

# Fleet Community Notices



Wednesday 18 June 2025



## New items this week...

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. Please see [page 4](#) for a request from the PTA for the upcoming Summer fair. [Page 27](#) has the latest parent information sheet from National College—this week is based on YouTube kids. [Page 30](#) has the latest add from Camden Family Learning about a weekly 'Tales and Tumbles' session that happens every Thursday for pre-school children. [Page 41](#) has some information on joining the scouts group run by Castlehaven Community Association. [Page 49](#) has some information on Parent Autism Training which will be run at the Harmood Centre. Please see [Page 24](#) North Central London health & care are looking for people to take part in a supervised toothbrushing programme you would receive a £20 shopping voucher for taking part. [Page 42](#) a discovery day at the Francis Crick Institute. [Page 43](#) family day at the London School of Economics.

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 31<sup>st</sup> 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](https://login.mathletics.com) or download app for mobile
  - Times Table Rockstars: <https://play.ttrockstars.com/auth/school> or download app for mobile
  - Numbots (EYFS/KS1): <https://play.numbots.com/#/account/school-login/33442>
  - 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

27th June	Coffee Morning—Sibling Rivalry (change of date)
27th June	Summer fair after school
18th July	Rec, KS1 and KS2 Sports Day—Hampstead Heath Running Track
22nd July	Last day of term—finish at 2pm

## NURSERY 2024-25

19th June	London Zoo Trip
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## PARENTS ASSOCIATION & SPECIAL EVENTS

27th June (Friday)	Summer Fair 3:30-6pm
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## RECEPTION 2024-25

25th June	Trip—London Zoo
11th July	Class Assembly for Parents @ 10am

## YEAR 4 2024-25

18th June	Cricket Festival
2nd July	Orchestra of the age of enlightenment
11th July	Kew Gardens
15th July	Keats library

## YEAR 1 2024-25

18th June	Hampstead Heath Science Walk (am)
4th July	Class Assembly for Parents @ 10am
15th July	Trip—Kew Gardens
18th July	Sports Day (packed lunch needed)

## YEAR 5 2024-25

26th June	Trip—Crick Institute
4th July	Trip—British Museum

## YEAR 2 2024-25

27th June	Class Assembly for parents @ 10am
10th July	Trip—Chalkwell Beach (weather dependent)

## YEAR 6 2024-25

30th June	Lab careers day (trip)
14th-17th July	Swimming
21st July	Leavers assembly and BBQ

## YEAR 3 2024-25

20th June	Class Assembly for Parents @ 10am
2nd July	Orchestra of the age of enlightenment
15th July	Keats library

# Term Dates for 2024-25

## INSET Day—School Closed

**Monday 2nd June**

### SUMMER TERM

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

### STAFF INSET DAYS – SCHOOL CLOSED

	Autumn Term	Spring Term	Summer Term
1 <sup>st</sup> half term	Monday 2 <sup>nd</sup> and Tuesday 3 <sup>rd</sup> September 2024	Monday 6 <sup>th</sup> January 2025	Tuesday 22 <sup>nd</sup> April 2025
2 <sup>nd</sup> half term			Monday 2 <sup>nd</sup> 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.

## Call for pre-loved donations

We're gearing up for our **second-hand stall at the summer fair** and need your help!

If you have any good condition, ready to sell items that could use a new home, we'd love to take them off your hands. From clothing and games to toys and child friendly items – all contributions are appreciated!

### All Items must be:

- Clean & in good condition
- Suitable for resale
- Dropped off by Tuesday 24<sup>th</sup> June

Let's give your pre loved items a second life and make this summer fair the best one yet!

If you would be up for helping with the running of the pre-loved stall alongside a parent or 2, please do let us or your class rep know.

Thank you for supporting our Summer Fair!



**DONATIONS  
NEEDED**

Can you help??





