERSTEIN
LUKE OSELAND
JAMES MORE
OLLIE MEALING
TROY
JAKE ALLEN
STEPHEN BARRY
JACK VOGLER
PRESTON NYMAN
MICHAEL JORDAN
ADAM BLACK
DOM CHAMBERS
EDWARD HILSUM
STEVEN BRIDGES
DAVE LOOSLEY
RYLAND PETTY
HARRY DE CRUZ
ALEX HANSFORD
BEN HART
STEVE DELA
JULIUS DEIN
LAURA LONDON
MEGAN SWANN
WILL HOUSTOUN
PATRICK GIBSON
ANDI GLADWIN
MANDY FLETCHER

THE YOUNG MAGICIANS CLUB

The Youth Initiative of The Magic Circle

MONTHLY WORKSHOPS
At The World Famous Magic Circle Headquarters

MAGIC PACKED MAGAZINE
Featuring tricks, reviews and interviews

EXCLUSIVE COMPETITIONS
Your chance to win BIG bundles of magic

LEARN FROM THE BEST
Lectures from the best Magic Circle Magicians

ANNUAL CONVENTION
A jam packed day of lectures, interviews, dealers
and a star-studded magical gala show.
Including the prestigious Junior Day Competition

www.youngmagiciansclub.co.uk



Wac Arts

Nurturing children & young people's creativity

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

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Performing Arts

| Dance
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| Filmmaking

**Age
4 - 30**



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It's
Free



It's
Free

JUNIOR CRICKET COACHING CLUB

Age 7 to 15 Years old Boys and Girls

**Every Sunday
11:00 to 1:00 PM**



**11 to 12 Girls Only
12 to 1 PM Mixed**

**Starting From
2nd February
2025**

Venue

**Maria Fidelis Catholic School
1-39 Drummond Crescent
NW1 1LY**



**REGISTE
R NOW**



- DBS Certified Coaching staff
- ECB level 2 Qualified Coaches
- Female Coaching staff for Girls

Mobile : 07717765932 , 07464592776

Email: unitedsportingclub@hotmail.com

Travel Info : # Nearest station EUSTON, # Bus 168,253.390.# free parking on the street

Supported by



www.unitedsportingclub.com

RUGBY IN REGENTS PARK



JOIN THE ONLY JUNIOR RUGBY CLUB IN CENTRAL LONDON!



Accredited Club

EVERY SUNDAY THROUGHOUT THE SEASON



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regentsparkroyals.com



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



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



New Scout Group

Opening in Camden
Castlehaven Community Association



Scouts rise up to the challenge and give it a go. !

We get up to all sorts such as **hiking, camping, jumping, swimming and exploring!** We also have our own **adventures** indoors with our **fellow Scouters** and learn **new skills** whilst having **fun** as a team and **challenging** ourselves!

Squirrels

4 - 6 year olds
Monday's: 4:30-5:30pm



BEAVERS

6 - 8 year olds
Monday's: 6-7pm



cubs

8 - 10.5 year olds
Monday's: 7-8:30pm



SCOUTS

10.5 - 14 year olds
Friday's - coming soon



SIGN UP HERE



Sign up by scanning the QR code and find out what gets you're
Young Person ticking at our Scout Sessions!
From a bug hunt outdoors through to braving a jump off some
high ropes!

**We will be running some Free Taster Sessions for 6-weeks,
from Monday 9th June which are open to girls & boys!**

Meeting Place:

Castlehaven Community Association
23 Castlehaven Road, NW1 8RU

All Staff & Volunteers are DBS certified.