# FLEETS

## SUMMER FAIR

Friday **27TH** June

3:30pm until 6:00pm

**FREE ENTRY**

Hot food, Drinks, Treats & Ice lollies

Games & prizes to be won

Pre loved items/clothes

Raffle

Bouncy Castle

Fleet Primary School  
Fleet Road NW3



## 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](http://www.allergylifestyle.com)



# 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](mailto: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**

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

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

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



**Download the easyfundraising App**





**NOTE...**

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

# Fleet Primary School

would like you to join their channel on Parent Hub.

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

@FleetPrimary

The Parent Hub app is FREE to download and use.



## What is Parent Hub?



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

## Instructions for Parents



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

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

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





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

Or scan the QR code above

020 7974 7239

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



# Message from Camden Music Service:




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

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

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

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

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

## Why learn music?

Learning a musical instrument can –

Support your child's literacy and numeracy

Help with concentration, co-ordination and mood

Lead to a career or be a lifelong, fulfilling activity where they will make friends.

## How can you help?

Your child will need to practise regularly to make progress. At first this will mean setting aside 10 – 15 minutes three or four times a week (a regular time is best) but as your child progresses, they will need to practise most days, for longer. Younger children will need you to help them – you don't need to be musical, just be encouraging.

## What else will help?

As soon as your child is able to play for more than a few minutes happily, and can play and read about eight notes, they could join one of our groups, make friends, and really develop their musicality.

Find out more here

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

and here

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

## Terms and conditions

All Camden Music staff have enhanced DBS clearance.

Payment for lessons must be made in advance. Lessons can only begin once a payment is received. You may pay in two instalments. You must have paid the second 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](mailto:camdenmusic@camden.gov.uk)



- LESSONS IN SCHOOLS
- SATURDAY CENTRES
- SUNDAY GROUPS
- HOLIDAY COURSES

Camden Music is delighted to offer a wide range of one to one and shared music lessons in your school.

### Getting started is easy!

Simply go to our website for more information and to register. Why not sign up for an exciting weekend or holiday group as well?

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



020 7974 7239

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

### Camden Music Service

The Crowndale Centre  
218 – 220 Eversholt Street  
London NW1 1BD  
Tel 020 7974 7239

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

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

# Individual Instrument Tuition at Fleet

## Welcome to the Camden Instrumental Service

The Camden Music Service aims to extend the range of high quality instrumental tuition available to children attending Camden schools.

## What instruments can my child learn?

We currently offer tuition on piano. Do let us know if your child is interested in starting a different instrument. If there is enough interest we can look to provide a tutor.

## Will my child need an instrument?

Yes, because to progress children need to practise between lessons. Camden Music Service has a stock of instruments available for hire at very reasonable cost. Unfortunately we are not able to hire pianos, keyboards or drum kits.

If you would like to buy an instrument we can help through our **Instrumental Purchase Scheme** which lets you buy a brand new instrument at a greatly reduced price. To make life even easier, we offer a 12-month interest-free repayment scheme.

## When and where will lessons take place?

Most instrumental lessons take place during the school day which means that pupils leave a classroom lesson for a short period.

## What types of lessons are there?

We offer shared or individual lessons. Shared lessons can only be offered where there is another child of a suitable age and standard to share with yours. If there isn't, we will arrange a 20-minute individual lesson for you.

### Shared lessons

- Ideal for beginners, especially for younger children
- Children learn from each other and have the opportunity to play together; excellent preparation for playing in ensembles later
- Children who start in a group can change to individual lessons later

### Individual lessons

- Ideal for children who benefit from individual attention
- Better for children who are easily distracted
- Any sense of competition is reduced
- Easier to arrange a lesson to suit the needs of the child

## What will it cost?

The following fees are based on 10 lessons during a school term.

Ten shared lessons (2 children) £84 per term  
Ten individual 20 min lessons £112 per term  
Ten individual 30 min lessons £168 per term

## How do I pay?

The Music Service will send you an invoice before the start of term. **Lessons will only start once you have paid.** Payment may be made online or over the phone.