Contact Details:

Ayesha Arshad
ayesha.arshad@scouts.org.uk
07395 368 633

Join the adventure and learn #skillsforlife

CAMDEN CENTURIIONS



CRICKET

**THE HUB,
REGENT'S PARK,
OUTER CIRCLE,
MARYLEBONE,
NW1 4RU**

OUTDOOR COMMUNITY SESSIONS

WEDNESDAYS 5.00pm-6.00pm

11th June until 30th July 2025 (8 weeks)

- All sessions are free to students from Camden Primary Schools
- Open to boys and girls
- Level 2 qualified & DBS checked coaches
- Opportunities to take part in competitive matches

Please contact Jonathan Rodda (Hub Supervisor) to confirm your place:



07946 229 849



jonathan.rodga@platform-ldn.org



www.platform-LDN.org



**PLATFORM
CRICKET**

MARYLEBONE MAGIC



CRICKET

**THE ST MARYLEBONE
CE SCHOOL,
64 MARYLEBONE HIGH
STREET,
W1U 5BA**

INDOOR COMMUNITY SESSIONS

WEDNESDAYS 7.00pm-8.00pm

11th June until 30th July 2025 (8 weeks)

- All sessions are free to students from Marylebone & Lisson Grove Primary Schools
- Open to boys and girls
- Level 2 qualified & DBS checked coaches
- Opportunities to take part in competitive matches

Please contact Jonathan Rodda (Hub Supervisor) to confirm your place:



07946 229 849



jonathan.rodga@thysf.org



www.platform-LDN.org



**PLATFORM
CRICKET**



OPEN DAY

Kentish Town Fire Station

Saturday, 2 August 2025 12pm–4.30pm

(Special Early Entry for SEND at 11am)

- Your chance to meet local firefighters and get fire safety advice.
- Rescue from height demo, RTC demo and get to see the Massey Shaw Fire Boat!
- BBQ, Ice cream and Coffee for parents and carers!

20 Highgate Road Kentish Town NW5 1NS

For more info contact :

T 0208 555 1200 Ext 84750

E KentishTown@London-fire.gov.uk

L F B
LONDON FIRE BRIGADE



ECR7
EVERY CHILD READING BY 7

presents



**Tola
Okogwu**

at the September

Book Fair

WHEN?

**8th September 25
4.30pm – 5.30pm**

COST?

FREE

WHERE?

**Vision Hall, Bidborough
Street, WCH 9AU**

**Celebrate your Summer Reading Challenge at the
EVERY CHILD A READER BY 7 Book Fair.**

Meet Tola Okogwu, an award-winning and bestselling author. Tola's debut novel, *Onyeka and the Academy of the Sun* was shortlisted for numerous awards whilst her 2024 World Book Day title, *Onyeka and the Secret Superhero*, was a UK top ten Bestseller. Tola's originally self-published picture book series, *Daddy Do My Hair* is a firm family favourite and she also writes under the pen name, Lola Morayo.

**All Camden pupils and their parents are welcome to
attend this celebration of reading.**



JOIN THE FUN AT

QUEENS CRESCENT LIBRARY

MONDAY 10.30 AM RHYME TIME

MONDAY 4 PM STORY TIME

WEDNESDAY 4PM CRAFTS

SuMMER SchOOL

GET CREATIVE THIS SUMMER

Artichoke's FREE Summer School is returning for 2025. Join us this August for a week-long programme jam-packed with exciting creative workshops. Discover your inner artist as you explore different arts mediums with fun activities.

Sign up to get creative, make new friends or simply try something new!

Dates: 11 - 15 August
Times: 10am - 4pm
Ages: 11 - 16 yrs
Where: Whitechapel Gallery, E1 7QX
Cost: FREE

This opportunity is only available to young people from London based, low-income families.

For more information and to take part visit Artichoke.uk.com/Participation or email us at Participation@Artichoke.uk.com.