## Is any financial help available?

Children eligible for Free School Meals may apply for a 50% reduction in fees.

## What about if we want to stop?

We will invoice you for the next term's lessons shortly after half term. If you don't want to continue, please let us know. Lessons are booked for a term at a time and it is not usually possible to stop lessons part way through a term.

## How do I apply?

- You can apply online
- Visit [www.camden.gov.uk/camdens-music-service](http://www.camden.gov.uk/camdens-music-service) and follow the link to instrumental and voice lessons in schools.
- We will put your child on our waiting list if there is not a lesson space available straight away.
- We will send you an invoice when a lesson is available. Your child's lesson will not start until you pay.



# WELCOME TO CAMJAM!

The Camden Music Junior Saturday Centre



## JOIN US ON SATURDAYS

at Brecknock School, NW1 9AL

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



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



**camdenmusic**

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





# Is your child a Fussy Eater?

**If so, then book a place at a free  
online session for parents and  
carers of children aged 1-4 years  
(parents of older children may also benefit)**

**Date: Wednesday 2 July**  
**Time: 10am -11:30am**  
**Online**

**Find out about:**


- **Causes of fussy eating**
- **Tips to reduce fussy eating**
- **Ways to encourage children to try new foods**



**Please book in advance to reserve your place  
and receive the meeting link**

**Contact us at**

 **healthandwellbeingteam@camden.gov.uk**

 **020 7974 6736**



North Central London  
Health and Care  
Integrated Care System



**NHS**

**Whittington Health**  
NHS Trust

## **We want to hear from Parents/Guardians about your child's experience in the Supervised Toothbrushing Programme**

We are inviting you to join us at an online discussion group to share your experiences with us so that you can help us improve the programme.

Discussion groups will last about an hour  
and you will receive a

**£20 (One4All) shopping voucher**

for your time.

Thank you for your support.

Please note limited places are available.

**Online Discussion Group Date**

**Thursday June 19<sup>th</sup> – 11am**

**For further information please contact**

[Polly.Kaplan@camden.gov.uk](mailto:Polly.Kaplan@camden.gov.uk)

[Charli.Colegate@camden.gov.uk](mailto:Charli.Colegate@camden.gov.uk)

[Danielle.Barrett3@nhs.net](mailto:Danielle.Barrett3@nhs.net)



## 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](http://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](http://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](http://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](http://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](mailto: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](http://nationalcollege.com).

## What Parents & Educators Need to Know about YOUTUBE KIDS

AGE RESTRICTION  
**4+**

### WHAT ARE THE RISKS?

#### INAPPROPRIATE CONTENT BYPASSING FILTERS

YouTube Kids is less likely to show inappropriate material than YouTube, but there have been reports of the app showing age-inappropriate content to young viewers. One investigation found that YouTube Kids had shown videos that promote skin bleaching, weight loss, drug culture and firearms to children as young as two, as inappropriate content had bypassed the platform's algorithms and human moderators.

18  
CENSORED

#### BE WARY OF ADVERTISING

Like Google's regular YouTube app, YouTube Kids features pervasive advertising before a video plays. While these adverts are designed to be family friendly and are subject to a strict review process, it's worth noting that YouTube Kids collects information around children's viewing to inform targeted content and advertisements.

BUY NOW!

#### DESIGNED TO BE ADDICTIVE

YouTube Kids is designed to be addictive. The platform's design features, such as the constant stream of new videos and the reward system of points or virtual stickers, can be very engaging and make it difficult for children to switch off. Research has shown that spending too much time using digital services such as YouTube can lead to screen addiction, affecting children's daily routines, studies, and even their social lives.

#### SETTINGS CAN BE CIRCUMVENTED

YouTube Kids offers built-in parental controls, enabling you to set screen time limits and curate the content children are able to view; however, children are often more tech-savvy than we think. They can easily bypass or tweak these settings if they have access to the associated Google account password, thereby exposing themselves to age-inappropriate and potentially dangerous content.

#### AI-GENERATED MISINFORMATION

There is also a risk of children accessing videos that contain disinformation and misinformation. A BBC investigation found that some YouTube channels are using artificial intelligence (AI) technology to create misleading 'scientific' videos that are recommended to children as educational content. These videos included conspiracy theories and ideas that lack scientific backing.

#### DATA COLLECTION RISK

While there are limits on the data that YouTube can collect on children under 13, children can still inadvertently give away sensitive information when using YouTube Kids. The platform collects data on children's viewing habits, content searches and location, which YouTube and third-party advertisers can use.

## Advice for Parents & Educators

### PARENTAL CONTROLS

YouTube Kids offers several settings that allow you to manage what content children can view. For example, you can choose what level of content you want them to access, such as 'Preschool' or 'Younger'. You can also turn off the search function, so that only those videos approved by the YouTube Kids team themselves will appear on a child's recommendations list.

### CHECK WATCH HISTORY

YouTube Kids has made it easy for you to keep an eye on what the children in your care have been watching on the app. By clicking on the 'Recommended' icon at the top right of the home screen, you can see which videos they've been viewing, and how much of each. If a child watches YouTube Kids while signed into a Google account, you can check their history through Google's 'My Activity' page.

### SET TIME LIMITS

The built-in parental controls let you keep a tab on how long children spend watching videos. You can set a timer that limits screen time and disables the YouTube Kids app once a specified length of time has been reached. It's also worth speaking to children about the dangers of spending too much time on YouTube, to ensure they remain focused on other, more important activities.

### WATCH TOGETHER

It's important that you try to make YouTube Kids a fun and positive experience for children. One way to do this is by introducing watching sessions, where you all gather around and share the most enjoyable videos that you have recently watched. This can be a great way of giving you both new things to talk about and of keeping an eye on what they're watching.

### Meet Our Expert

Carly Page is an experienced journalist with more than 10 years of experience covering the technology industry. Previously a senior cybersecurity reporter at TechCrunch, Carly is now a freelance journalist, editor, and copywriter. Her bylines include Forbes, TechRadar, Tes, The INQUIRER, The Metro, Uswitch, and WIRED.



#WakeupWednesday

The National College

Source: See full reference list on guide page at: <http://nationalcollege.com/guides/youtube-kids-2025>



@wake\_up\_weds



/www.thenationalcollege



@wake.up.wednesday



@wake.up.weds

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 18.06.2025





**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](https://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](mailto:lorraine@numberchampions.org.uk)

☎ 07918 410 847

Find out about us at:

[www.numberchampions.org.uk](http://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

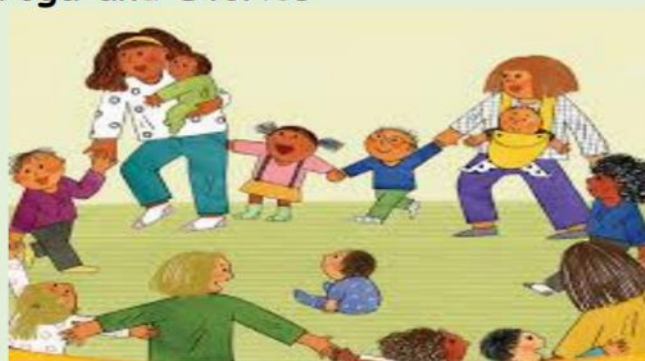


Free Fun Sessions for Parent/Carers, Babies and Toddlers  
with Singing, Yoga and Stories

Every Thursday at  
Queens Crescent Library  
1:30pm-2:45pm  
Starting 1<sup>st</sup> 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







# CHC Youth Hub

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](mailto:li@creativehealthcamden.com)