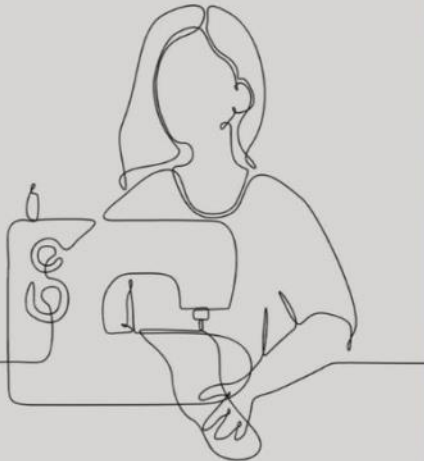
With thanks to The Whitechapel Gallery





May Half Term & Summer Holidays Thoughtful Fashion Camps

Your friends won't believe you've made it yourself!



Registered Charity
www.littlehandsdesign.com



TEXTILE ART adventure



week 28th July - 1st August

In this exciting summer course Little Hands Design invites students on a creative textiles intensive. Students will have the chance to dip their toe into three core textile making techniques (weaving, knitting & crochet) led by emerging artists & designers: Rosie Mullan (Weaving), Freddy Liese (Knitwork), Lilyella Stevens (Crochet).

Open for ages 8-18 years.

This is particularly a great opportunity for younger students who love art and for teenagers to develop skills and portfolio-work for Art and Textiles GCSE, A-Level & Pre-University.

BOOKINGS NOW OPEN @
www.littlehandsdesign.com



THOUGHTFUL FASHION CLUBS



Little Hands Design

Join us for our hands on, fun packed sessions where students learn how to design & make clothes/accessories whilst being mindful of our environment. In these classes we dive into the world of creating, mending, altering & upcycling to develop a unique style whilst learning about the life cycle of clothes & becoming responsible consumers!

Term Time After-School & Saturday Sessions Available
Holiday Camps
Ages 8-18 - All Skill Levels Welcome
London School of Mosaic, NW5 4SF

For more info. & to book go to:
littlehandsdesign.com

GET HOOKED! @

crochet club

Tuesday's
5.30-7pm
ages 8-18



Explore the exciting world of crochet!
 Crochet designer and LHD Alumni, Lillyella, will lead budding designers of all levels in this weekly yarn & crochet bonanza. In our new Thoughtful Crochet Club you will hone your crochet skills to create a cool selection of accessories, plushies or clothes to take home!



THREAD REBELS CLUB



In this exciting new Saturday club, weaver & LHD Alumni Rosi Mullan leads students in a weekly workshop, learning creative textile making techniques, working with unexpected materials to create unique & expressive pieces of art!

This club is perfect for younger students 8+ who love art and for teenagers to develop skills and portfolio-work for Art and Textiles GCSE, A-Level & Pre-University.

SATURDAYS
9-11AM. 11-1PM.
1-3PM
AGES 8-18



Our Camps

Our chess camps run every holiday including half-term and are perfect for children aged 4-15.


Your child may be a complete beginner or a tournament player – our experienced coaches will cater for all levels and abilities.

With an in-house tournament, joke time, and outdoor activities in the break – we have organised the day so that your child will not want to leave!



Contact Us

 www.wallacechess.com

 [wallace.chess](https://www.instagram.com/wallace.chess)

 07879 655581

 bookings@wallacechess.com



Dates – 2025

Spring Half-Term Camp

February 17-20

Easter Camp

Week 1: March 31- April 3

Week 2: April 7-10

Week 3: April 14-17

Summer Half-Term Camp

May 27-30 (Tues-Fri)

Summer Camp

Week 1: July 14-17

Week 2: July 21-24

Week 3: July 28-31

Week 4: August 18-21

Week 5: August 26-29 (Tues-Fri)

Week 6: September 1-4

Autumn Half-Term Camp

Week 1: October 20-23 (half-day only)

Week 2: October 27-30

Christmas Camp

December 15-18

Our Locations

Swiss Cottage
Kensington



Timings

Half day: 9am-1pm

Full day: 9am-4pm

4 days - Mon-Thurs



HOLIDAY CAMPS 2025



Our goal is that your child's love for chess should thrive! Running for over 18 years, we know what it takes to run a fun day of chess for children of different ages and abilities.