Every Friday from January 10th 2025  
 Fridays 4pm - 5.30pm - doors open from 3.30pm  
[www.creativehealthcamden.com](http://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](http://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](http://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](http://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

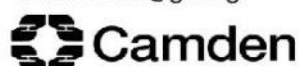
**Contact Us: Pancras Square:** [pancras.square@gll.org](mailto:pancras.square@gll.org)

**Kentish Town:** [kentishtown@gll.org](mailto:kentishtown@gll.org)

**Swiss Cottage:** [swiss.cottage@gll.org](mailto:swiss.cottage@gll.org)

**Talacre:** [talacre@gll.org](mailto:talacre@gll.org)

**Oasis:** [Oasis@gll.org](mailto: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](http://www.youngmagiciansclub.co.uk/join)  
[chair@youngmagiciansclub.co.uk](mailto: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](http://www.youngmagiciansclub.co.uk)





# Wac Arts

**Nurturing children & young people's creativity**

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

.....

## **Performing Arts**

| Dance  
| Drama  
| Singing  
| Music  
| Musical Theatre

## **Creative & Digital Arts**

| Animation  
| Art & Design  
| Filmmaking

**Age  
4 - 30**



**wacarts.co.uk**

**213 Haverstock Hill, London, NW3 4QP**



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](mailto:unitedsportingclub@hotmail.com)

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

**Supported by**



[www.unitedsportingclub.com](http://www.unitedsportingclub.com)



# RUGBY IN REGENTS PARK



## JOIN THE ONLY JUNIOR RUGBY CLUB IN CENTRAL LONDON!



Accredited Club

### EVERY SUNDAY THROUGHOUT THE SEASON



07770 753162



regentsparkroyals@gmail.com



regentsparkroyals.com



# 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](http://www.prorevo.co.uk)

More Information:  
 [Prorevolution.devel](mailto: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 9<sup>th</sup> 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**





THE  
FRANCIS  
CRICK  
INSTITUTE

# DISCOVERY DAY

21.06.25

FREE  
ADMISSION  
King's Cross

Pop-up science fun in the  
heart of King's Cross

Join us on Saturday 21 June for  
a packed day of pop-up science fun

Get ready for sensational science shows, mind-blowing  
experiments, hands-on activities, and the latest tech  
– all in one incredible, FREE day out for the whole family.

- Trick your brain with astonishing illusions
- Make an apple sing
- Become an immune cell avenger
- Grab the mic and interview a real scientist
- Dance like an active antibody.

Drop-in 11.00–16.00

Check out the programme:  
[www.crick.ac.uk/discoveryday](http://www.crick.ac.uk/discoveryday)

1 Midland Road NW1 1AT



THE  
FRANCIS  
CRICK  
INSTITUTE

FREE

PERFECT FOR  
7+  
YRS







THE LONDON SCHOOL  
OF ECONOMICS AND  
POLITICAL SCIENCE

16-21 JUNE

LSE FESTIVAL 2025

VISIONS FOR  
THE FUTURE

# FAMILY DAY

Free activities for  
children of all ages

LSE Campus, Houghton St,  
WC2A 2AE

**SATURDAY 21 JUNE**  
**10AM-1PM**



Sustainable crafts

Storytelling

Biscuit-decorating

Mono print poster making

AI adventures

Designing future worlds

Face painting

REFRESHMENTS FROM  
THE PLAZA CAFÉ AND  
FOOD STALLS







JOIN THE FUN AT

\*QUEENS CRESCENT LIBRARY\*

MONDAY 10.30 AM RHYME TIME

MONDAY 4 PM STORY TIME

WEDNESDAY 4PM CRAFTS



# 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](mailto:jenny.mulholland@camden.gov.uk)

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

### **Cllr Marcus Boyland**

#### **1st Thursday of the month**

Fleet School Fleet Road  
Hampstead NW3 2QT

9am to 10am

#### **3rd and 5th Thursday of the month**

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

1pm to 2pm

#### **4th Thursday of the Month**

Rhyl School, 196 Grafton Road  
London, NW5 4AX

9 am to 10 am

### **Cllr Lorraine Revah**

#### **2nd Thursday of the month**

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

#### **3rd Tuesday of the month**

Greenwood Centre, 37 Greenwood Place NW5 1LB.

1 pm to 3 pm

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

#### **3rd Friday of the month**

Russell Nursery TRA Hall, The Aspern Centre

1 Christie Court, 3 Aspern Grove

NW3 2AB. 4pm to 5pm

#### **4th Thursday of the month**

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

11 am to noon

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

## In writing

c/o Member Support, Town Hall, Judd Street, London, WC1H 9JE  
or for more information go to [camden.gov.uk/democracy](https://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 10<sup>th</sup> week of your pregnancy, £8.50 each week for children from birth to one year old, £4.25 each week for children between one and four years old.** [Apply online](#). Pregnant women and children under the age of four are also eligible for free vitamins from children's centres. Find your local children's centre [here](#).

## Cost of living crisis advice, support booklet and translated advice

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

## Cost of Living Crisis Fund Payment

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

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

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

### How to apply

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

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

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

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

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

### Eligibility criteria

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

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

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

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

## The cost-of-living advice bus

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

**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](http://childrenssociety.org.uk/beam)  
Service email address:  
[CamdenBeam@childrenssociety.org.uk](mailto:CamdenBeam@childrenssociety.org.uk)



# Parent Autism Training



For parents and carers of children 0-5 years

Free training designed to empower caregivers with knowledge, tools, and confidence to support their child's development. There is no need for your child to have a diagnosis of autism for you to attend this training. This training offer is open to caregivers of autistic children who live in Camden or whose children are attending Camden settings and schools.



## MAKING SENSE OF AUTISM

**Date:** 4<sup>th</sup> July

**Time:** 9:30am-12:00pm

**Venue:** Harmood Children's Centre  
1 Forge Place, NW1 8DQ

Autism awareness training to support a better understanding of autism in order to support engagement/understanding of autistic children.

## AUTISM AND PLAY

**Date:** 11<sup>th</sup> July

**Time:** 9:30am-12:00pm

**Venue:** Harmood children's centre  
1 Forge Place, NW1 8DQ

Increase your understanding of the importance of play in the Early Years, develop your understanding of how autism can impact upon a child's play development and build your awareness of strategies that can be used to support autistic children with their play development.

**SIGN UP!**

Sign up via the link  
<https://forms.office.com/e/EBXXvfrwVN>

or  
scan this QR code



The London Borough of Camden collaborated with the Autism Education Trust (AET) to provide training, offering over 100 sessions to nearly 2,500 professionals across education, voluntary, health, and council sectors in three years. For more information on AET, visit their website.  
<https://www.autismeducationtrust.org.uk>



Both training sessions will be followed by a coffee morning for parents and carers of SEND children. Please join us for a hot drink and pastry to get to know one another.



## 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](http://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](http://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/carers 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 prosocial). 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 technological 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? Problems with sleep is a common concern. 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 motivate your child, provide structure 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 to help you 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 help their young person to make sense of and support their young person's development.

**For Secondary 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 very 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. Siblings play 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 understand and 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 on their anxiety as this can make them feel embarrassed or self-conscious. The aim of this webinar is to help you as parents and carers to learn 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 Secondary 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?