**AGE 6-11
YEARS**

**28TH JULY -
1ST AUGUST
&
11TH - 15TH
AUGUST**

SUMMER CAMP

MONDAY - FRIDAY

8:30 - 15:30

ACTIVITIES

**SPORTS & ARTS AND
CRAFTS**

HOW TO BOOK



**SNACKS PROVIDED.
BRING A PACKED
LUNCH**



SUMMER* HOLIDAY CAMP



COME LEARN, PLAY AND MAKE NEW FRIENDS ...



6 - 14 years old
Mixed boys and girls



10am - 2pm:
Mon 28th July - Thurs 31st July
Mon 4th Aug - Thurs 7th Aug
Mon 11th Aug - Thurs 14th Aug
Mon 18th Aug - Thurs 21st Aug



Acland Burghley School
93 Burghley Rd, London NW5 1UJ



GET IN TOUCH!

📞 Fari: 07874 872 053
✉ holidays@protouchsa.co.uk
🌐 www.protouchsa.co.uk
📷 [@protouchsa](https://www.instagram.com/protouchsa)

BOOKING LINK

*Free for children eligible for benefit-related free school meals (FSM) with proof required, or £20.00 per day.



Department
for Education

 **Camden**

**YOUNG
CAMDEN
FOUNDATION**



SUMMER* HOLIDAY CAMP



COME LEARN, PLAY AND MAKE NEW FRIENDS ...



6 - 14 years old
Mixed boys and girls



10am - 2pm:
Mon 28th July - Thurs 31st July
Mon 4th Aug - Thurs 7th Aug
Mon 11th Aug - Thurs 14th Aug
Mon 18th Aug - Thurs 21st Aug



Bourne Estate, Allen Hall,
Portpool Lane, EC1N 7UN



BOOKING LINK



GET IN TOUCH!

☎ Fari: 07874 872 053

✉ holidays@protouchsa.co.uk

🌐 www.protouchsa.co.uk

📷 [@protouchsa](https://www.instagram.com/protouchsa)

*Free for children eligible for benefit-related free school meals (FSM) with proof required, or £20.00 per day.



Department
for Education



BOURNE ESTATE TRA

YOUNG
CAMDEN
FOUNDATION



The Dome Summer Camp 2025

📍 NW5 4NU

Description

The Dome's Summer Holiday Camp is returning in 2025! Our camp will continue to mostly take place directly in the Dome, our state-of-the-art youth club and sports facility located at the heart of the Queen's Crescent community, coupled with fun outings in the community.

Key information:

Every Monday-Friday from 10:30 AM - 3:30 PM from July 28th to August 29th

All young people aged 8 -15 are welcome - whether they have been to the Dome before or not. We especially encourage young people who are local to the Queen's Crescent area, and any young person who is eligible for free school meals.

The address for pick up and drop off is: 170 Weedington Road, NW5 4NU

All our staff are qualified youth workers are DBS certified with first aid and child safeguarding training.

All young people will get a free breakfast and lunch each day.

Young people can expect various activities including sports, arts, crafts, and day trips outside of The Dome. A full weekly schedule will be confirmed very soon.

We have a capacity of 50 young people a day, so please do reserve your spot as soon as possible!

SWIM SCHOOL



HOLIDAY SHORT COURSES



SWISS COTTAGE LEISURE CENTRE

SUMMER CRASH COURSE

MONDAY 28TH JULY – FRIDAY 1ST AUGUST

MONDAY 11TH AUGUST – FRIDAY 15TH AUGUST

Whether your children are beginners or you're wanting to build their confidence, we cater for all levels of ability and will help them progress in the world of water.

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.

DEVELOPMENT
10:30 – 11:00

FOUNDATION

09:00 – 09:30

09:30 – 10:00

10:00 – 10:30

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: Niddlegate House, The Royal Arsenal, London, SE18 6SK. Inland Revenue Charity no: XRA3398 VAT registration no: 219749179.