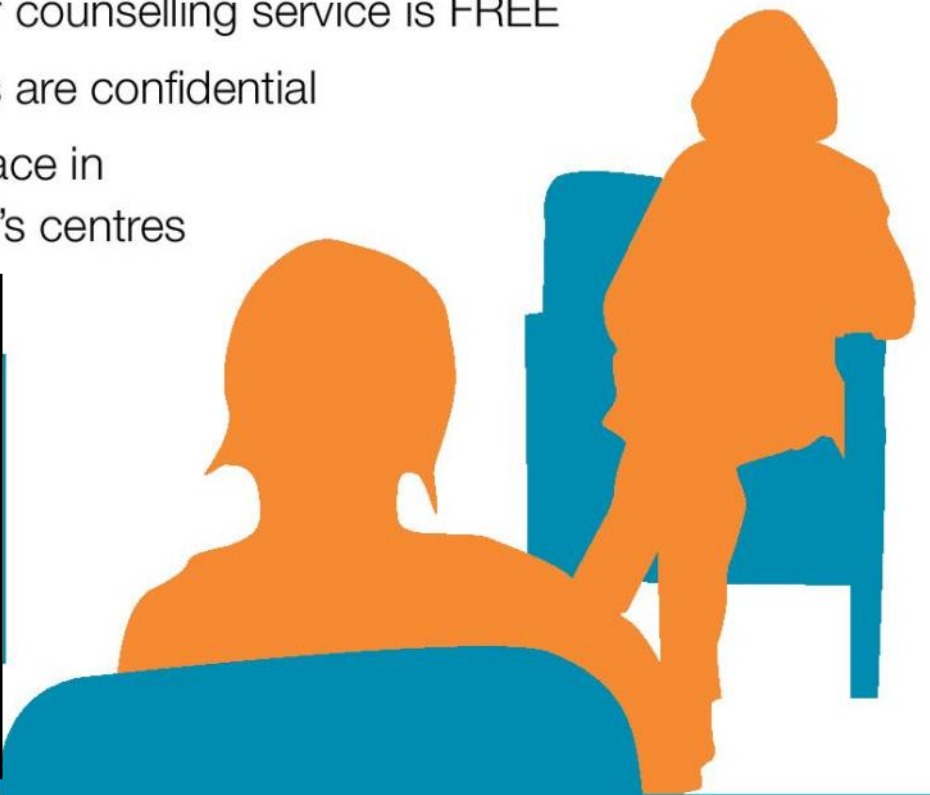
Are you a parent or carer with a child in a Camden school or children's centre?

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](mailto:pccs@camden.gov.uk)



**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](mailto:LBCMASHadmin@camden.gov.uk)

For more information about Early Help visit:

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

Sure Start 020 7974 8961  
[camden.gov.uk/surestart](http://camden.gov.uk/surestart)