BETTER

CAMDEN YOUTH F.C. GIRLS FOOTBALL CLUB



**INTERESTED IN PLAYING FOR A TEAM?
WE'RE RECRUITING FOR THE 2025/26 SEASON!**

FREE OPEN TRAINING/TRIALS! FOR NEW PLAYERS

4pm - 6pm at Talacre Sports Centre

Dalby Street, NW5 3AF

Dates

Monday 28 July

Monday 4 August

Monday 11 August

Monday 18 August



**SCAN THE QR CODE
TO REGISTER**



Age Groups

U8's-U9's, U10's-U11's,

U12's-U13's, U14's-U16's

U17's-U18's

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



Camden Active

Customer Notice

Please be aware that the sports centre is currently undergoing refurbishment works so the way you enter the building will be different for the Summer Holiday Scheme.

Please make your way via the pitch entrance located to the left of the main entrance to register/drop off your child.

What's on

Multisport Scheme for ages 8 - 12 years

Come and join us at our fun filled Summer holiday multi-sports camp.

Activities on offer include table tennis, badminton, pickleball, mini tennis, trampoline, fitness and gymnastics, football, basketball, and lots of fun games. All activities take place at Talacr Community Sports Centre multi use indoor and outdoor facilities.

Children of all abilities are welcome, and all activities are supervised by qualified coaches.



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

Thursday 17th July

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



Midday Supervisors Free Course

Every Thursday at
Rhyl Community Primary School
Rhyl Street
NW5 3HB

This course is for you if
you want to work in a
school and supervise
children in the lunchroom
and in the playground



Starting Thursday 1 May
9.15-11.15am

Contact your school's
Family Support Worker to book a place
Limited crèche places available

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](#)

**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

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.



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



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

WEBINAR SERIES FOR PARENTS AND CARERS OF PRIMARY AND SECOND- ARY SCHOOL AGED CHILDREN AND YOUNG PEOPLE

Topics this year (from now through to June 2025) include...

- Parent Self Care
- Therapeutic conversations with your child and young person
- Sleep
- Screen Time
- Sibling relationships
- Parent-child interactions
- Managing routines
- Supporting Childhood worries
- Anxiety in Adolescence
- Understanding Adolescent Development

See next page for further details of each workshop, when they are and how to book a place...

FLEET PRIMARY SCHOOLS PRACTITIONER

If you are interested in getting help, please contact:

Rebecca Wall —Deputy Head

Camden MHST—Online Workshops for Parents

October 2024-June 2025

Each workshop will last up to 60 minutes and have an optional follow-up of 30 minutes for parents/carers to ask questions or discuss the topic further. Parents and carers can opt in for all topics, or whichever most appeals to them.



To find out more information about each workshop and to sign up for free, please follow Eventbrite link or use QR code above:

<https://www.eventbrite.co.uk/e/mhst-parent-and-carer-online-workshop-series-2024-2025-tickets->

Parent/Child Interactions

How do you spend time with your child? The aim of this webinar is for you as parents/carers to find out more about what makes a positive parent/child interaction and to promote, maintain and increase positive connections with your child. Research shows that a positive relationship has a positive effect on children's physical health (helping brain development), emotional well-being (e.g., positive relationships with the world) and behaviour (e.g., positive relationships more likely to be successful). This webinar will help you improve your relationship with your child.

For Primary School Parents/Carers
Tuesday 22nd October, 12.00-13.00
Q and A: 13.00 to 13.30

Screen-time

Screen-time is perhaps a challenge for all parents of this digital age? In this Webinar we will provide you with the latest research as well as explore why this topic can be challenging for families alongside some helpful ideas's parents might want to try.

For Primary and Secondary School Parents/Carers
Tuesday 26th November AM&PM
12.00-13.00, Q and A: 13.00 to 13.30

Sleep

How does your child sleep? Why is sleep so important for children and young people? Children with sleep issues can have a negative impact on their health and well-being. Approximately 1 in 5 adults have some difficulty sleeping. This webinar will help you understand more about how to help your child to improve his/her sleep and well-being.

For Primary and Secondary School Parents/Carers
Tuesday 17th December, 12.00-13.00
Q and A: 13.00 to 13.30

Managing Routines

Consistent routines that are developmentally appropriate can help to support your child's independence and help with overall family functioning - not to mention making that bedtime routine that little bit easier! In this webinar we will be talking about how to establish and maintain routines for all family members.

For Primary School Parents/Carers
Tuesday 28th January, 12.00-13.00
Q and A: 13.00 to 13.30

Understanding Adolescent Development

Adolescence is a time of great change. Young People at this stage of life are going through physical, hormonal, emotional, relational and psychological change. This webinar aims to provide a brief overview of these key changes so that Parents/Carers can be better equipped to make sense of and support their young person's development.

For Primary School Parents/Carers
Tuesday 25th February, 12.00-13.00
Q and A: 13.00 to 13.30

Having therapeutic conversations with your child

How to have therapeutic conversations with your child? Having open, thoughtful and caring conversations with your child can be a beneficial for a child's emotional well-being and their social and problem-solving skills. Join us for this Webinar to learn more about having these important conversations with your child.

For Primary and Secondary School Parents/Carers
Tuesday 25th March AM & PM
12.00-13.00, Q and A: 13.00 to 13.30

Sibling Relationships

The relationship between siblings is a big part of the children's learning and development. Siblings grow up in the same environment, share the same parents, siblings and similar experiences. Sibling relationship is going to last longer than any other relationship. It plays an integral part in the families' lives. Join us for this Webinar to learn more about how the sibling relationship can impact on the child's learning and development.

For Primary and Secondary School Parents/Carers
Tuesday 29th April, 12.00-13.00
Q and A: 13.00 to 13.30

Supporting Childhood Worries

What do children worry about? The aim of this webinar is to help parents and carers understand more about the different worries children experience and some strategies for managing your child's worries (e.g., identifying provoking situations, problem solving, refocusing attention, relaxation and mindfulness techniques). This webinar will help you and yourself to better manage your child's worries.

For Primary and Secondary School Parents/Carers
Tuesday 20th May, 12.00-13.00
Q and A: 13.00 to 13.30

Anxiety in Adolescence

What is anxiety? What are young people worried about at the moment? Teenagers are often more reluctant to talk about and work with anxiety as this can make them feel embarrassed or self-conscious. The aim of this webinar is to help parents and carers understand more about the different types of anxiety typically experienced by teenagers. This webinar will help you understand how to support your teenager in overcoming worry and anxiety.

For Primary School Parents/Carers
Tuesday 24th June
12.00-13.00, Q and A: 13.00 to 13.30

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



strengthening families strengthening communities

Want to get some new ideas to help
you be the best parent you can be?

Enhance your relationship with your children?

Learning at a time that suits you?



**6 online
sessions**



**6 group
discussions**



**Certificate on
completion**

What to expect...

- Information on strategies and child development.
- Hear from other parents.
- Worksheets and hand-outs.
- Videos, quizzes and fun activities.
- Do sessions at a time that works for you.
- Expert help from a real person each week.
- Choose a course that suits your child's age.

Topics covered...

- Healthy relationships.
- Understanding and managing behaviour.
- Enhancing children's self-esteem.
- Emotions and empathy.
- What to expect for the age of your child.
- Being part of a community.

Group discussion...

1. Speak to a course expert and get answers to any questions you might have.
2. Talk about how the strategies are going at home and how to adjust them for you.
3. Address other difficulties relating to parenting.
4. Hear from others about what works for them.



Stronger Relationships

For parents and other adult carers living together or apart



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



6 online sessions



6 group discussions



Certificate on completion

What to expect...