\* free childcare places for eligible 2 year olds



Produced by Creative Services 1251 23

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





# FREE SCHOOL CLOTHING



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

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

## WHEN AND WHERE TO FIND US:

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

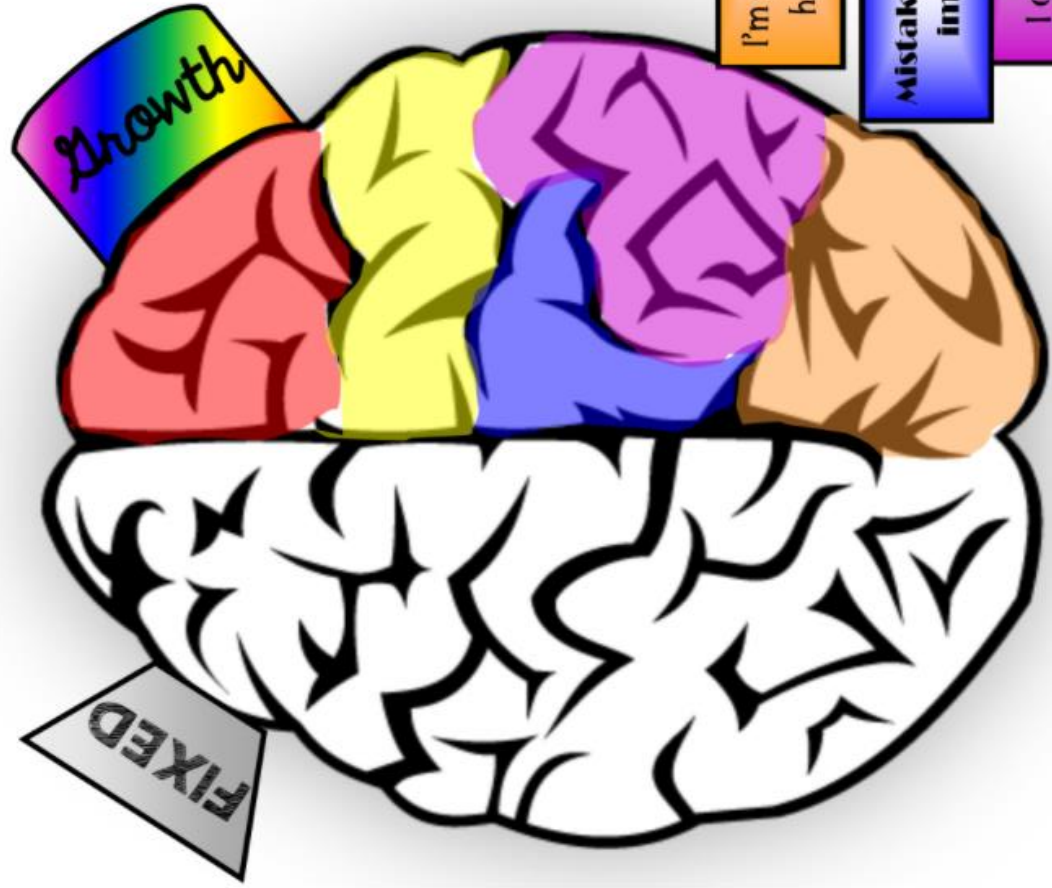
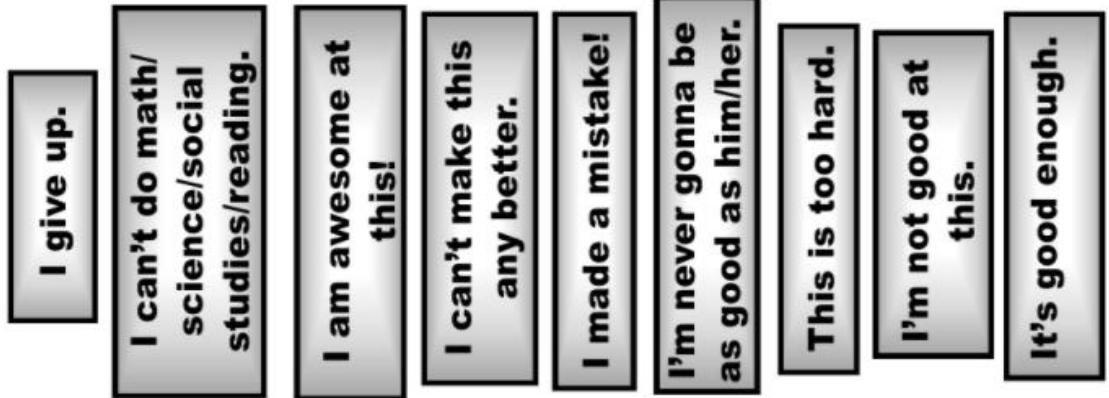


**COMBAT CLIMATE CHANGE AND SAVE FAMILIES MONEY**





# Change your words Change your *Mindset*





## Gender equality: guide for families

### What are gender stereotypes?

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

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



'That's not very ladylike'

'Man up'



### Why are they bad for everyone?

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

Study and work:

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



Health and mental health:

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

'You cry like a girl'

### FAQs

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

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



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

## Gender stereotyping: what can we do about it?

### Toys:

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

### Opportunities to challenge gender stereotypes:

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

### Language:

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

### Expectations and aspirations:

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

### Books:

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

### Around the home:

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

### Attitudes:

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

### Clothes and shoes:

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

### Similarities and differences:

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



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