- Information on strategies to identify and reduce arguments.
- Hear from other parents and carers.
- Downloadable worksheets and hand-outs.
- Videos, quizzes and interactive activities.
- Do sessions at a time that works for you.
- Weekly support from our course experts.

Topics covered...

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

Group discussion...

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



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.



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
	Barking & Dagenham, Havering, Redbridge and Waltham Forest	0800 995 1000
South West London	Kingston, Merton, Richmond, Sutton and Wandsworth	0800 028 8000
South East London	Croydon, Lambeth, Lewisham and Southwark	0800 731 2864
	Bexley, Bromley and Greenwich	0800 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 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.



Clue

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




and when not hiding inside printers they usually look like this





www.recycle4charity.co.uk



Recycle 4 Charity

Treasure Hunt

Attention to all children and teachers!

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




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

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



COOPERATION TOWN

Cost of living too high?
Join a food co-op!

**Cooperation Town is a network
of community food co-ops.**

A food co-op is a neighbourhood buying group, where members get quality groceries at extremely good value.

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

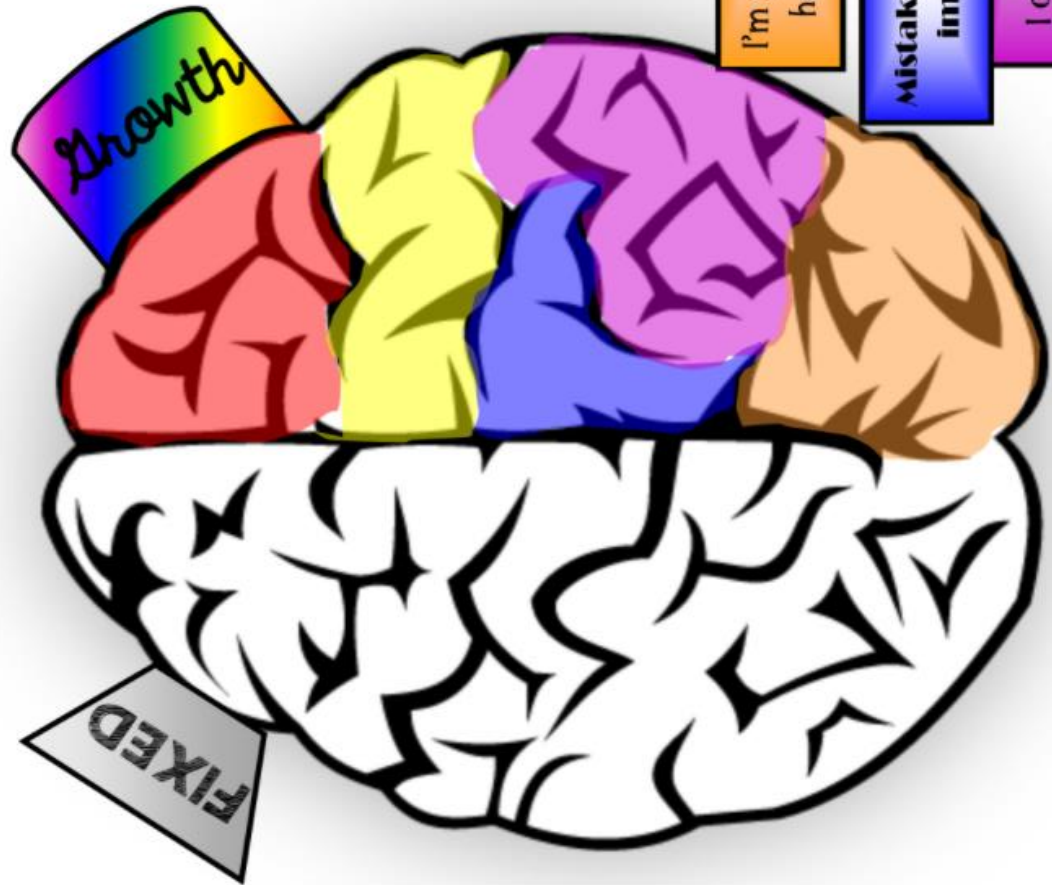
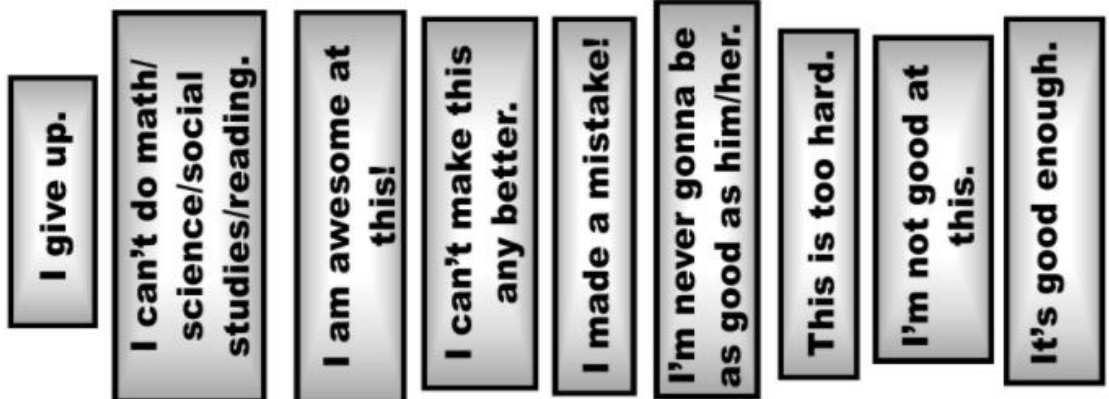
Co-op members can save up to 40% on their weekly food costs by organising with friends and neighbours.

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

**Start a community food co-op today
on your street or your estate!**

To find out more get in touch with your local organiser or contact us on
www.cooperation.town | info@cooperation.town | [@CooperationTown](https://twitter.com/CooperationTown)

Change your words Change your *Mindset*



Gender equality: guide for families

What are gender stereotypes?

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

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



'That's not very ladylike'

'Man up'



Why are they bad for everyone?

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

Study and work:

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



Health and mental health:

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

'You cry like a girl'

FAQs

- *But aren't girls and boys just different?*
Despite popular perceptions, there is no credible scientific evidence of natural difference in interests or skills between genders. Children learn from the stereotypes surrounding them what is considered 'normal' for their gender – and their choices adapt accordingly.
- *What's wrong with girls and boys liking different things?*
Nothing, so long as it is down to an individual child's preference rather than pressure to conform. Girls and boys are more alike than different.
- *Are you saying I should stop telling my daughter how pretty she is?*
No – but if her appearance is what your daughter is most often praised for then she may start to think that society values her looks above her other qualities.
- *What about boys?*
Statistically, boys are more likely than girls to achieve lower grades in school, to go to prison and not to seek help for mental health problems. Harmful gender stereotyping contributes to these outcomes.

Our aim: that children be free to make their own way as individuals, unlimited by gendered expectations



www.liftinglimits.org.uk

Gender stereotyping: what can we do about it?

Toys:

- Building blocks, puzzles and construction develop spatial awareness. Dolls and imaginary play help to develop empathy and communication. Introduce a range of toys for all children.
- Thinking about buying presents? For help avoiding gifts which reinforce gender stereotyping see the Let Toys be Toys website at www.lettoysbetoysof.org.uk – especially their Gift Guides and recommended retailers.

Opportunities to challenge gender stereotypes:

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

Language:

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

Expectations and aspirations:

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

Books:

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

Around the home:

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

Attitudes:

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

Clothes and shoes:

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

Similarities and differences:

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



www.liftinglimits.org.uk